



Anne O. Rice RDH, BS, FAAOSH, CDP

www.anneorice.com

<http://www.amazon.com/author/anneorice>

918.633.0211

<https://www.frontiersin.org/articles/10.3389/froh.2021.674329/full>

Books: The XX Brain Lisa Mosconi PhD

The Menopause Brain Lisa Mosconi PhD

Modules regarding Alzheimer's Prevention www.ind.org/learn

Mediterranean Living

Healthy fats, Oils and Vinegars

Extra virgin olive oil, olives, balsamic vinegar, red wine vinegar

Vegetables

Onions, garlic, potatoes, artichokes, zucchini, eggplant, squash, corn, cucumbers, broccoli, cauliflower, mushrooms, beets, carrots, celery, Peppers, fennel, cabbage, leeks

Nuts and Seeds

Pine nuts, walnuts, almonds, chestnuts, sesame seeds, pumpkin seeds, sunflower seeds, tahini

Herbs and Spices

Parsley, oregano, basil, dill, thyme, sage, Rosemary, mint, Bay leaves, salt, pepper, cumin, ginger, turmeric, saffron, paprika, cinnamon, cloves, red pepper flakes

Beans and Legumes

Lentils, split peas, broad beans, chickpeas, kidney beans, green beans, black beans, Black Eyed beans

Cheese and Fermented Dairy

Feta Cheese, mozzarella, parmesan, ricotta, yogurt

Greens

Spinach, arugula, lettuce, kale, purslane, broccoli, beet greens, collard greens, dandelion greens, mustard greens, turnip greens

Whole Grains, Rice, and Pasta

Whole Wheat, bulgur wheat, quinoa, rice, orzo, pasta, barley

Grass-fed

When choosing meat, make sure to choose lean cuts of grass-fed beef, pork, and lamb. Grass-fed meat is higher in healthy omega-3 fatty acids and antioxidants than grain-fed meat.

Grass fed beef, grass fed pork, grass fed chicken, organic eggs

Fruits

grapes, tomatoes, lemons, oranges, grapefruit, apricots, apples, pears, pomegranate, cherries, avocado, watermelon, honeydew, Peaches, strawberries, figs, kiwi, blueberries, blackberries,

Fish and Seafood

Sardines and Anchovies, Salmon, seabass, cod, however, tuna, mussels and clams, shrimps, and prawns

Drinks

water, coffee, tea, wine

Daily

Three servings of fruit and at least three servings of vegetable every day

Whole grains and starchy vegetables three to six servings a day (serving = ½ cup, 1 slice of bread)

Dairy three servings a day (what serving size)

Olive oil one to four tablespoons a day

Weekly

Beans at least three servings

Fish three servings (3-4 oz)

Nuts at least three servings (1oz)

Eggs limit 3 servings

Desserts less than 3 servings

Source Cleveland Clinic

MIND Diet

Mediterranean-DASH Intervention for Neurodegenerative Delay

Green, leafy vegetables: Aim for six or more servings per week. This includes kale, spinach, cooked greens, and salads.

All other vegetables: Try to eat another vegetable in addition to the green leafy vegetables at least once per day. It's best to choose non-starchy vegetables because they provide a lot of nutrients for a low number of calories.

Berries: Eat berries at least twice per week. Berries such as strawberries, blueberries, raspberries, and blackberries all have antioxidant benefits

Nuts: Try to get five or more servings of nuts each week. The creators of the MIND diet don't specify what kind of nuts to consume, but it is probably best to vary the type of nuts you eat to obtain a variety of nutrients.

Olive oil: Use olive oil as your main cooking oil.

Whole grains: Aim for at least three servings daily. Choose whole grains like oatmeal, quinoa, brown rice, whole wheat pasta, and 100% whole wheat bread.

Fish: Eat fish at least once per week. It is best to choose fatty fish such as salmon, sardines, trout, tuna, and mackerel for their high amounts of omega-3 fatty acids.

Beans: Include beans in at least four meals per week. This category includes all beans, lentils, and soybeans.

Poultry: Try to eat chicken or turkey at least twice per week. Note that fried chicken is not encouraged on the MIND diet.

Wine: Aim for no more than one glass daily. Both red and white wine may benefit your brain. While there has been much interest in the compound resveratrol, which is found in red wine, recent research has questioned whether it has clear benefits in humans.

LIMIT

Butter and margarine: Try to eat less than 1 tablespoon (about 14 grams) daily. Instead, try using olive oil as your primary cooking fat and dipping your bread in olive oil with herbs.

Cheese: The MIND diet recommends eating cheese less than once per week.

Red meat: Aim for no more than three servings per week. This category includes all beef, pork, lamb, and products made from these meats.

Fried food: The MIND diet highly discourages fried food, especially the kind from fast-food restaurants. Limit your consumption to less than once per week.

Pastries and sweets: This includes most of the processed snack foods and desserts you may think of — ice cream, cookies, brownies, snack cakes, doughnuts, candy, and more. Try to limit these to no more than four times per week.

Dash Diet

DASH stands for Dietary Approaches to Stop Hypertension.

The DASH diet is a healthy-eating plan designed to help prevent or treat high blood pressure. It also may help lower cholesterol linked to heart disease, called low density lipoprotein (LDL) cholesterol

Limit salt to 2,300 mg a day.

A lower sodium version restricts to 1,500 mg a day

Choose foods:

- Rich in potassium, calcium, magnesium, fiber, and protein
- Low in saturated fat
- Low in salt

2000 calorie a day DASH Diet

- **Grains: 6 to 8 servings a day.** One serving may be 1/2 cup of cooked cereal, rice or pasta, 1 slice of bread or 1-ounce dry cereal.
- **Vegetables: 4 to 5 servings a day.** One serving is 1 cup raw leafy green vegetable, 1/2 cup cut-up raw or cooked vegetables, or 1/2 cup vegetable juice.
- **Fruits: 4 to 5 servings a day.** One serving is one medium fruit, 1/2 cup fresh, frozen, or canned fruit, or 1/2 cup fruit juice.
- **Fat-free or low-fat dairy products: 2 to 3 servings a day.** One serving is 1 cup milk or yogurt, or 1 1/2 ounces cheese.
- **Lean meats, poultry, and fish: six 1-ounce servings or fewer a day.** One serving is 1 ounce of cooked meat, poultry, or fish, or 1 egg.
- **Nuts, seeds, or dry beans and peas: 4 to 5 servings a week.** One serving is 1/3 cup nuts, 2 tablespoons peanut butter, 2 tablespoons seeds, or 1/2 cup cooked dried beans or peas, also called legumes.
- **Fats and oils: 2 to 3 servings a day.** One serving is 1 teaspoon soft margarine, 1 teaspoon vegetable oil, 1 tablespoon mayonnaise or 2 tablespoons salad dressing.

- **Sweets and added sugars: 5 servings or fewer a week.** One serving is 1 tablespoon sugar, jelly or jam, 1/2 cup sorbet or 1 cup lemonade.

1600 calorie/day DASH diet

Grains 6 servings/day

Vege's 3-4/day

Fruits 4 /day

Fat free or low-fat dairy 2-3/day

Lean meat/poultry & fish 3-4 1 oz or fewer/day

Nuts, seeds, dry beans, peas 3-4/week

Fats & oils 2/day

Sweets & added sugars 3 or fewer/week

Keep in mind alcohol raises blood pressure. The Dietary Guidelines for Americans recommends that men limit alcohol to no more than two drinks a day and women to one or less.

The foods at the center of the DASH diet are low in salt. No sprinkles on your food.

To further reduce salt:

- Read food labels and choose low-salt or no-salt-added options.
- Use salt-free spices or flavorings instead of salt.
- Don't add salt when cooking rice, pasta, or hot cereal.
- Choose plain fresh or frozen vegetables.
- Choose fresh skinless poultry, fish, and lean cuts of meat.
- Watch marinades
- Eat less restaurant food. When eating at restaurants, ask for dishes with less salt and ask not to have salt added to your order.

Source Mayo Clinic

Best Fiber

Fruits

Raspberries 1 C 8.0 grams

Prunes 1C 7.7

Blackberries 1C 7.6

Pear 1 medium 5.5

Avocado ½ 5.0

Mango 1 5.0

Vegetables

Soybeans, cooked 1C 20.6 (NON GMO)

Pumpkin, canned 1/2C 13.0

Artichokes, cooked 1C 10.3

Green peas, cooked 1C 9.0

Winter squash, cooked 1C 5.7

Spinach, cooked 1C 5.1

Broccoli, cooked 1C 5.0

Brussels sprout, cooked 1C 4.0

Grains Cereal

Oatmeal, rolled oats, dry 1C 8.2
Pasta, whole wheat, 1C 6.0
Barley, pearled, cooked, 1C 6.0
Quinoa, cooked, 1C 5.0

Grains, Nuts and Seeds

Navy beans, boiled 1C 19.0
Split peas, boiled 1C 16.0
lentils boiled, 1C 15.5
black beans boiled, 1C 15.0
chia seeds 1oz 10.0
flax seeds 1oz 7.2
almonds 1oz 3.5

Antioxidant, Anti-Inflammatory, and Anti-Microbial foods

Apple, artichokes, basil, blueberries, cilantro, cinnamon, clove, cocoa, cranberries, cumin, dark chocolate, elderberries, fennel, garlic, ginger, gojo berries, hibiscus tea, Indian gooseberry, kidney beans, mustard seeds, olive oil, onions, oregano, parsley, pecans, peppermint leaves, rosemary, sage, thyme, turmeric, vanilla beans

Brain Food

Omega 3 Fatty Acids - walnuts, seeds, plant-based oils and some brands of fortified eggs, juices, yogurt, milk and soy beverages
Vitamin B6 - fish, organ meats like beef liver, starchy vegetables like potatoes and non-citrus fruits
Vitamin B12 - eggs, milk and milk products, fish, meat and poultry, fortified breakfast cereals
Vitamin K - green leafy vegetables
Fatty Fish - salmon, herring, sardines, tuna, mackerel
Leafy Greens - cabbage, bok choy, collard, mustard and other dark greens, lettuce and salad greens
Berries – blueberries, strawberries, blackberries, black currants, chokeberries
Walnuts
Turkey and chicken
Turmeric
Plant Based Oils
Coffee
Dark Chocolate and Raw Cacao

Eat for a Healthy Brain

Step 1 manage carbs, vegi's ½ the plate, legumes, whole grains
Step 2 phytoestrogens non-GMO soy, fruits, seeds
Step 3 antioxidants blueberries, small red beans, pinto beans, cranberries, artichokes, prunes
Step 4 fats no trans fats ever, PUFA's Omega 3's
Step 5 feed your microbiome limit processed foods, FIBER, low animal fat

Step 6 alcohol and coffee limit alcohol after 40 the liver slows down, and coffee in moderation timed appropriately

Step 7 go organic 25% of pesticides sprayed on fruits and vegetables are known to disrupt the body's estrogen balance. If it has a peel no problem if you're eating the skin, try to go organic

Step 8 eat less intermittent fasting, the 5:2 diet, make sure it's quality food

Kirtan Kriya

Mantras

1. Repeat the Saa Taa Naa Maa sounds (or mantra) while sitting with your spine straight. Your focus of concentration is the L form (see illustration), while your eyes are closed. With each syllable, imagine the sound flowing in through the top of your head and out the middle of your forehead (your third eye point).
2. For two minutes, sing in your normal voice.
3. For the next two minutes, sing in a whisper.
4. For the next four minutes, say the sound silently to yourself.
5. Then reverse the order, whispering for two minutes, and then out loud for two minutes, for a total of twelve minutes.
6. To come out of the exercise, inhale very deeply, stretch your hands above your head, and then bring them down slowly in a sweeping motion as you exhale.

Mudras (or finger positions)



The diagram illustrates four hand mudras (finger positions) for the mantras Saa, Taa, Naa, and Maa. Each mudra is shown with a line drawing of a hand and its corresponding label below it. Below the mudras is a musical notation for the sequence, starting with 'Adagio' and a tempo marking of '♩ = 66'. The notation is in 4/4 time and shows four quarter notes on a treble clef staff, labeled 'Saa', 'Taa', 'Naa', and 'Maa' from left to right. A trademark symbol (TM) is located in the top right corner of the diagram's border.

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- On Saa, touch the index fingers of each hand to your thumbs.
- On Taa, touch your middle fingers to your thumbs.
- On Naa, touch your ring fingers to your thumbs.
- On Maa, touch your little fingers to your thumbs.

Breath: Although there are often very specific breathing techniques used in yoga, such as Breath of Fire, the breathing in KK is allowed to come naturally as the meditation unfolds. Let your breath flow freely.

2. **Posture:** Sit comfortably with a straight spine in a chair, feet flat on the floor. Alternatively, which may be easiest in a yoga class, sit in a comfortable, crossed legged posture on the floor with your spine straight. As you may have experienced, in some yoga and meditation techniques posture can be more complicated, but here it is quite simple. In those exercises, the posture may serve the function of channeling energy or blood flow throughout the body. In KK, the posture encourages relaxation through the various parts of the meditation.

3. **Sound/mantra:** KK prescribes very specific sounds: the mantra *SaaTaaNaaMaa*. These sounds should be sung to the tune of the first four notes of the familiar children’s song “Mary had a Little Lamb.” The jaw should remain relaxed while singing to activate the vagus or anti-stress nerve and turn on the relaxation response.

This mantra is called the PanjShabad, or the five primal sounds. It comes from the mantra: Sat Nam, which means “my true essence.” When it’s repeated, the 84 acupuncture meridian points located on the roof of the mouth are stimulated. When the tongue forcefully strikes these points, it sends energy through the meridians, or energy channels, just as inserting an acupuncture needle influences the energy flowing through acupuncture meridians. When this occurs on the roof of the mouth, it stimulates the pituitary and hypothalamus, which boosts the function of the neurological and endocrine systems.

We conducted a survey asking people what they liked most about KK, and a whopping 90 percent said the singing. After all, music soothes. The subtle benefits of the mantra:

Saa evokes a sense of expansiveness

Taa creates a feeling of strength

Naa stimulates a sense of the universal

Maa provides the quality of communication

KK sends positive signals of health throughout your body, your cells, and even to your genes.

4. **Finger movements/mudra:** KK uses a particular fingertip movement sequence, or mudra. For thousands of years, yogis have used specific hand and finger positions as an important part of their practice. They called them the “Sacred Secret” and somehow knew that hand and finger positions and movements had a potent effect upon the brain, affecting creativity, action, memory, concentration, and thinking. Indeed, in the yogic scriptures the mudra for memory and concentration, called Hakini mudra, is a combined gesture of the Simrti (memory) and Dharana (concentration) mudra. Hakini mudra involves touching all the fingertips at once. It should be easy to understand, therefore, why using the mudra of KK, which involves touching the fingertips in sequence, gives such a powerfully dynamic effect. Beyond that, the hands and fingertips are highly represented in the brain, revealing again why the combined effect of finger touching and singing so strongly stimulates that organ, thereby increasing brain blood flow— which is visible in our imaging studies. After all, we are the only species that evolved to be able to speak and use our hands and fingers.

In KK, with the hands on the knees, the thumb is touched to each of the other four fingers in sequence. Both hands perform the same movement simultaneously. On *Saa*, the index finger is touched to the thumb. On *Taa*, the middle finger meets the thumb. On *Naa*, the movement is repeated with the ring finger, and with *Maa* the pinky and thumb touch. The sequence is always forward—thumb to index finger, middle finger, ring, and pinky—never backwards.

5. Focus of concentration/visualization: With eyes closed, visualize the sounds of the mudra coming down from the top of the head and out through the middle of the forehead, lined up over the nose like a capital “L.” It took a sophisticated imaging study as part of our research at UCLA to truly appreciate how the visualization in KK acts. Using this focus activates the occipital or back part of the brain responsible for eyesight. But this stimulation not only enhances physical vision, but it also allows access to one’s highest vision or mission and purpose in life: destiny. KK is, therefore, a highly evolved multisensory experience.

1. For 2 minutes, sing the mudra out loud.
2. Then, sing in a stage whisper for 2 minutes.
3. For the next 4 minutes, silently sing the sounds to yourself and continue touching the fingers.
4. Bring the voice back up to a stage whisper and sing again in this way for 2 minutes.
5. For the last 2 minutes, sing out loud to complete the sequence.

Remember, when outside thoughts intrude, simply return your focus to the fingertips, sounds, and visualization. To complete the meditation, inhale deeply through the nose, stretch the hands above the head, and then bring them down slowly in a sweeping motion, while exhaling through the nose. We suggest taking a couple of deep nasal breaths before opening your eyes and resuming your daily activity.

Breathing

4-7-8 (for sleep)

Inhale for 4 seconds

Hold your breath for 7

Then exhale forcefully out your mouth for 8

Repeat 4 times

Lower autonomic arousal AKA de stress (reduces CO2 levels, slows heart rate)

2 rapid breaths through the nose and a long exhale through the mouth

Respiratory Vagus Nerve Stimulation - Vagus nerve a key player in the parasympathetic nervous system) or called Box Breathing less stress engaging the parasympathetic nervous system)

Inhale for 4 seconds

Hold for 4

Out through nose for 6

2 second hold

Functional Breathing

Breathe light, low and slow – Buyteko

