

# Nutrition and Exercise

Our marvelous brain can only work at its peak efficiency if fed properly. A healthy diet with nutritional supplementation is critical to be able to sustain attention and concentration, remember information, and recover from brain injury. A healthy diet is one which not only promotes health, and healing, but also doesn't aggravate inflammation.

## Here are a few tips and resources:

- Be sure to have adequate protein; RDA is 56 grams/day for men, and 46 grams/day for women.
- Be sure to eat foods with healthy fats (fish, seeds, nuts), and avoid those with unhealthy fats (processed foods).
- Consider looking into the anti-inflammatory diet, which encourages foods for reducing inflammation (vegetables, vegetables, vegetables), and discourages foods which enhance inflammation (sugar, dairy, red meat, alcohol, white flour, and processed foods).
- Consider nutritional supplementation for enhancing brain function. Some suggestions include fish oil, coconut oil, Vitamin B complex, acetyl-L-carnitine, Ginkgo biloba...
- Consider nutritional supplementation to promote healing, and reduce inflammation. Some suggestions include curcumin/turmeric, resveratrol, bilberry...
- "How to Feed a Brain" by Cavin Balaster ([adventuresinbraininjury.com](http://adventuresinbraininjury.com))

**Changing your diet is a challenge, so here are some tips:**



- Check with your physician/neurologist before making any drastic changes in your diet
- Enlist the support of family and friends
- If you start with little changes, it will be easier to get started, and to stick with it. For example, for the first week, just eliminate all of the sugar in what you drink. The second week, find healthier alternatives, such as fruit or vegetables, for your snack food. Week three, try a new vegetable. Week four, add one meal of fish to the weekly menu.

## The bottom line is, if you want to feel better and think better, eat better.

General guidelines for exercise in healthy adults is 150 minutes of moderate exercise per week. Check with your physician/neurologist before starting any exercise program.

If you are looking for toning, stretching, pain relief, and/or posture workouts look for a Tai Chi or yoga class, or check out Miranda Esmonde-White's book "Aging Backwards", her website [essentrics.com](http://essentrics.com), or her PBS show "Classical Stretch".

Just going outside for a walk in nature is great exercise with the benefits of relieving stress. Better yet, take your friend or your dog along with you!