

HealthCare Insights, LLC is Proud to Offer:

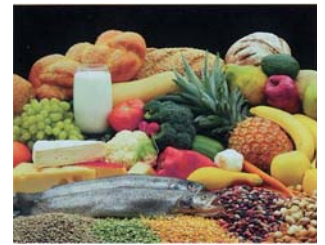


The MEMORY PRESERVATION NUTRITION® program



Research shows that nutrition is essential to preserving cognitive and emotional brain health.

Here are Highlights of the MPN™, an innovative nutritional program developed by scientist and educator, **Dr. Nancy Emerson Lombardo.**²



HEALTHY EATING FOR A HEALTHY BRAIN: The MPN™ Program Highlights©¹:

6 Scientific Evidence-based Strategies Emphasizing Whole Foods

1 **Increase amount & variety of anti-oxidants.** **Spices**, vegetables (especially green leafy ones), beans, fruits (variety of berries), nuts, seeds, whole grains, tea, juice (vegetable and fruit), and foods rich in natural Vitamin E such as almonds.



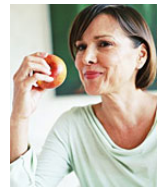
2 **Assure adequate B, D, E vitamins.** Synthetic B vitamins recommended but go natural for D3 & E. Ask your physician to check B-12 & D levels, especially if past age 50. Beware of excess B6,³ folate.⁴ and use B-50 complex to include B12 & niacin. Vit. E should include all 8 parts; found in leafy vegetables, most whole grains, seeds, some nuts including almonds & hazelnuts.

3 **Increase Omega 3s** - Fish, fish oil, flax seed, green vegetables, walnuts & pecans, seaweed; **and decrease Omega 6s**- use olive and canola oils instead of corn or other vegetable oils.

4 **Reduce inflammation.** Increase Omega 3s (fish & seafood), spices & herbs, berries, purple grapes & juice, green vegetables and green tea. Use fewer Omega 6s and less red meat and dairy.

5 **Reduce insulin resistance (pre-diabetes) & improve sugar metabolism.** Minimize sugar and artificial sweeteners. Reduce highly sweetened drinks and cereals. Use 100% fruit juices. Complex carbohydrates (e.g. whole grains), green tea, and **spices** such as **cinnamon** and turmeric.

6 **Reduce “Bad” (LDL) cholesterol and saturated fats. No Trans Fats (“partially hydrogenated” oils).** Eat LDL cholesterol-reducing foods such as nuts, oatmeal, grapefruit, purple grapes & juice, niacin, fiber, fish, fish oil & certain spices. Also eat a variety of anti-oxidants.



Steps to Take Towards the MPN™

- Drink lots of water. Start with 1-2 glasses of water upon rising in morning.
- Eat a balanced diet - it is essential. • Emphasize whole foods and juices.
- Eat lots of spices, vegetables, yogurt and soups with vegetables. • Eat Breakfast.
- Eat a **variety** of foods and **spices**. Variety is important. • Drink tea & vegetable juices daily.
- Eat fish 3+ times a week. • Eat a small handful of nuts or some nut butter every day (variety helps).
- Supplements are extra insurance - including whole food powders (such as JuicePlus®), Omega 3s Fish or cod liver oil, and vitamins such as B-12, B-complex, D, & E (all 8 tocopherols & tocotrienols).

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2. To learn more about the MPN nutrition and brain healthy lifestyle program, how to adapt these strategies to your situation and tastes, please contact HCI. **DISCLAIMER: Always check with your physician about new dietary changes.**
3. Vit B-6/BIOM recommended upper limit for vit B-6 is 100 mg. Levels above 1 gram can be toxic. 4. IF B-12 LEVELS ARE DEFICIENT, FOLATE/Folic Acid supplementation above 400 mcg can harm cognition and thinking.

MEMORY PRESERVATION NUTRITION® provided by HEALTH CARE INSIGHTS, LLC

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