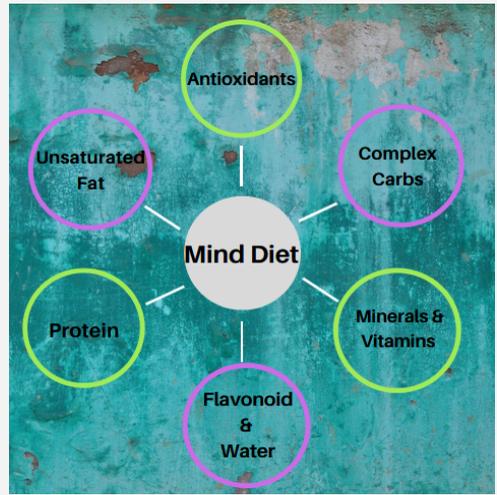


Brain Health

Your brain is an amazing and complex organ. It comes up with creative ways

to express emotions, formulate thoughts, coordinate movements and store your memories. Its “fuel” comes from the food you consume, and it makes all the difference. Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your health. Like an expensive car, your brain functions best when it gets premium fuel AKA healthy food!



GREEN VEGGIES



1. Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

FATTY FISH



2. Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid — the protein that forms damaging clumps in the brains of people with Alzheimer's disease.

BERRIES



3. Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows.

TEA + COFFEE



4. Coffee and tea might offer more than just a short-term concentration boost. In a recent study, participants with higher caffeine consumption scored better on tests of mental function.

WALNUTS



5. Nuts are excellent sources of protein and healthy fats, and walnuts in particular might also improve memory, according to a study.

Gut Health



A good gut diet requires lots of dietary fibers, called prebiotics. Your gut bacteria love edible plants. They thrive and munch on prebiotics and in return boost your health by maintaining gut lining, reducing inflammation, and they keep the immune system in check to prevent autoimmune responses. To put it simply, you are what you feed these little beings that reside in your gastrointestinal tract.

Food your microbiome loves

Fiber (Prebiotics): Whole grains, Fruits, Legumes, Nuts & Seeds

- ❖ Total dietary fiber intake recommended 25 to 38 grams a day.
- ❖ When you increase fiber, you should increase your water intake along with it.
- ❖ Add fiber gradually to give your gastrointestinal tract time to adapt.

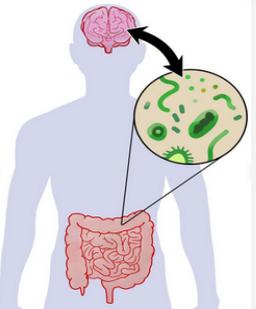


Resistant Starch: Sweet potato, plantain, Yam, Cassava, Brown rice

- ❖ Consumption of resistant starch improves insulin sensitivity
- ❖ Intake of 15-20 grams per day is recommended
- ❖ The resistant starch in rice and potatoes is increased by cooling them after cooking.

Fermented food: Kimchi, Sauerkraut, Kefir, Kombucha, Yogurt, Tempeh

The Mind & Gut Connection



This is not just metaphorical, but a biological reality where our brain (Central Nervous System) and our gut (Enteric Nervous System) are closely connected, and one sends signals to another and vice versa. Providing high-quality nutrition to both these organ systems is essential for our mental & physical health.

Brain-Gut friendly Star ingredients: Sulforaphane (found in broccoli sprouts), Inulin, Resveratrol, Ginkgo biloba, Cacao, Lion's mane mushroom, Turmeric Root

Food to Keep at Bay for Healthy Gut & Brain

- ❖ Saturated and trans fats/ highly processed food
- ❖ Simple/ Artificial sugar e.g. Aspartame
- ❖ Fish high in mercury
- ❖ Food containing antibiotics and hormones
- ❖ Food grown using glyphosate as pesticide

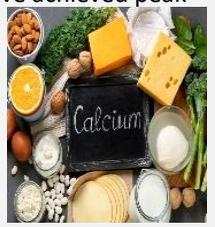


Bone Health



Old bone cells are constantly broken down and replaced by new cells, calcium consumed daily can help protect bone structure and strength.

Once you reach 30 years of age, you have achieved peak bone mass.

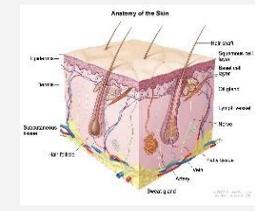


Getting vitamins from foods rather than supplements always best.

Building healthy bones and maintaining them can be done through consumption of **Calcium, Vitamin D, Magnesium, Zinc, Omega 3 fats**. Magnesium converts vitamin D into the active form that promotes calcium absorption, demonstrating the importance of including multiple vitamins for your overall health.

Safe ratio of omega-6 to omega-3 should be 4:1 or lower.

Skin Health



Zinc plays an important role in skin health. It's essential for protein synthesis and wound healing. It is a very beneficial antioxidant for your skin too!



Healthy skin goes far beyond what you put on it. You should also be aware of what you put into it, through eating and drinking! Your diet can directly affect acne flare ups, inflammation, and wound healing.

Good foods

- Fatty fish
- Bean peas and lentils
- Fruits and Vegetables
- Almonds

Bad foods:

- Refined sugar
- Refined grains
- Dairy
- Fast food

Start with the most necessary “nutrient” of all, which is **water**. Water keeps skin supple and replenishes it after it has lost water through sweat. A person should make sure they drink plenty of water throughout the day to make sure that their kidneys easily remove toxins that can infiltrate the skin and dull it.

Heart Health



Diet plays a huge role in heart health. Eating bad foods that are filled with preservatives, salt and sugar are going to clog up your heart and increase chances of heart disease. You Can decrease the risk of heart disease by decreasing your cholesterol and carb intake.

Eat more often: **OMEGA-3 Fatty acids** can decrease cholesterol, lower blood pressure, reduce blood clotting, reduce irregular heartbeats, and lower your chances of heart disease and strokes.
Foods rich in OMEGA-3 Fatty acids: salmon, Atlantic mackerel, cod, nuts and seeds, plant based oils

Tip: Eating at least 2 servings of fish that is rich in OMEGA-3 can reduce the risk of heart disease and sudden cardiac arrest.

Avoid: sugar, salt, unsaturated and trans fats, bacon, reduce red meat

Beetroot juice is a source of nitrates and antioxidants called betalains which benefit the heart health and have been linked to protecting the liver.

Kidney Health



Kidneys remove waste and help maintain homeostasis by regulating the volume and concentration of bodily fluids. Eating a diet that consists of "bad kidney foods" impairs the kidneys ability to function appropriately because they cause the kidneys to work harder to remove waste. Sticking to a diet with good kidney foods

will decrease the risk of kidney disease.

Eat more often: **Blueberries!** They are packed with antioxidants and anti-inflammatory properties that benefit the kidneys immensely.



Apples! They contain pectin, a soluble fiber that supports healthy cholesterol and blood sugar levels. An apple a day keeps the doctor away!

Liver



Drinking 5-10 cups of **green tea** per day can possibly improve blood markers of liver health.

Coffee is one of the best beverages you can drink to promote liver health, protecting it from disease even if you have existing problems with this organ.

Naringenin and naringin antioxidants found in **grapefruit** are helpful to protect the liver. **Anthocyanins**, an antioxidant found in **blueberries and cranberries** can help keep the liver healthy.



Resources

Edible Island Whole Foods Market

The Market provides nutrition-conscious shoppers an opportunity to shop where locally grown, organic, gluten free and celiac safe options are readily available.

Phone: (250) 334-3116
477 6th Street Courtenay BC

Jeanie's Vitamin Center

This store offers a large line of trusted and well-known vitamins, minerals and supplements for your health. They also offer nutritional counselling.

Phone: (250)-890-0037

Comox Central Mall, 15-215 Port Augusta St, Comox BC

Dr. Deidre Macdonald

Naturopathic physician for overall health, including digestive health.

Phone:(250) 897-0235
448 10th St, Courtenay, BC V9N 1P6

Healthyway Natural Foods Market

The store offers wholesome quality food to the community. They choose organic and avoid known non-organic GMO products while supporting local food producers and farmers.

Phone:(250) 286-6011
1121 Cedar St, Campbell River, BC

Healthy Habits - Health Store and Bike Shop

Their store offers "A HEALTHY BIT OF EVERYTHING!"

Phone:(250) 724-6280
2940 3rd Ave, Port Alberni, BC



*Nutrition tips
for
maintaining
good
overall health!*

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