

# Dr. Mike Dow Brain Fog Fixes PODCAST SHOWNOTES

*Dr. Mike Dow is a psychotherapist and author of the book "The Brain Fog Fix: Reclaim Your Focus, Memory, and Joy in just Three Weeks." Dr. Mike believes that every relationship has a profound lesson to teach.*

## **Setting the brain up for foginess**

Our diet, our habits and our environment set us up to be foggy. A blood sugar spike is a very common reason to feel that foginess. These spikes increase our risks for dementia, brain fog, and mild neurocognitive disorders that can lead to bigger issues. Anything that makes your blood sugar unstable will create this foginess.

## **Preventing and Nurturing Brain Health**

1. Wellness Shot: ½ tsp turmeric ½ tsp black pepper in one ounce of water blocks the accumulation of plaque that can build up on the brain and create brain fog.
2. Fish (Be careful with labels and getting fish raised to be healthy for you)
3. Olive Oil
4. Cognitive brain games

## **Issues on the Rise**

Dementia and Alzheimer's will triple by the year 2050. The worst culprit for much of the increase in dementia and Alzheimer's can be tied to the American diet. Soybean oils and other ingredients breed inflammation and eventually lead to damage in the body. The foods we eat can either help or hurt us and making the choices that protect our bodies and our brains are ultimately the choices we should be making.

[Dr. Mike's Site with Freebies!](#)

[Dr. Mike's Book!](#)

## **Listener Question:**

*Can you talk about Leaky Gut? What to eat and what not to eat?*

Leaky Gut is when your semi-permeable intestines become too permeable and as a result your body sees these new foreign bodies as a threat. Gluten and artificial sweeteners as well as stress can make your gut more permeable than it should be. Doing a simple IGG test can show the sensitivities for your specific body. Having this response constantly and creating these antibodies your body will begin to crave the very foods that are hurting you. The sugar impact diet takes out that caustic sugar and prescribes healing foods like clean fish protein that begins to heal that ultra-permeable gut. Apples can also help to heal the gut using pectin. Pull out the offending foods and swap in the healing foods.

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As always, remember:

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**You are worthy. Dare to live a life that matters.**

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