

? 1. Avoid Grains: For most of human evolution, people ate almost no grains

For over 3 million years, humans were hunter-gatherers, eating very few grains. Agriculture only began about 12,000 years ago, but today the average American eats 197 pounds of grains per year. Our bodies are simply not designed to run optimally on so many grains.

? 2. Extinguish Inflammation: Chronic inflammation is found at the center of many brain diseases

Chronic inflammation is an element in many brain disorders, which are often marked by higher levels of inflammatory cytokines in the body. Inflammation can be measured by checking C-reactive protein levels in a blood test.

? 3. Avoid Gluten: Gluten stimulates inflammation in a major way, partly through “leaky gut”

Gluten stimulates inflammation through provoking anti-gliadin antibodies and increasing “leaky gut.” Dr. Perlmutter says this is true even in people who don’t have celiac disease.

? 4. Lower Blood Sugar: This can help you avoid obesity, diabetes, and cognitive decline

Chronically high blood sugar is linked with obesity, diabetes, and Alzheimer’s. We should avoid eating foods which spike blood sugar (those which have a high glycemic index). This includes highly processed carbs and sugars, but also many foods considered healthy like fruit juice and whole wheat bread.

? 5. Eat Good Fats: Such as those found in olive oil, nuts, and fish

Dr. Perlmutter says that it is a myth that fat is unhealthy or that it makes us fat. However, we must consume the good fats like olive oil, avocados, nuts, seeds and fish. He also believes saturated fats found in meats and dairy are not unhealthy. Avoid bad fats found in highly processed foods and commercial vegetable oils.

? 6. Eat Cholesterol: Surprisingly, dietary cholesterol is actually GOOD for brain health and longevity

Eating moderate amounts of cholesterol does not lead to higher blood cholesterol because 80% of it is produced in our bodies. The real health risk is oxidized LDL, which is caused by eating carbs and sugars. High fructose corn syrup in particular greatly increase glycation.

? 7. Stimulate BDNF: It helps you fight cognitive aging

People with higher levels of BDNF appear to have much lower risk for cognitive decline and Alzheimer’s. You can increase your levels through exercise, eating less or fasting, a ketogenic diet, eating curcumin and omega-3 fat DHA.

? 8. Get Sleep: Not enough sleep causes overeating and poor health

Sleep deprivation increases levels of hormones leptin, ghrelin and GLP-1 which causes overeating. Get between 7-9 hours of sleep each night and you will boost your immune system and memory.

?? 9. Clear Your Kitchen: What to eat and what to throw away

Dr. Perlmutter says we should eat lots of green vegetables and most other vegetables, meat, fish and eggs, low-sugar fruits and healthy fats including nuts, olive, coconut and avocado oils. He recommends throwing out most processed foods, especially if they contain gluten.

This is just a sample!

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