

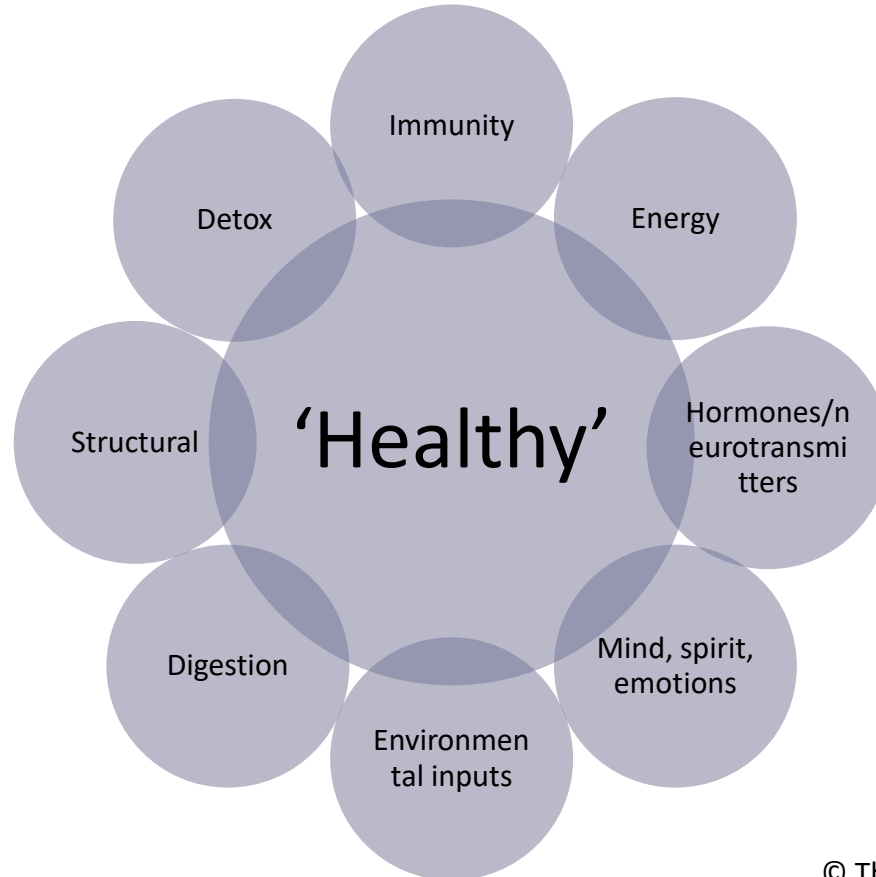


‘Looking after the Grey Matter!’

Wednesday 21st May 2025



Holistic & Personalised



Outline

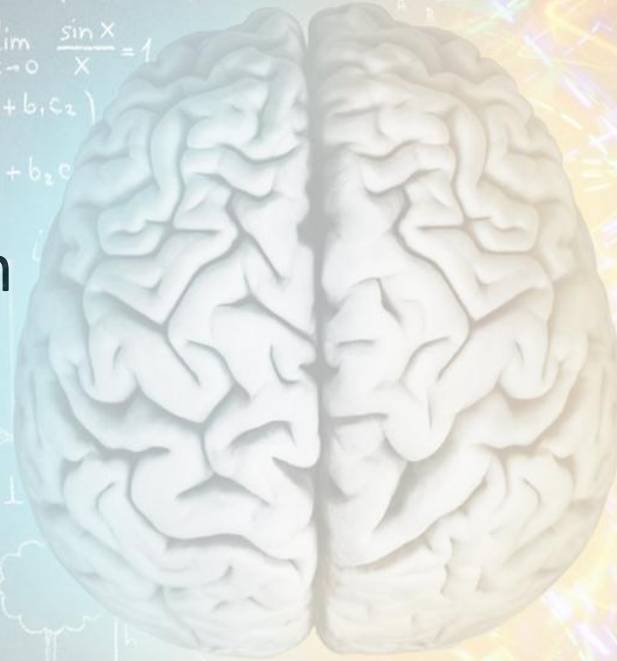
Cognition

• Metabolism

• Lifestyle

• Food

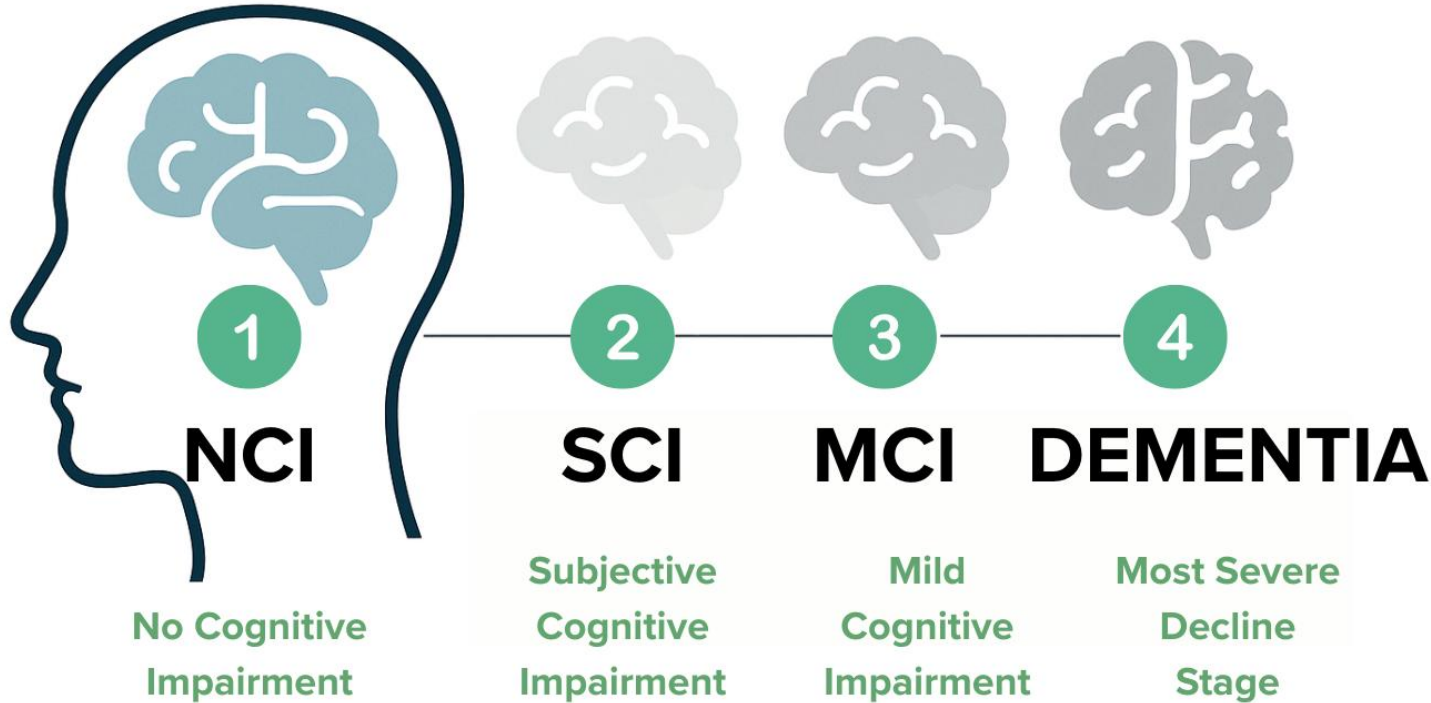
• Summary



Cognition

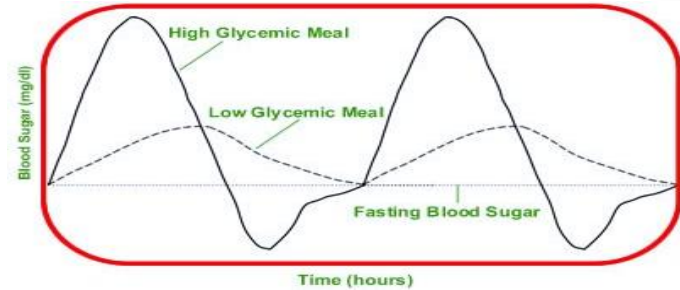


Reversible/Transient



Blood sugar and Metabolism





































































































Think **Protein** and **Fibre-**
all meals, snacks



- Reduce carbohydrates-white, starchy
- Avoid stimulants – sweet, fizzy (caffeine)
- Avoid trans fats – junk, processed foods
- Glycaemic load of food
- Dr David Unwin – reversing pre-diabetes/type 2 diabetes



Sugar – Infographics

Food Item	Glycaemic index	Serve size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar? 									
Basmati rice	69	150	10.1									
Potato, white, boiled	96	150	9.1									
French Fries baked	64	150	7.5									
Spaghetti White boiled	39	180	6.6									
Sweet corn boiled	60	80	4.0									
Frozen peas, boiled	51	80	1.3									
Banana	62	120	5.7									
Apple	39	120	2.3									
Wholemeal Small slice	74	30	3.0									
Broccoli	15	80	0.2									
Eggs	0	60	0									

Other foods in the very low glycaemic range would be chicken, oily fish, almonds, mushrooms, cheese, meat

INFLAMMATION



Cognition

Metabolism

Lifestyle

Food

Summary

Digestive Health



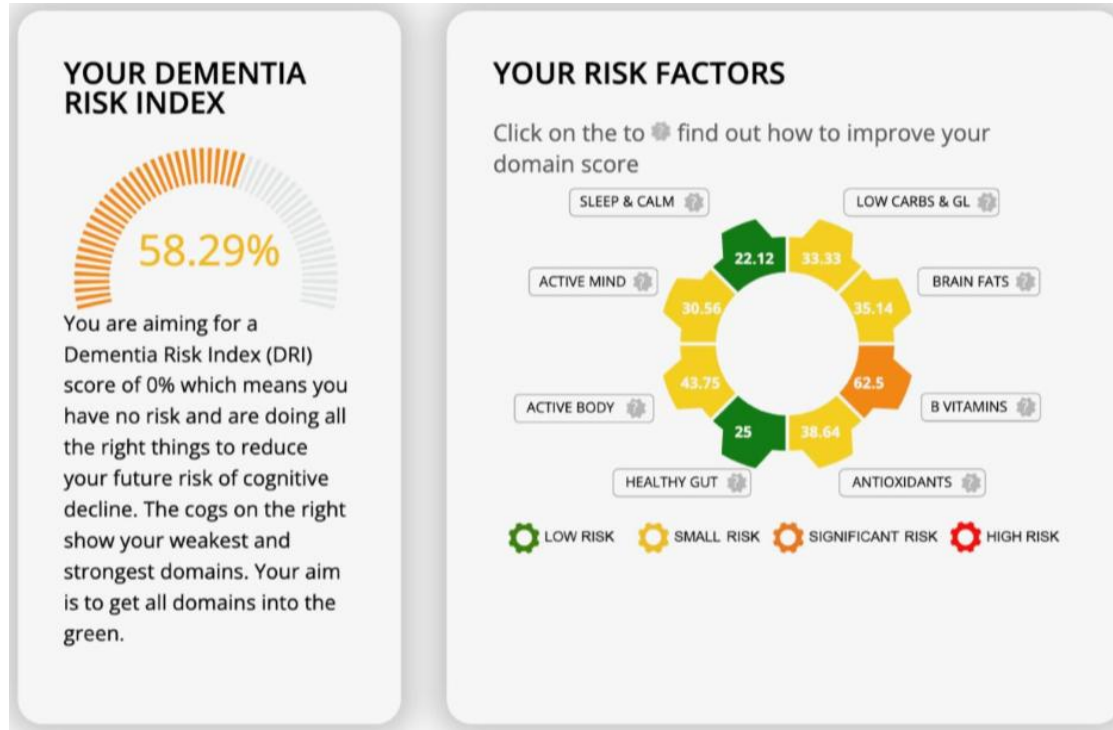
TEST

- Elevated BMI / W:H ratio / body fat percentage
- Hypertension
- Dyslipidaemia: ↑ triglycerides and LDL-c, ↑ Apo-B, ↓ HDL-c
- Elevated lipid peroxides
- Elevated liver enzymes
- Elevated hs-CRP
- Hyperuricaemia
- Elevated fasting glucose (5.5 +) / HbA1c (42+)
- Elevated Hcy of >12: ideally 7
- Omega-3 index of < 4 62
- B vitamins, Vitamin D and Iron

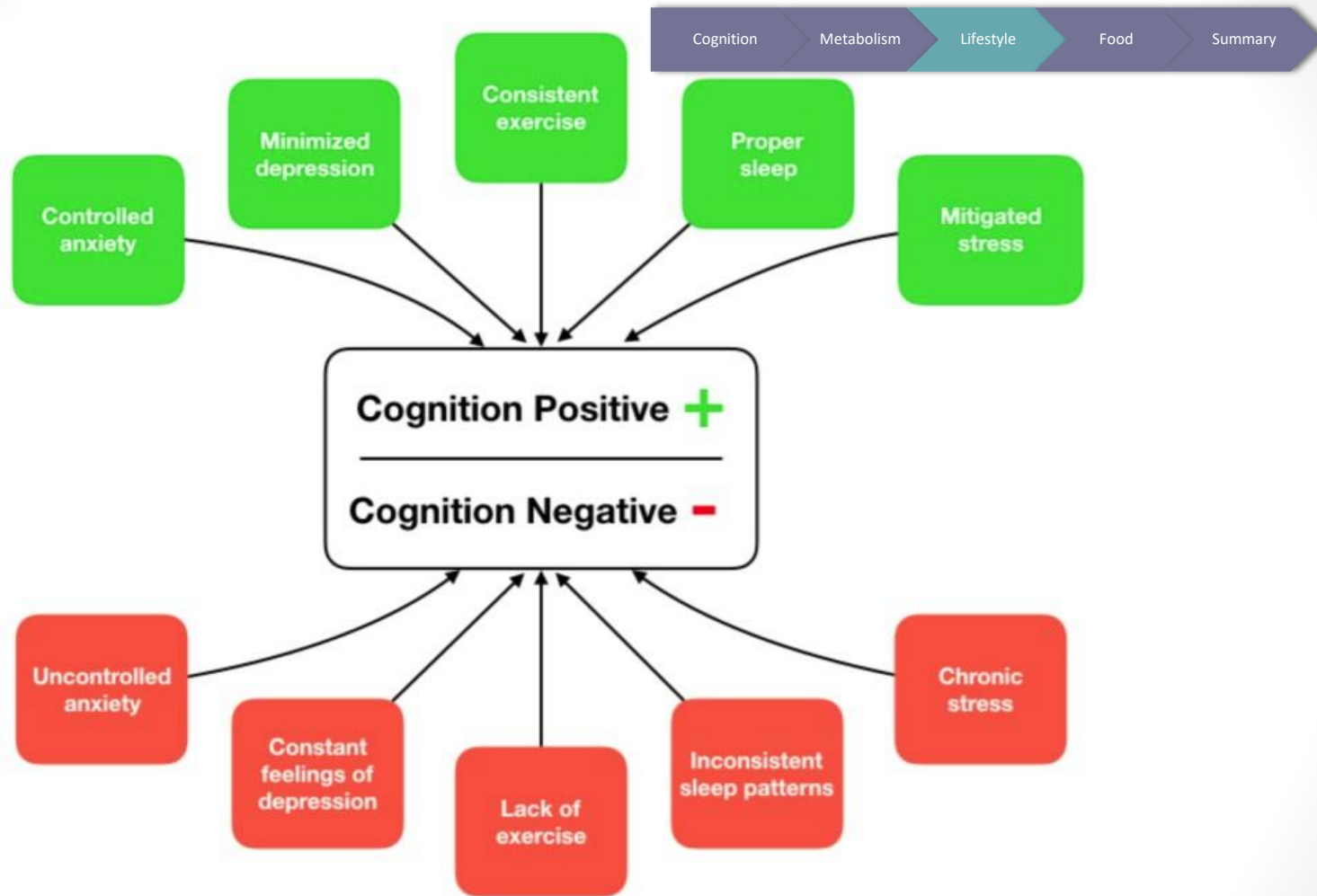


Cognitive Test

- <https://foodforthebrain.org/the-cognitive-function-test/>



Life



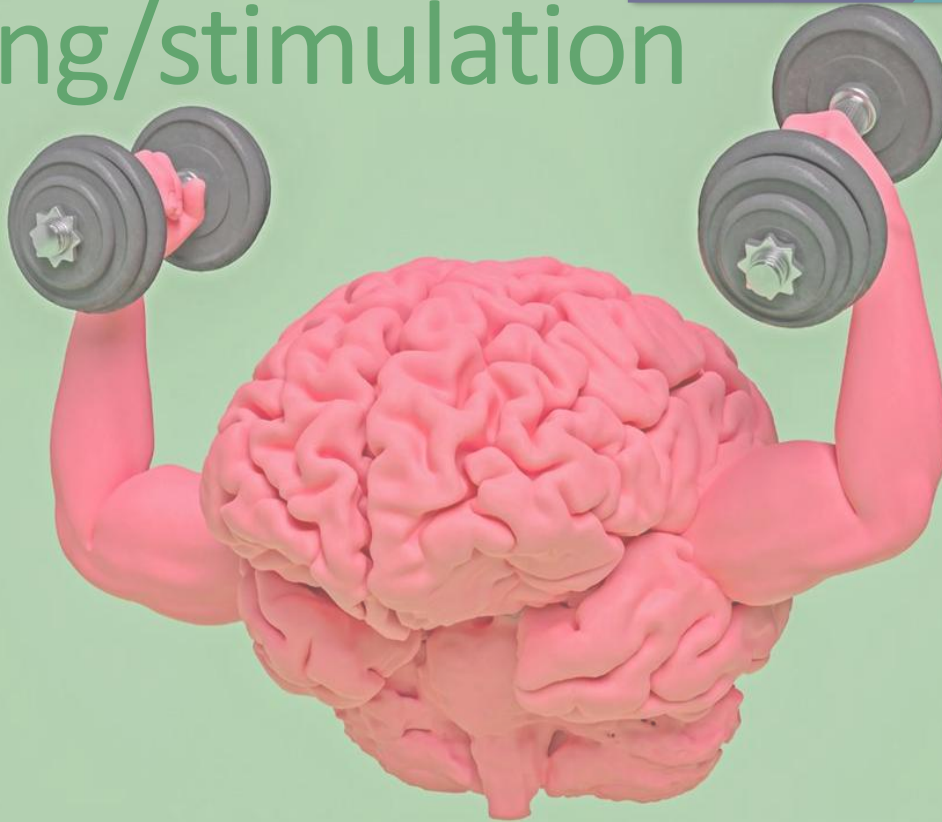
Exercise/Movement

- Avoid prolonged sitting
- Microbes in your gut

Sleep



Training/stimulation



Nutrients/Food/Diet

- Omega 3's
- Iron
- Zinc
- CoQ10
- Magnesium
- B vitamins
- Vitamin C
- Vitamin D
- Phytonutrients
- Curcumin



Cognition

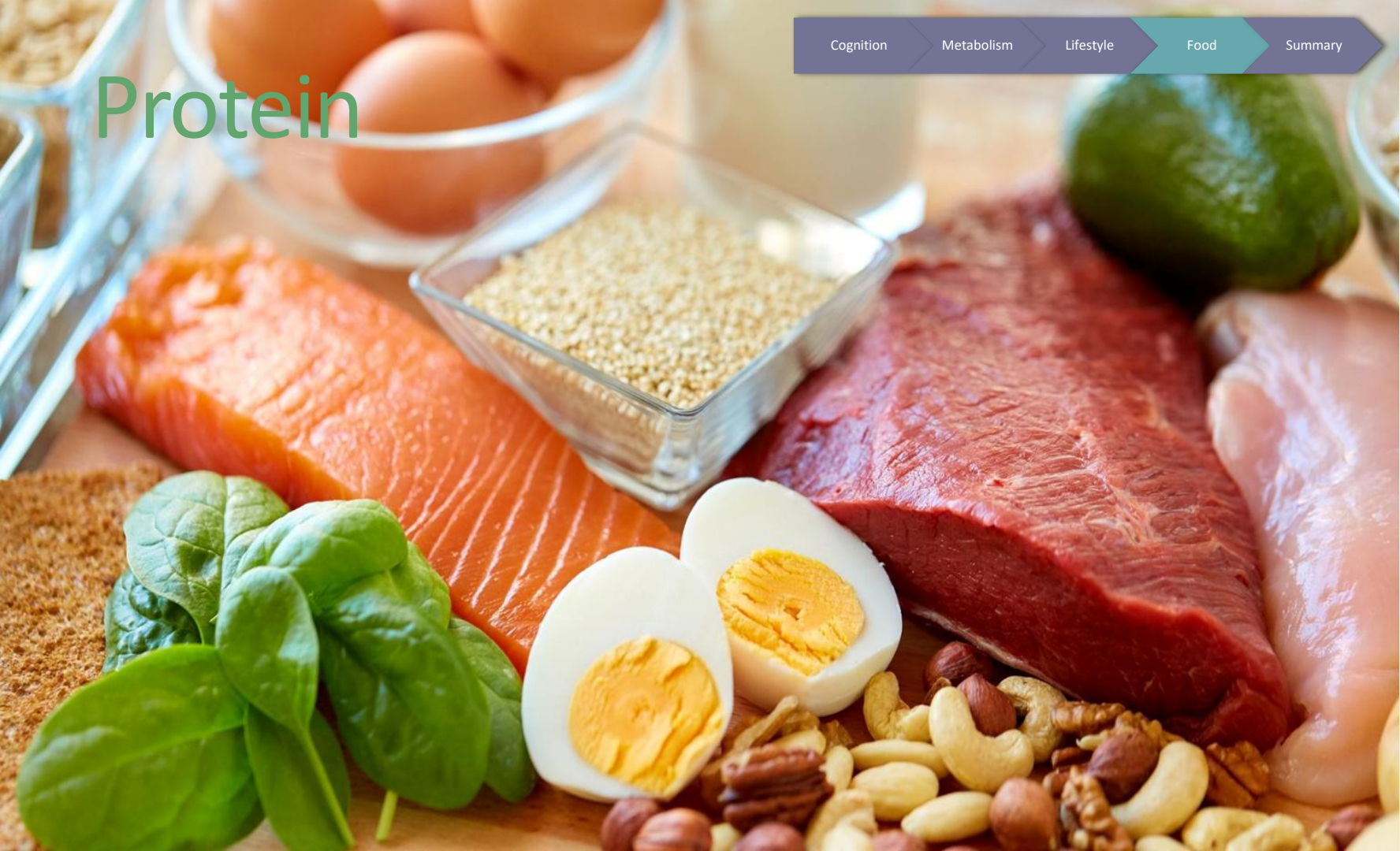
Metabolism

Lifestyle

Food

Summary

Protein



Best Diets?



Med Diet



DASH



MIND

Permitted

- Olive Oil
- Fish
- Wholegrains
- Fruits
- Vegetables
- Potatoes
- Legumes
- Beans
- Nuts
- Seeds

- Grains*
- Fruits
- Vegetables
- Legumes
- Nuts
- Seeds
- Low-fat dairy

- Wholegrains
- Berries
- Green leafy vegetables
- Other vegetables
- Beans
- Nuts

Moderate

- Poultry
- Alcohol

- Poultry
- Fish

- Poultry
- Fish
- Alcohol
- Olive Oil

Limit

- Red meat
- Sweets
- Processed Meat

- Red meat
- Sweets
- Saturated Fat
- Sodium

- Red meat
- Sweets

Restrict

- Cheese
- Butter/Margarine
- Fried Foods

Calorie restriction/fasting



Cognition

Metabolism

Lifestyle

Food

Summary

Hydration

A close-up photograph of water being poured from a glass pitcher into a clear, rounded glass. The water is captured mid-pour, creating a dynamic stream and numerous bubbles within the glass. The background is a soft, out-of-focus blue.

Summary

Top Tips:

- Blood sugar regulation
- Optimise digestive health
- Test – address issues
- Range of nutrients and plenty of protein
- Some fasting?
- Sleep routine
- Movement
- Keep stimulated (new skills/hobbies/social)



Nutrition Consultation

For 5 minute FREE chat contact:

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