

The Ins & Outs: What to **Include** and **Exclude**

Free Mini-Course 



Eat Liberally

- Eat plenty of fruits and vegetables, divided fairly evenly between leafy greens, colored, and sulfur-containing (see produce charts)
- Incorporate bone broth into your diet regularly (feedabrain.com/broth)
- Eat and cook with plenty of high-quality fats (see Guide to Fats)
- Include adequate complete proteins (one to three fists, mostly from fish and animals)
- Stay adequately hydrated

Supply Nutrients for Synaptogenesis

feedabrain.com/synapto

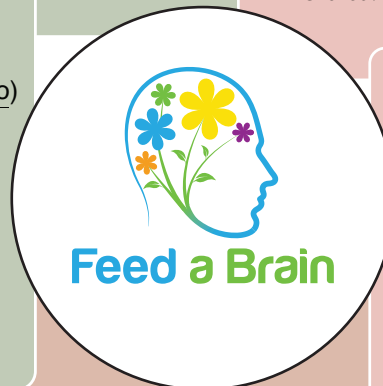
- Choline: Egg yolk, organ meats, broccoli, cauliflower
 - Supplement with citicoline (feedabrain.com/synapto)
- DHA: Cold water fatty fish and/or algae
 - Supplement with high-DHA fish or algae oil (feedabrain.com/DHA)
- Uridine: Beets, mushrooms, organ meats
 - Supplement with uridine monophosphate (feedabrain.com/synapto)

Reduce or Remove Altogether

Remove completely for gastric feeds

- Processed foods, fast foods, and soda
- Refined sugar (like white and brown sugar)
- Corn syrup
- Additives, artificial sweeteners, and MSG
- All vegetable oils like canola*, soybean*, corn*, and grapeseed (see Guide to Fats)
- Non-organic soy, soy milk, or rice milk
- Grains (corn is a grain)
- Starchy vegetables and high glycemic fruits
- Squeezed juice

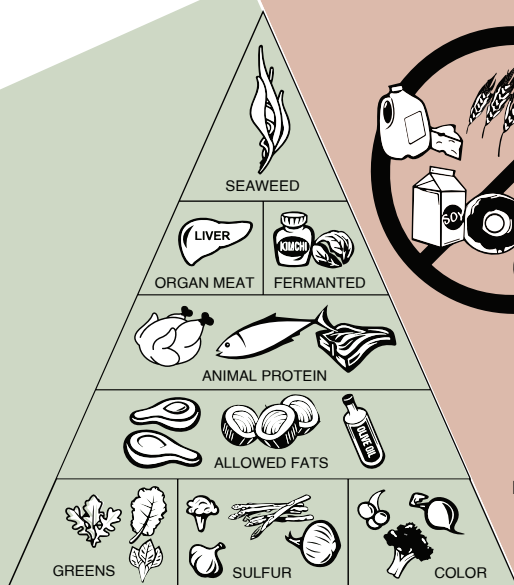
** Over 90% of US corn, soy, and canola is genetically modified*



Remove Entirely (for at least 60 days)

Read all labels on food packaging

- Milk and all milk products
- Wheat & gluten (often found in yeast, rye, oats, and barley)
- All artificial trans fat (including hydrogenated or partially hydrogenated oil)



Improve Rx: Added Restrictions

Also remove gluten, soy, sugar, corn syrup, artificial sweeteners, MSG, processed food, fast food, and soda



Best Rx: Added Restrictions

Also remove all grains, eggs, legumes (beans), peanuts, higher carb fruits and vegetables, and fruits that are not on the colored chart (like apples, bananas, and pears)

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Supply Superfoods

- Organ meats: from food or supplement with organ meat capsules (feedabrain.com/supplements)
- Fermented foods: from food or supplement with probiotics (feedabrain.com/supplements)
- Sea vegetables: from food (feedabrain.com/sea) or alternate between kelp supplements and dulse supplements (feedabrain.com/supplements)
- Cold water fatty fish: from food (feedabrain.com/fish) or supplement with fish or algae oil (feedabrain.com/fish) Favor smaller fish like:

Herring

Mackerel

Tuna

Sardines

Rainbow Trout

Salmon (especially king)

Sablefish (Black Cod)

Anchovies