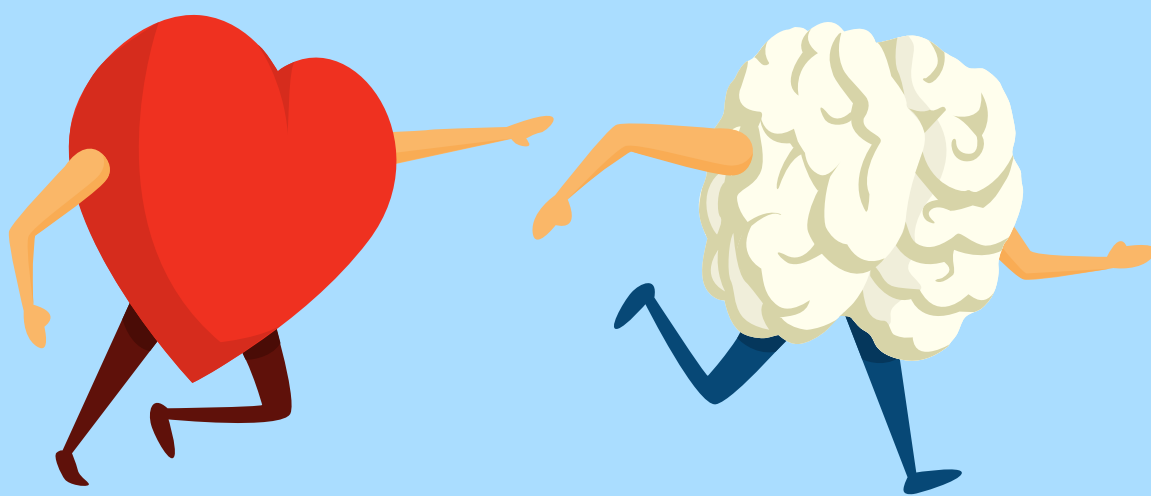


LIFESTYLE FOR HEALTHY HEART AND BRAIN



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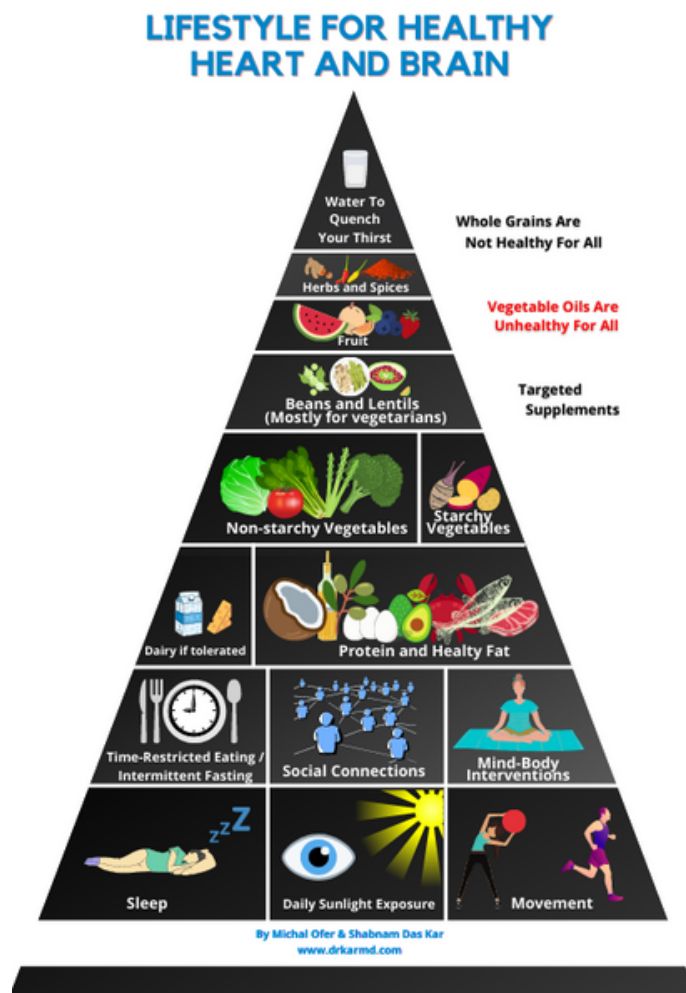
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Introduction

What is good for your heart is good for your brain. Our bodies are networks of networks. One system cannot be saved (or harmed) independent of the others.

The foundations of brain and heart health are

- Optimal blood glucose levels
- Optimal blood pressure levels
- Low levels of chronic inflammation



As you can see in the infographic above, food has a massive impact on your heart and brain health. However, the other areas are important too.

Where Should You Start?

Where should you start? It depends on you!

An excellent place to start is by reviewing where you are today. I use the acronym SEMMT, which stands for

S-Sleep

E-Eat

M-Move

M-Mind-Body Interventions

T-Therapeutic Supplementation

FOOD

When it comes to food, what you eat is as important as when you eat and how many times you eat.

What:

Prioritize protein and good fat over carbohydrates. Amino acids make proteins. Several amino acids are indispensable or essential, which means our bodies cannot make them. They have to be eaten, either as food or supplements. **Proteins keep hunger away.**

Among fats, **omega-3 fatty acids** like EPA and DHA are essential fatty acids. Our bodies cannot make them.

There are no essential carbohydrates. Our bodies can make carbohydrates.

Avoid sugar and food that becomes sugar, like rice, pasta, roti, bread, and biscuits (cookies), cornflakes.

Honey and jaggery are sugar too. Alternative sweeteners like sucralose and aspartame are harmful to your gut microbiome and therefore your heart and brain. They do not help you lose weight.

When:

Eating earlier in the day versus late in the evening helps lower blood glucose levels.

Eating in shortened windows of time helps your heart and brain. Do you know your eating window?

To learn more, please read the section **Intermittent Fasting /Time-Restricted Eating.**

How many times should you eat?

Each time you eat or drink "non-fasting" fluids, your blood glucose and insulin levels rise. And at the same time, your body also mounts an immune response. Therefore, **if you eat 3 high-quality meals instead of 3 meals plus 3 snacks in a day, you will keep your brain and heart safer.**

Eating small frequent meals is a sure path to poor brain and heart health.

Intermittent Fasting Or Time-Restricted Eating?

We interchangeably use Intermittent Fasting (IF) and Time Restricted Eating (TRE). Some of us like to call it Intermittent Fasting when the fasting interval is 24 hours or longer, while Time-Restricted Eating is any fasting interval greater than 12 hours and up to 24 hours.

A fasting interval of fewer than 12 hours does not count. That is unhealthy eating behaviour.

Does fasting bring up feelings of deprivation or starvation, hunger and shrivelled-up skin? Well-guided fasting does not do any of that. If the word "fasting" has negative connotations, use TRE.

Do you have the "Sitting Disease"?

Suppose there is one area that should be a top priority for you. It should be in reducing your sitting time-the amount of time you spend sitting continuously at the office, watching TV, or commuting.

Prolonged sitting impairs your brain and mood and increases blood glucose levels and inflammation, and reduces your muscle mass.

Here are two simple strategies to reduce continuous sitting time:

1. Get a sit-stand desk
2. Walk when talking on the phone

