

# Brain Food

---

by Allan Wohrnitz (BSc)

## For brain activity and memory

A malnourished brain and nervous system creates many undesirable conditions, namely poor memory, depression, lack of energy, sleeplessness, irritability, hyperactivity, anxiety, violence, etc.

Knowing the correct foods that nourish the brain will help handle the condition.

## Definitions:

**Brain** - a mass of nervous tissue that is the controlling and co-ordinating centre of the nervous system.

**Nerve** - any of the cord like bundles of fibres that conduct impulses between the brain or spinal cord and another part of the body.

**Neurone** - a cell specialised to conduct nerve impulses.

**Neurotransmitter** - a chemical by which a nerve cell (neurone) communicates with another nerve cell or with a muscle.

**Neurologist** - one who is trained to diagnose and treat diseases of the brain (nervous system), and is trained to recognise physical defects in the nervous system and can recommend treatment based on the physical findings.

**Psychiatrist** - he is NOT a neurologist, yet he claims to deal with brain problems which really belong in the field of neurology. He claims to "treat" mental illnesses based on opinions and no scientific findings. His true function is to make sure any patient with mental problems has been tested for all diseases which can be verified physically and when any found have been treated first before engaging in psychiatric treatment.

## Foods:

### B Vitamins:

- **Choline** - helps the formation of the "memory" neurotransmitter. Also supports the health of the brain's nerve fibres.  
(See article on Concentration, Memory and Mental Sharpness covering information on DMAE - a nutrient that converts to Choline in the brain.)
- **Inositol** - used to treat mental illness, panic attacks and anxiety.
- **Lecithin** - has as major components choline and inositol - cell membranes that regulate which nutrients may leave or enter a cell are largely composed of lecithin. Without lecithin, a membrane would harden. Protective sheaths surrounding the brain and nerve cells are made from lecithin. Lecithin is produced by the liver.
- **Vit B1** - attaches to lead and assists in excreting lead. 150mg of B1 daily gives on razor-sharp memory.
- **Vit B2** - maintains the health of the nervous system.
- **Vit B3** - deficiency causes depression and psychosis. B3 together with EFA's (see below) help regulate neurotransmitter hormones in the brain - used successfully in treating schizophrenia. B3 helps detoxify excess Copper.
- **Vit B5** - increase in memory, learning and cognitive abilities. 250 to 500mg + choline improves memory.
- **Vit B6** - essential for making neurotransmitters. Converts amino acids into Serotonin (an essential neurotransmitter hormone).  
Deficiency of B6, creates irritability, violence and poor memory. 20% of depressed people are deficient in B6. Recommended dose - 100mg daily.
- **Vit B12** - lack of creates confusion and poor memory.
- **Folic Acid** - works with vit B12 - essential for oxygen delivery to the brain. Deficiency encourages anxiety and depression.
- **Biotin** - helps produce ATP - a compound in the cells that is used for the storage and conversion of energy. Also helps in the formation of glycogen (storage sugar for future energy needs).

### Minerals:

- **Zinc** - deficiency causes violence, depression, anxiety, delinquency, hyperactivity, loss

of co-ordination, excess fidgeting. Affects the immune system with colds, infections. Blood sugar problems require high zinc. Excess of Copper and Lead deplete the body of Zinc.

- **Manganese** - lack of over-stimulates the brain to produce many psychotic states. High levels of Copper and Iron may displace Manganese.
- **Calcium and Magnesium** - essential to combat irritability, excess fidgeting, lack of sleep, hyperactivity and "wound-up" feeling.

### Essential Fatty Acids (EFA's)

- **Omega 3** - rich source from cold water fish and linseeds (flaxseed oil). Needed to produce a component of the human brain tissue and serves in the transmission of nerve impulses in the nervous system. Deficiency symptoms - dry skin, lack of co-ordination or impaired vision, memory or learning ability impaired, prone to infections
- **Omega 6** - sourced from hemp seed, pumpkin seed, sunflower, safflower, sesame seed, corn, walnut, wheat germ. Deficiency symptoms - eczema or dry skin, dry eyes, blood sugar imbalance or diabetes, chronic fatigue, multiple sclerosis, depression, mood swings, excessive thirst
- EFA's need the presence of Zinc, Manganese, Magnesium, Biotin, Vit C, Vit E, Vit B3 and B6 to be converted into usable forms of oils which affect nerve impulse transmissions, smooth muscle contractions, reduce blood pressure, decrease inflammations, etc..

**NOTE:** According to Dr. Fred A. Baughman, (Paediatric Neurologist - [www.adhdfraud.net](http://www.adhdfraud.net)), he states: "I wish to make clear that psychiatrists do not deal with actual diseases of the brain." He also states: "Neurologists, not psychiatrists, are medically trained and legally responsible for the diagnosis and treatment of actual abnormalities/diseases of the brain."

In the schooling system, ADHD and hyperactivity has become a "brain disorder", and many reports are coming through that teachers, psychologists, social workers and paediatricians are diagnosing as such and prescribing mind altering drugs. It is not part of their duty to diagnose and treat such "so called diseases" without proper diagnosis done by the correct professional, the neurologist. Parents take note to exercise your rights in the above matter. Visit [www.childrensrights.co.za](http://www.childrensrights.co.za) for more information on the dangers of drugging children with hyperactivity.

If there is any mention of a "brain disorder" or "mental illness", get a medical check up for any deficiencies of vitamins and minerals and EFA's, toxic overload of Lead, Copper and Iron or any allergies and that alone could solve the ailments mentioned above.

I sincerely hope this has been of assistance to clarify any misconceptions to do with the "brain" and it's supposed "complicated" functions. Apply the above and I wish you success in your endeavours and with lots of energy and power to achieve your goals.