

This Week's Experiments

Experiment #1: Take one health related action

This week, decide what matters more to you. Is it that you are undergoing menopause, and you feel you want to discuss hormonal support with your physician? Is it that you want to test your A1c again, or that you have elevated fasting glucose but your doctor did not see fit to check your A1c yet? Or is it that you have been willing to splurge in one of these DNA tests? It does not have to be just one thing. But remember endless to-do lists. I'd rather you prioritize and take one step at a time.

Or create a list of priorities based on your suspicions. A first step is important. It could be your thyroid gland like Joyce. But she knew everything else was OK. Do your check list. You could suspect a problem with your thyroid but maybe also experience adrenal fatigue. Once you see your doctor for your next physical, make sure you cover all the topics you want covered and get all the tests needed. Be assertive and demanding and do not take NO for an answer. I know insurance companies are difficult but sometimes your healthcare practitioner may be too busy to fight for you!

MAKE ONE (or 2 or 3) DECISION. IMPLEMENT.

Write: This week I will _____.

And just do it!

But write here what you will do with the results, good or bad. In fact what will be your next steps?

Experiment #2: Examine, sort out, prioritize, eliminate, and question all these supplements you are taking

You were already, or have now become a much savvier health expert. Your health quality — the attention you pay to it — and nutritional IQ have grown tremendously, or so I hope. You may or may not take vitamin and mineral supplements yet, or you may take too many.

Ask yourself these questions for each supplement, or go and discuss it with your physician or pharmacist (free!):

- Am I taking the right amounts?
- Is this a good quality brand?
- Am I missing anything in terms of supplements?
- Is there a supplement I take that I may not need (if prescribed by your doctor, speak to him/her first). Maybe this has been going for a while, do I still need to take this vitamin A? I don't even remember what for!
- What is the expiration date on this package? These vitamins E have been in my cabinet for two years.
- Am I taking these supplements at the right time of the day, with or without food? It could negate some of the efficacy.

This experiment will help you either become more serious and disciplined about taking your supplements and treatments or will help you streamline your regimen and clean your cabinet. Focus is of the essence.

Experiment #3: Am I really gluten or lactose intolerant? And if I don't know, let's try a week without gluten or dairy!

You have seen the list of products that contain gluten. Are you still eating some, and are they still in your kitchen cabinet? If you are, or think you are gluten intolerant, maybe it is time to revisit this status. Or maybe do a little experiment!

1. You do not believe you are gluten intolerant (you could conduct the same experiment with lactose)

Eliminate all gluten containing products and foods from your diet for one week. Notice how you feel. The following are symptoms associated with gluten intolerance. Did you experience them? If yes, how do you feel after one week gluten free? Did they disappear?

- Bloating, diarrhea, gas
- Fatigue or brain fog after a meal containing gluten
- Chronic fatigue

- Chicken skin on your underarms
- More serious: diseases associated with gluten intolerance such as celiac disease, IBS, autoimmune diseases, hormonal imbalances for instance. If you have these diseases, avoid gluten!

For lactose intolerant folks, there is also this belief that it is not the lactose so much but the source and quality of the dairy that matters. Have you tried pasture and organic raised milk or yogurt? Have you tried sheep or goat milk yet (it has to be pasture fed and organic)? Just try. You may discover that you don't experience such discomfort. So maybe unless it was confirmed via an allergy test, that you are not seriously intolerant!

2. You are gluten intolerant but may have not been so good at eliminating sources because...

Read your labels... Assess how much you may have eaten unbeknownst of you. Re-assess your status, are you really gluten intolerant?

Experiment #4: Spend one or two weeks eating and living like Dr. Bredesen's patients

Use his protocol, as far as eating, relaxing and exercising is concerned. For one week or two, what have you noticed? Do you feel more energetic, smarter and more performant overall from a memory, concentration and work endurance point of view? Could you work one more hour today? Maybe two?

If you live with an aging parent at home, why not adopt this protocol and observe how your cherished mom is doing? Maybe she won't forget the milk in the garage or put salt in her coffee anymore? Maybe it's time to speak to her doctor about the Bredesen protocol?

This experiment will reinforce your beliefs and proven benefits of eating healthy and naturally. **If you don't do it for your weight, do it for your brain!**

Experiment #5: Learn to read your labels

One of the most beneficial benefit I have seen in our program, besides weight loss, is the complete change of behavior of my clients when it comes to label reading. They now question everything. It has really allowed them, without becoming food snobs, to eliminate a lot of the pro-

cessed stuff they were eating and/or to start to buy better and healthier options. It has made them, even for the penny pincher, become more aware that quality matters too.

Finally it made them turn more often to a natural source, versus a packaged one. I am talking vinaigrettes (it really takes only a few minutes to whip a basic yet tasty vinaigrette), homemade chia puddings, fresh vegetables versus canned ones, real organic versus cheaper milk etc.

It is a day to day, conscious decision to be questioning what we put in our mouth. Take a few more minutes at your usual supermarket and decide to study one category of foods that you use as a staple. It could be peanut butter or cereals? Or do you want to study cookies this week?

So today or tomorrow, choose an aisle and a category and analyze labels:

- What is really a serving? How many servings in the package
- How many net carbs are there (Total carbs minus fiber)
- What is this gluten free expensive cookie made of?
- How many net carbs versus protein per serving? Is it respecting a healthy 2 to 1 ratio?
- Why do they say it is sugar free? Is it that they did not add any sugar? Let me read the ingredients list
- Are there cheap fillers? As an example companies add soy protein to peanut butter because it is cheaper than peanuts. Or they add corn cellulose to add fiber but in reality to add cheap bulk.
- Are there trans fats, and if yes, what and how are they listed on the ingredients list
- Remember all the many names sugar can carry in Chapter 2.

Experiment #5: Learn your preservatives

This one is not fun. It will hurt. It will annoy you. It will scare and anger you. Let's become more familiar with the never ending list of preservatives, flavor enhancers, dyes, and additives of all sorts added to or sprinkled on foods, including produce. And then let's just google them.

For instance, what on earth are Butylated Hydroxyanisole (BHA) and Hydroxytoluene (BHT)? Well, they are additives to avoid rancidity and keep colors alive! Yes you do not want your beautiful candies to fade!

What is Sodium Benzoate? Well, it is used to prevent molds from forming in foods, produce and beverages. It can trigger hyperactivity in me and when I arrived in the US, it caused me to develop mouth sores.

Or what is Sodium Nitrite? It is used in processed meats and sausages to preserve them and is linked, in high quantities or when taking chronically, to gastric cancer.

Become an informed eater. Become a critical eater. Become an activist. Question everything. Call companies and complain. Be careful about what you feed your children. Stay vigilant. I feel bad I have to write this. But this is the state of affairs today and with disappearing regulations, including at the environmental level, our soils, water supply and grasses are becoming more polluted. GMO is becoming more difficult to detect and labeling it may become non-mandatory in the U.S.

I am not trying to increase your anxiety level but food nowadays requires all your attention, education and must be taken seriously. We are what we eat. There is no way escaping this truth. It is difficult to be perfect, but we can try to do our best.

There is a source of information that I really like and that I trust: EWG.com or "Know your environment and protect your health." Visit them: www.ewg.org

CogniDiet® Book Club Discussion Guide

This week is focused on your overall health and the attention you pay to it. If you were able to do a pre and post 12 week program blood work with your doctor that would be terrific. It is usually covered by insurances every 3 months. Make sure you ask for:

- **A lipid panel (total cholesterol, HDL, LDL and triglycerides)**
- **Fasting glucose and hemoglobin A1c**
- **You could check your liver enzymes**

If one of you has a glucose monitoring device, it would be interesting to do a test at your meeting before eating and within 2 hours after eating!

- **This is not the last meeting, so focus on what actions you took with your health (self- discovery or making an appointment). What is your priority?**
- **What do you think about The Bredesen Protocol? Are you intrigued? Do you want to give it a try?**
- **Take a few packaged foods and analyze the labels.**
- **Have you decided to start, re-adjust or stop some supplements?**
- **How do you feel in general, you are almost done with the program!**

