

IHHS-HEALTH & WELLNESS CENTER

**1607 SO. H STREET
BAKERSFIELD, CA 93304
(661) 837-0453 ~ FAX (661) 837-0560
The Local People Serving You**

Food Addiction Rewire the Brain for Healthy Eating

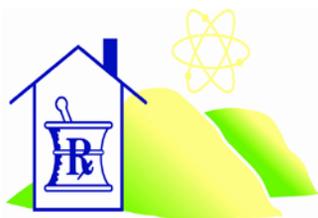
This is about weight gain, addictions, and how controllable brain chemicals leads to addictions. These addictions can be to food, shopping, gambling, illegal or legal drugs and more. Let's start with food and alcohol.

Weight gain in the abdomen, from food or alcohol, is demonstrative of high sugar levels contributing to a buildup of stimuli from the pancreas, for the liver to make fat, from the high insulin levels. When it no longer can handle this command, it begins to back up with fat, causing fatty liver. This leads to high triglycerides, and circulating fat. This causes inflammation that leads to increased cortisol secretion, from the total body stress due to the inflammation. The high cortisol then leads to primarily belly weight gain. By the time this is happening the pancreas is putting out 400% more insulin than it should, which over time will create a diagnosable type 2 diabetes. The ongoing stress of all on the brain this leads to type 3 diabetes, which is dementia, which due to alcohol consumption contributes to even worse neuronal damage than the inflammation does in the first place.

Alcohol actually damages the brain comparable to methamphetamine, and even more than cocaine or heroin. It is unbelievable how it robs one of being able to feel happy without ingestion. The drive to have it is as bad as the worst addictive drugs, but societally it is acceptable to eat and drink. It now makes sense that the true ruling elite rarely consume alcohol. It is tremendously self destructive. The addiction to food is the only one that does not cause a neuronal loss. Food addiction may be reprogrammed without brain/neuronal loss, but if alcohol consumption goes on too long the neuronal brain damage slowly becomes more significant.

The cure for all these addictions is to rewire the brain via joyful activity. One must find enough mindfulness to be able to look at what they are doing, and find alternatives to wean from the offending substance. This requires thinking and planning on growing in a new direction with their activity choices. At the same time it is imperative to find another activity to cause the release of dopamine, to feel happy. With repeated experiences over time, the body reaches a new rhythm, where it looks to this new activity, and not the addiction, for it's dopamine cascade to feel good. This could be exercise, meditation, a hobby, or animal husbandry, any healthy activity, one can find fulfilling and satisfying that can generate dopamine to provide a good feeling. This will then become the new behavior in place of the addiction, the body will desire for this activity for the release of brain chemicals leading to relaxation and happiness.

The liver can be rehabilitated over 7 days following an abstinence, and diet plan, comparable to what a new bariatric patient performs. The severe calorie restriction will also lead to, a loss of water that is trapped due to inflammation, and allow the re-balancing of several physical systems, which will lead to higher energy and health. In 8 weeks the fatty pancreas, which comes before the liver build up, will clear as well. At that point pre-diabetes (Type 2) is reversing as well.



IHHS-HEALTH & WELLNESS CENTER

**1607 SO. H STREET
BAKERSFIELD, CA 93304
(661) 837-0453 ~ FAX (661) 837-0560
*The Local People Serving You***

There is so much known about brain health now. These things like highly palatable food and alcohol are both as addictive as drugs, and the cravings are similarly strong enough to force undesirable behaviors from one. This is all happening at a chemical level in the brain that has been programmed via our old reptilian brain to be this way. In the old days the basic brain instincts were about survival.

With the creation of the modern compounds from alcohol, to combinations of sugar, salt, fat, additives, all kinds of drugs and chemicals, all push brain transmitters much further than they were ever supposed to go. These higher levels of neurotransmitters lead to these modern day addictions that are often disguised. It is not a big deal to consume food, alcohol, go shopping, or gambling today. Yet they can all be forms of self-medication and addiction. One can be pushed by their brain chemistry and neurotransmitters, into behaviors, and ways of thinking and sensing, that are all brain reinforced negatively for health. The ingraining of the habit or addiction is quite deep into ones total being.

This can be influenced by the degree of poor diet, and emotional trauma one has had. In essence it is known now that many self medicate with food or alcohol, and other activities to enhance mood. It is interesting that fat has been shown to dampen activation of parts of the brain involved with the feeling of sadness. However, one may end up more depressed and or anxious if not using a balanced diet.

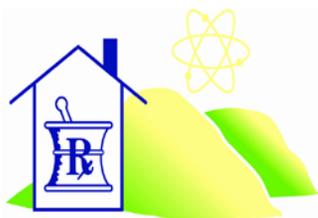
The first step is becoming aware, then working to record what you are doing, so it can be analyzed cognitively. Then with relaxation, and making a plan, slowly one moves away from the addiction. With high blood sugar from food or alcohol it is going to be 3 to 5 days of being very uncomfortable, and then as much as 60 days for physiological systems to re-balance. In the old days it was felt there were no cures.

With the understanding of neurotransmitters, and how to alter secretion of them via alternate behaviors, there is now the option to find a new way to get secretion of the neurotransmitters, while correcting ingestion of the offending substance. This leads the brain to create new pathways of sensual patterns, and rhythmic behaviors in the brain. This can be done at any age.

What we thought was brain loss in old age turns out to be more similar to muscle atrophy. If you do not use muscles you lose them, however, they can be re-strengthened with exercise. This is also true of the brain. Moving away from addictive behaviors is good for the brain in functional ways that enhance its performance, and the health of the overall body.

It was interesting that as society got away from 3 meals a day, snacking became acceptable. This rhythmic pattern of behavior was important to appetite control. It was actually important to eat and stop, and then eat again later, several times a day to maintain our bio-rhythms. What made matters worse was increasing addictive non-fresh processed foods, and that gradually snacking became normal.

Snacking and eating mostly processed pseudo food, and highly palatable food, is not going to provide the nutrition one needs for proper brain health and is addictive. These pseudo-foods are more addictive than the loss of the 3 meal a day rhythm. The body's dopamine hit new addictively high levels, as consumption of pseudo foods, highly palatable foods, and the snacking behavior became typical and accepted. This has



IHHS-HEALTH & WELLNESS CENTER

**1607 SO. H STREET
BAKERSFIELD, CA 93304
(661) 837-0453 ~ FAX (661) 837-0560
The Local People Serving You**

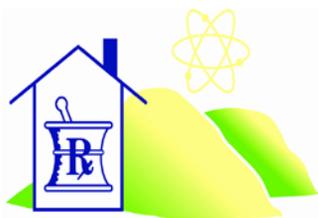
slowly patterned the brain, and it's multiple pathways of feedback, into an addictive craving for more and more. It is not about calorie counts it is about addiction!

For 10 years prior to being diagnosed as type 2 pre diabetes, it is a reversible condition. We did not know this before. We should Not be checking blood sugars! We should be checking inflammatory factors, which are what cause all the internal damage. They are elevated for the longest time, even before sugar is elevated. They contribute to a myriad of body dysfunctions and imbalances, which ultimately create diseases.

Officially to end the cycle of addiction there are some steps. Stop getting high on a false dopamine fix. Choose healthy fixes/behaviors to increase dopamine. Allow time for withdrawal symptom experience. Irritability is common for 2 to 5 days when stopping sugar and processed foods, at which point the physical cravings will begin to subside. The body will need extra rest during this time, have a nap instead of a snack. To regain most dopamine receptors, and get through basic withdrawal, is three to five weeks. Know relapse will be high during this time, so try to stay away from addictive compounds. Realize your taste preferences will change gradually and over 8 to 12 weeks, and you will become accustomed to a healthy set of behaviors. During this time personally work to reduce stress through meditation. Exercise will aid in creating beige fat from white fat which is metabolically healthier. Develop long range goals to resist immediate gratification, increase physical health, and boost confidence in your ability to resist offending substances.

To take care of yourself eat regular balanced meals, and try to eat every 4 to 5 hours a day to stabilize blood sugar. Build a healthy circadian rhythm of eating into your day. Get healthy omega 3 fats to feed your brain, protein to feed the body, with fiber from both vegetables, and some gluten free grains, to feed your healthy bacteria in your 2nd brain, the gut. Drink lots of water, since thirst can be mistaken for hunger. Stop consuming caffeine, and make time to exercise every day for 30-40 minutes to increase good chemical changes. Get enough quality sleep, and manage your stress, so immediate gratification is not needed. Build in a support system with the ones you love and give up on perfection. Rather, learn from experience and then get back on track. One example is ice cream stimulates the same smooth receptors stimulated by kefir or yogurt. Modify your choices to enhance health and to satisfy. Remember to reconnect with mindful behavior, and pay attention to what your body is telling you need. Finally get the highest quality food you can afford. For example, this is food made from plants, not food made in a plant.

Dr. David Kessler, former FDA Commissioner said "Consumers natural rewards signals are being overwhelmed by the abundance of choices and messages about food, so they must be extra vigilant about healthful eating. The pull is very strong, and there is a biological reason why food has such power over us. It's a real struggle, not just a question of being lazy or lack of willpower. But just because your brain is being high jacked, that does not mean you don't have a responsibility to protect yourself."



IHHS-HEALTH & WELLNESS CENTER

**1607 SO. H STREET
BAKERSFIELD, CA 93304
(661) 837-0453 ~ FAX (661) 837-0560
The Local People Serving You**

To provide support for health issues and more, IHHS Health & Wellness Center has been offering individual products and programs that customize each person's health goals.

The IHHS Energy and Wellness

program http://www.yourhomeopath.org/documents/services/EWC_Therapy.pdf

The IHHS Herbs to Optimize Health

program http://www.yourhomeopath.org/documents/services/EWC_Therapy.pdf

The IHHS Homeopathic Detoxification

program <http://www.yourhomeopath.org/documents/services/Detox.pdf>

Nitric Oxide enhancement via NEO-40 and the ND B Vitamin

products <http://www.yourhomeopath.org/documents/services/NitricOxide.pdf>

Vitamins, Minerals, Trace Minerals, Digestion aid,

etc. <http://www.yourhomeopath.org/documents/services/9-steps.pdf>

Vit E, Vit C, Vit D, Vit K, Multivitamin-mineral-trace mineral
Alpha lipoic acid, CO Q-10, Grape seed extract,
Zinc, Selenomethionate, Iodine, Magnesium, Indium
Betaine, Prescript Assist probiotics, Colostrum, ZeoForce
ALC, NAC, Taurine, Lysine, & etc

Neurotransmitter Balancing

Theanine, Tyrosine, SAM-e, Tryptophan, Melatonin, Taurine, Non-GMO Lethicin

Prescript-Assist 39 strain, non-histamine releasing, probiotics to re-seed the gastrointestinal tract

Argentyn-23 to clear low level infection stress

Thyroid Executive Brain Function and IQ Enhancement

Iodine, zinc, selenium, magnesium, manganese, copper, Vit A, Ashwaganda, Bacopa, Hawthorne