

Andrew Fuller

Clinical Psychologist
Author and Speaker

www.andrewfuller.com.au
www.mylearningstrengths.com



Brain Fuel Andrew Fuller

Your brain runs best when you give it the best fuel. If you don't eat right your brain is like a car full of the wrong sort of petrol chugging up the hills and needing more revving to get going.

Brains need breakfast.

The research is in: if you want to do well at school and in life you have to eat breakfast. Breakfast eaters get 40 % higher marks in maths. People who eat breakfast are less likely to be absent from school and are less likely to be late to school.

Studies indicate that non-breakfast eaters are twice as likely to be depressed, four times as likely to suffer anxiety and 30 % more likely to be hyperactive.

Having a higher protein- lower carbohydrate mix for breakfast enhances concentration and memory. So avoid lots of sugary cereals, juices and heaps of toast and get some eggs, milk and porridge or bacon in. Sugary drinks give you the wrong sort of buzz.

Firstly they make you sick. Just two soft drinks (75 grams of glucose) results in the free radical production of damaged fatty acids called isoprostanes to rise by 34% in just 90 minutes after consumption,

Secondly, they make you stressed. One study at Yale University gave 25 healthy children the same amount of sugar found in one soft drink and found that their adrenaline levels were boosted to more than 5 times normal levels for up to 5 hours later.

Neuro-nutrition

You don't need to reach for the medicine cabinet every time you want to feel better. Often making sure you get some exercise, sleep well and eat well can make an amazing difference to how switched on you feel. Foods that improve your mood, sleep and calmness

These are foods that have relatively high levels of the amino acid, L- tryptophan. L- tryptophan synthesises in your brain into serotonin the most powerful anti-depressant known to humankind.

It also makes you sweeter, calmer and helps you to sleep better. The foods that are rich in L- tryptophan include:

Turkey
Almonds
Whole wheat Cottage Cheese
Soybeans Lean Beef
Milk
Pumpkin seeds Omega 3 fatty acids

Food that improve happiness, concentration and motivation.

Tyrosine is the amino acid that synthesises in your brain to create dopamine. Dopamine is the neuro-chemical related to motivation and concentration. It helps you to feel pumped and raring to go.

The foods that are rich in tyrosine include:
Fish Oats Dairy Chicken Yoghurt Milk

It don't mean a thing if you ain't got that zing!

Give yourself an energy boost by eating foods that are rich in the amino acid, L-phenalane. This amino acid synthesises into norepinephrine and dopamine. Not only will having more of these neuro-chemicals improve your get up and go, it will also be good for your memory.

Food that are rich in L-phenalane include:
Lima beans Peanuts Yoghurt Sesame seeds
Chicken Milk

Keep your sunny side up!

Foods that decrease irritability and tension are high in L-glutamine. L-glutamine synthesises in the brain into GABA or Gamma-Aminobutyric Acid.

Foods that are rich sources of L-glutamine include:

Eggs Grape Juice Sunflower seeds Peas
Peaches Avocado Granola

Help your brain to learn

Choline synthesises in the brain into acetylcholine. When you learn something new, your brain forms a new link or circuit between brain cells. These new links use acetylcholine to form and they are then reinforced by dopamine.

Acetylcholine not only helps us to learn it also protects our cells and our memory.

Foods that are rich in choline include:
Eating a balanced healthy diet makes an enormous difference to how well people do at school.

Use your pantry to keep yourself well.

While we are considering what foods help us to perform at our best we should also discuss anti-angiogenic foods. These are foods that seem to play a role in limiting the pathologic formation of new blood vessels (angiogenesis) associated with many human illnesses.

Anti-angiogenic foods you should consider having more of in your diet include:
Almonds Artichokes Blueberries Cherries
Garlic Grapefruit Kale Mushrooms Olive Oil
Parsley Pumpkin
Red grapes Sea Cucumber Strawberries
Tuna Walnuts Apples Blackberries Bok
Choy Chocolate (dark) Ginseng
Green tea Lemons Nutmeg Oranges
Pineapple Raspberries Salmon
Soy beans Tomato Turmeric

If you want to hear a fascinating lecture about anti-angiogenic foods go to
http://www.ted.com/talks/william_li.html

Note: The food suggestions in this newsletter are general in nature. If you or your child has food allergies or illnesses, it is recommended that you seek the opinion of a health professional before altering your diet.

Stay in touch with Andrew and receive updates

On face book
andrewfullerpsychologist
Learning Strengths

On Linked in

Andrew's new book, "Your Best Life at Any Age" (Bad Apple Press) is out now.