

# BRAIN FOG

What is it and how to deal with it?

With Root Cause Analysis & Lifestyle Medicine Coach  
Kim Knight

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## Medical Disclaimer

I do not diagnose, heal, cure or treat any illness.  
None of the content of this presentation constitutes medical advice.  
If you need help, please seek appropriate medical advice.  
This presentation is for information purposes only.



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## Brain Fog

- Causes
- Solutions



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## Brain Fog

Nb – this is a MASSIVE topic and we are just scratching the surface today!



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## Handouts

- Slides and checklist on WCH website
- Listen and or watch



<https://www.activepresence.com/blog/the-death-by-powerpoint-myth>

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## Brain Fog

WHAT IS IT AND HOW CAN WE GET RID OF IT?

- Brain fog is often described as feeling **foggy headed, mentally drained and unable to concentrate**. Symptoms include **reduced cognitive function, mental clarity and memory recall**, as well as **difficulty staying focused\***.
- Brain fog can severely hinder living a normal, productive life, because without good mental function, **good concentration and productivity is difficult or impossible**.
- In this presentation you will learn to **recognize many of the multiple causes**, as well as what you can do to **reduce and eradicate it naturally**.

\* <https://www.verywellhealth.com/brain-fog-836395>



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## Nearly 1 in 4 People With COVID-19 Have Brain Fog Months After Their Infection


According to a new study.

*By Sarah Jacoby*  
October 26, 2021

The study, published last week in *JAMA Network Open*, includes survey responses from 740 people who'd had COVID-19 about their demographics and their illness. The researchers also gave the participants tests that assessed some of their cognitive abilities, like memory. On average, the participants were between seven and eight months out from their initial COVID-19 diagnosis.

Of those participants, nearly a quarter had issues with memory recall (23% of participants, 170 people) and memory encoding (24%, 178 participants) based on the assessment results. Many participants also showed deficits in executive functioning, processing speed, and verbal fluency.

<https://www.self.com/story/covid-19-brain-fog-study>



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## Struggling with brain fog after a COVID-19 infection? You're not alone, experts say

**NewScientist**

**Health**

**We are finally starting to understand brain fog and how to treat it**


Brain fog – which encompasses memory problems, lack of mental clarity and an inability to focus – had eluded scientific scrutiny until covid-19 thrust it into the spotlight. Now, we're starting to learn more about what exactly it is and how we can beat it

By Kay Stuhl

9 June 2022

Shukis is one of millions of people worldwide reporting a severe dent in cognitive functioning following a covid-19 infection, and as a result, the issue of brain fog has been thrust into the limelight. For many, this is long overdue. "It's something that patients with a wide variety of different medical problems have said has interfered with their ability to function for a long time," says Sabina Brennan, a neuroscientist at Trinity College Dublin, Ireland, and author of *Beating Brain Fog*.

<https://www.newscientist.com/article/mg5439603-300-we-are-finally-starting-to-understand-brain-fog-and-how-to-treat-it/>



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Experts describe brain fog as mild memory loss or:<sup>[1][2]</sup>

- Unusual forgetfulness
- Fuzzy memory or sluggishness when trying to remember things like names, dates, where you put your keys, and other important things
- Difficulty paying attention or focusing
- Confusion or spaciness
- Challenges with processing information

## Definition / Signs

<https://www.verywellhealth.com/brain-fog-8363295>



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## Causes?

The causes of brain fog can be complex and include any of the following and more:<sup>[1]</sup>

- Neurodivergence, such as autism spectrum disorder (ASD) or ADHD
- Mental health conditions, including depression and anxiety
- Chronic pain conditions, including fibromyalgia (colloquially known as fibro fog)<sup>[5]</sup>
- Long COVID and infections like H1N1 or SARS<sup>[7]</sup>
- Sleep disorders
- Eating disorders and nutritional deficiencies<sup>[8]</sup>
- Sleep aid and pain medication side effects<sup>[9]</sup>
- Excess stress or post-traumatic stress disorder (PTSD) symptoms
- Hormonal changes associated with menopause<sup>[6]</sup>

<https://www.verywellhealth.com/brain-fog-8363295>

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These are more likely effects or co-factors than causes

## Causes?

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<https://www.verywellhealth.com/brain-fog-8363295>

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## Background

- Root cause analysis
- Chronic fatigue and chronic pain
- Emotional healing
- Stress reduction
- Lifestyle medicine
- Narcissist & abuse recovery

**The Kiwi Health Detective**




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# CAUSES

What are the causes?

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## Brain Fog

- How would you rate your level of 'brain fog'?
- ?/10?




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## What causes it?


- What do *you* think causes brain fog?
- Comment in chat...



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## One Overriding Cause?



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## 6 Core Factors



**Toxicity**

If your eyes are open you can see how every part of life is now toxic.

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## What are the consequences?

- Difficulty thinking, focusing, remembering, planning
- Poor concentration & memory
- Cannot be productive and 'get things done'
- Tiredness, lack of energy and motivation
- Life is put on hold and not enjoyed
- Missed opportunities
- More severe knock-on health problems?

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## Many contributory factors

What you put IN your body

What gets created INSIDE your body

What you put ON your body

What comes INTO your body & energy field (from the environment)



What you repeatedly think

How you regularly feel

Unseen invisible energies

And more...

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## Many contributory factors

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Unseen invisible energies


And more...

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## Handy cause / symptom / solution checklist





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## Toxic World

Toxic world, toxic humans

How much more has the world become polluted in the past 50 years?




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## Toxic World

### 10. STEP 2: Release Your Toxicity



*"Stay away from negative people. They have a problem for every solution."*  
- Albert Einstein<sup>SM</sup>

Toxicity is the bane of all life in the 2020s. The food we eat, the drugs we are prescribed, the information we are given, the water we drink, the air we now breathe, and/or some of the people in our lives. Unfortunately it's all very toxic. This toxicity has a major effect on the water in your cells, which is all contributing to making you sick. More so than ever before, diseases that were never commonplace 10 years ago are now growing exponentially.<sup>SM</sup>

Human beings are loving people. They can work in a beautiful symbiosis with their environment if they are allowed to. People can care for each other, they can care for the land they cultivate, they can care for their children and their elderly. They share and care for each other.

However, if your eyes are open you can see how every part of life is now toxic.

<https://richardpook.com/books/>

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# PHYSICAL TOXICITY

Looking at toxicity from a biological perspective

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# WHAT'S YOUR POISON?

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## Dietary

- Junk [food]
- Processed food
- Packaged food

95%  
"Today, more than 95% of chronic diseases is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise."  
- Mike Adams, the Health Ranger

Natural News

<https://mphprogramslist.com/50-jawdroppingly-toxic-food-additives-to-avoid/>

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## Food

- Pesticides
- Herbicides
- Additives
- Colourings
- Preservatives
- Processed
- GMOs
- mRNA
- 3D printed!

**HIDDEN TOXINS LURKING IN YOUR FOOD**

SUSTAINABLE HIGH-FRUCTOSE CORN SYRUP  
HEAVY METALS  
EXPANSIVE POWDER  
DAILY CHEMICALS  
MICROPLASTICS  
FLAVOR-BOOSTING OILS

<https://www.dailymail.co.uk/health/article-11592103/Hidden-toxins-favorite-foods-treats-REVEALED.html>

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## Dietary

- Fruit & Veggies
- Colourings
- Insecticides
- Pesticides
- Sprays

**TOXINS IN FRUITS AND VEGETABLES**

GRAPESEED OIL  
BROWN RICE SYRUP  
CORN SYRUP  
FRUIT JUICE  
FRUIT JUICE CONCENTRATE  
GLUCOSE  
GLUCOSE SOLIDS  
GOLDEN SYRUP  
GRAPE SUGAR  
HIGH-FRUCTOSE CORN SYRUP  
HONEY  
ISING SUGAR  
INVERT SUGAR  
LACTOSE  
MALTODEXTRIN  
MALTOSE  
MALT SYRUP  
MAPLE SYRUP  
MOISTURE  
MOLASSES  
MUCONAC SUGAR  
PANICHA  
RAW SUGAR  
REFINER'S SYRUP  
RICE SYRUP  
Sorbitol  
Sorghum syrup  
Sucrose  
SUGAR  
TREHALOSE  
TURKISH SUGAR  
YELLOW SUGAR

<https://cen.acs.org/biological-chemistry/natural-products/Periodic-Graphics-Toxins-fruits-vegetables/98/146>

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## Sugar

### Watch Out For Hidden Sugars

Barley malt	Diatase	Glucose solids	Maltodextrin
Beet sugar	Ethyl maltol	Golden sugar	Maltose
Brown sugar	Fructose	Golden syrup	Malt syrup
Burned syrup	Fruit juice	Grape sugar	Maple syrup
Cane juice crystals	Fruit juice concentrate	High-fructose corn syrup	Molasses
Cane sugar	Galactose	Honey	Mucosaccharide sugar
Caramel	Glucose	Ising sugar	Panocha
Corn syrup		Invert sugar	Raw sugar
Corn syrup solids		Refiner's syrup	Rice syrup
Confectioner's sugar			Sorbitol
Cooking sugar			Sorghum syrup
Dates sugar			Sucrose
Demerara sugar			Sugar
Dextrose			Trehalose
Diatase, malt			Turkish sugar
			Yellow sugar

OPTIMAL CHIROPRACTIC  
EFFECT NUTRITION

Sign Up for More of Dr. Ben's Health Tips [www.optimalchiro.ie](http://www.optimalchiro.ie)

<https://www.optimalchiro.ie/wp-content/uploads/2015/02/HiddenSugars.jpg>

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## Sugar

### Hidden Sugars

Sugar is just the tip of the iceberg!

These foods are rapidly digested into sugars

Plan Dieting is OK

thebooksupper.com

[https://img.wtf88.weebly.com/uploads/2016/07/701977845489199462\\_006.jpg](https://img.wtf88.weebly.com/uploads/2016/07/701977845489199462_006.jpg)

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## Sugar

<https://www.dsarobbins.com/wp-content/uploads/2014/04/Why-Sugar-is-as-Bad-Feature.jpg>

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## Refined Sugar & Flour

<https://www.susanpeircehompson.com/>

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## Dietary

- Packaging

New research from the Environmental Defense Fund (EDF) confirms that **hundreds of toxic chemicals are used in the making of food packaging**. Toxic chemicals come in direct contact with our food through everyday packaging materials, increasing health risks for consumers and reputational and financial risk for major brands.

EDF analyzed where toxic chemicals are used today by companies and which ones are used most often. It found that over 80% of the chemicals that are most toxic to human health and the environment are used in **packaging materials** like paperboard, plastics and inks.

**Here's why this matters:** Toxic per- and polyfluoroalkyl substances – known as PFAS chemicals have been found in the blood of **nearly every person in the U.S.** As scientists look to understand exposures, food packaging is emerging as a potential source. All of this exposure is impacting our planet and human health. Many companies are unaware of the chemicals in food packaging.

<https://packagingsouthasia.com/supply-chain-function/new-edf-tool/>

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## Liquids

- Fizzy drinks
- Energy drinks
- Fruit juices

<https://www.eatthis.com/unhealthiest-drinks/>

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## Alcohol

- Poison
- Toxic
- Addictive

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## Coffee

- Poison
- Stimulant
- Toxic
- Addictive

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## Water

- Water quality
- Fluoride
- Chlorine
- BPA plastic bottles
- Other contaminants



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## Supplements

- Over-dosing
- Toxic ingredients
- Mismatching



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## Medication

- Medication – 'side-effects'
- Cocktails of drugs



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## Drugs

- Recreational drugs
- Poison
- Addictive



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## Smoking

- Cigarettes
- Vaping
- Poison
- Addictive



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## Vaccines

- 'Traditional'
- Links to autism?
- Novel eg mRNA



<https://www.imdb.com/title/tt5562652/>

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### Implants

- Cosmetic surgery
- Breast implants
- Surgical implants
- Botox
- 'Foreign objects'




<https://www.fda.gov/consumers/consumer-updates/what-know-about-breast-implants>



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### Cosmetics

- Make Up
- Toiletries
- Shampoos
- Perfumes
- Sunscreen
- Lotions & potions




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### Household products / clothing

- Detergents
- Cleaning products




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### Industrial Pollutants




- What pollutants / hazards do you have in the workplace?





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### Do We Really Need to Detox?

- ✓ **Holiday Season**
- ✓ EPA has more than 85,000 chemicals listed on its inventory of substances that fall under the Toxic Substances Control Act (TSCA).
- ✓ Many never tested on humans. Hundreds haven't been reviewed in decades.
- ✓ Medications, lotions, potions, supplements, etc.
- ✓ Pollution
- ✓ Mitigate probability of getting certain deleterious health conditions
  - Cancer
  - Neurodegeneration
  - Cardiometaabolic



Detoxification: More Than Just A 10-Day Cleanse by Dr. Todd A. Born




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### Why Detoxify?

- **Carcinogens**
  - 1,235 recognized carcinogens
    - <https://www.epa.gov/epahome/carcinogens.html>
    - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2838908/>
    - <https://www.fda.gov/oc/ohrt/known-human-carcinogens-possible-carcinogens-and-reasonably-anticipated-to-be-human-carcinogens>
- **Cardiovascular Disease**
  - Accounts for ~ 800,000 deaths in the United States, or one out of every three deaths. Among Americans, an average of one person dies from CVD every 40 seconds.
  - 2016, CVD cost America \$550 billion
  - <https://www.heart.org/en/health-topics/heart-disease/heart-disease-statistics/heart-disease-facts>
  - <https://www.heart.org/en/health-topics/heart-disease/heart-disease-statistics/heart-disease-facts>

Detoxification: More Than Just A 10-Day Cleanse by Dr. Todd A. Born



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# LIFESTYLE TOXICITY

Repeated unhealthy habits

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## Lifestyle Factors

- Sedentary lifestyle
- Indoor lifestyle
- Not enough fresh air & sunlight
- Not enough grounding
- Poor lymph movement & drainage
- Poor sleep hygiene




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# EMOTIONAL TOXICITY

Looking at things from a FEELING perspective

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## Toxic People

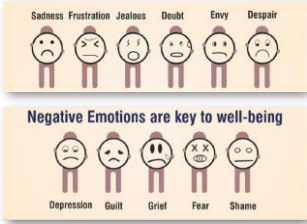

- Toxic people can cause a **stress response** inside the body
- Stress causes **unhealthy hormonal and other secretions** in the cells, tissues and organs
- This has a **biological effect** causing systems to under-function or mal-function

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## Toxic Emotions

- Negative emotions put the body into stress
- Stress from emotions negatively impacts us physically, mentally, emotionally, energetically, spiritually...
- Toxic emotions are **POISON**

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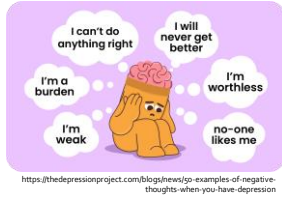
# MENTAL TOXICITY

Nervous system, brain and body

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## Negative Thinking

- Negative thinking patterns cause stress and toxic secretions in the body
- E.g. worry, anger, fear, upset, despair...
- Boredom, loneliness...



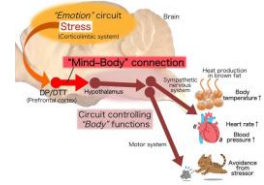
<https://thedepressionproject.com/blogs/news/go-examples-of-negative-thoughts-when-you-have-depression>



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## Stress and Mental Health

- Fear and negative emotions create stress...
- Fight-flight-freeze response 'shuts down' pre-frontal cortex (neo-cortex 'new brain'), preventing clear thinking, focus, memory...
- This stress and cognitive impairment can contribute *massively* to brain fog symptoms



<https://neurosciencenews.com/emotional-stress-circuit-1633/>



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# ENVIRONMENTAL TOXICITY

How does your environment impact you?

## Environment

- Spraying in air and on land
- Air pollution
- Water pollution
- Industrial waste from manufacturing
- Ground and sea pollution



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## Mould

- Mouldy homes
- Damp
- Poor ventilation



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## Toxic World



**The air you breathe is being sprayed with chemicals<sup>121</sup> to purposefully control the weather.<sup>122</sup> Why would people want to do that? The answer is, 'he who controls the weather, controls the food supply. If a country cannot feed its people, then the people who control the food, control that country.**

Communication, whereby the very use of specific frequencies that are known to destroy cells are used in microwave technology, the invisible radiation runs all communication. From your electricity meter, your smart phone, your Wi-Fi, the problem is these frequencies destroy your cells from the inside out.<sup>123</sup>

**The water you drink is now laced with chemicals<sup>124</sup> from drugs people are taking,<sup>125</sup> to pesticides and herbicides leaching into your water supply. Even more specifically with industrial fluoride being added to the water, at levels that affect your muscles and skeleton, plus it dumbs down your brain,<sup>126</sup> so you can't think and therefore even question anything that is happening to you.<sup>127</sup>**

**Heavy metals are injected into you via jabs,<sup>128</sup> and added into everything you eat, again through pesticides, herbicides, clothing, furniture, even in your mouth with amalgam fillings, every bite is causing mercury vapour to off gas.<sup>129</sup> This builds up in your brain causing brain fog and mental illness.<sup>130</sup>**

**Slowly and surely everything you believe to be right and true, is being poisoned.**


<https://richardflook.com/books/>



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### Decimation of nature

- Plankton reduced by 90%
- Forests reduced by 60%
- Fish stocks depleted by 90%
- => Carbon dioxide not being absorbed
- => Less oxygen given off



<https://clubgrubbery.com.au/graham-and-john-speak-with-dane-wigington-about-geoscience-issues/>

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### The Dimming

- Toxins sprayed into the air and onto nature
- Nano aluminium particles
- Climate engineering



<https://www.youtube.com/watch?v=7f8EAvhY>

<https://clubgrubbery.com.au/graham-and-john-speak-with-dane-wigington-about-geoscience-issues/>

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### Chemtrails

<https://science.howtuthinks.com/transport-flight/modern/what-are-chemtrails.htm>

**What Are Chemtrails and Should You Be Scared of Them?**

On 20, 2013 - Conspiracy theorists have nicknamed certain "chemtrails" because they suspect that governments are taking advantage of this scientific phenomenon to secretly release other substances into the atmosphere. But before we get into the chemtrails conspiracy theory let's look at the science.



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### EMF – Electro Magnetic Fields

#### CAUSES OF GEOPATHIC STRESS

- **NATURAL CAUSES**  
It includes underground streams called black or dark streams. Radioactive material in certain underground locations where radon gas is present such as granite and gneiss deposits.
- **MANMADE CAUSES**  
It includes building of underground railway tunnels, water ways, sewage disposal lines, underground power cables, overhead power transmission lines, microwave towers, above ground.

<https://emfdetective.mykajabi.com/>

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### Human Energy Field: Electro-Magnetic

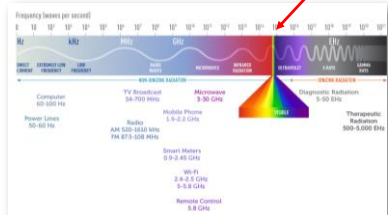


<https://i.pinimg.com/736x/c5/78/1a/c5781a1c582a98f6d320ff834aa8d147f2894ca.jpg>

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### Electro-Magnetic Spectrum



Visible Light Spectrum

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## Natural Geopathic Stress

Geopathic Stress & Our life  
All you need to know

<https://emfdetective.mykajabi.com/blog>

<https://energia.org/wp-content/uploads/2012/09/IMG-20120107-1600x916.jpg>

<https://nyarkakulams.com/wp-content/uploads/2018/08/geopathic-stress-zones.jpg>

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## Man-made EMF

- Radio Waves, microwave
- Wifi routers, cell phones
- SMART devices, eg SMART watches
- TVs, computers, gaming stations
- Fridges, dishwashers, water pumps
- Bluetooth eg headphones
- Satellites, eg Starlink
- Power lines, power stations
- LED lights, electrical wiring, alarm systems
- Electric car batteries
- 3G, 4G, 5G

<https://emfdetective.mykajabi.com/>

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## Consequences

[https://www.hightechhealth.com/wp-content/uploads/2019/10/EMF\\_poster-675-a-1024x576.jpg](https://www.hightechhealth.com/wp-content/uploads/2019/10/EMF_poster-675-a-1024x576.jpg)

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## EMF effects

Independent Science on the Effects of Wireless Radiation on Human Health and the Environment

There are more than 1,000 scientific studies conducted by independent researchers from around the world concerning the biological effects of Radiofrequency (RF radiation). Here we present some of the most recent studies.

- Effects on Fetuses
- Effects on Children and Adolescents
- Brain Tumors
- Parotid Gland Tumors
- Other Malignancies
- DNA Damage and Gene Expression Changes
- Neurological/Cognitive Effects
- Cardiovascular Effects
- Male Fertility
- Electromagnetic Sensitivity
- Implanted Medical Devices
- 5G Effects
- Wildlife and Plants

◆ Continue Reading...  
◆ Via @SafeTechInternational  
◆ Website: [freedomalliancesa.org](http://freedomalliancesa.org)

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## Robert Kennedy Jr & Jo Rogan

<https://www.youtube.com/watch?v=WRqQ2yblkPA>

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## EMF – Flook

"Today's impressive technological advances have unfortunate side-effects in the form of invisible stressors such as EMFs that cripple our body's innate healing mechanisms."  
- Blair Hooper

"Yep, I guess you didn't know that they're a Class 2B carcinogenic device, in the same bracket as Lead and Mercury."

"You're making it up to scare me."

I opened up a website and showed Marci a World Health Organisations article, and highlighted a section.

"Based largely on these data, IARC has classified radio-frequency electromagnetic fields as possibly carcinogenic to humans (Group 2B), a category used when a causal association is considered credible, but when chance, bias or confounding cannot be ruled out with reasonable confidence."  
[www.who.int/Electromagnetic\\_fields\\_and\\_public\\_health:mobile\\_phones](http://www.who.int/Electromagnetic_fields_and_public_health:mobile_phones) Oct 2014.

Marci looked seriously cheesed off, no one likes it when their core beliefs are challenged. "It really should've been a Group 1A Carcinogen, but many of the scientists in the advisory committee were paid off by or worked for the telecoms industry. Unfortunately, there's more we need to talk about: Genetically Modified foods or GMOs."

<https://richardflook.com/books/>

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## EMF

### Why EMFs are so toxic?


Mobile phone radiation, regardless of whether you feel it or not, it's damaging your cells. Rats exposed to cell phone radiation for 48 hours show brain cell death.<sup>191</sup> This radiation damages your DNA, it breaks the double helix bond and this is a precursor to cancer<sup>192</sup> and it also causes mutations.<sup>193</sup> Since the introduction of these harmful fields there has been an enormous increase in premature births, increase in sterility and increase in children being born with learning disabilities, ADD and Autism.<sup>194</sup>

The frequencies of mobile phones, cell phone towers, Wi-Fi routers and 5G cause Mitochondrial dysfunction.<sup>195,196,197</sup> Approximate figures may be a 15% loss in energy.<sup>198</sup> Most people who are healthy don't notice this reduction but people that are healing need that energy to get well.<sup>199</sup>

These microwaves also cause you to age prematurely. Exposure can cause neurological problems such as headaches<sup>200, 201</sup>, memory changes, dizziness, tremors, depressive symptoms, anxiety, panic attacks and insomnia are to name but a few of the issues associated with this radiation.<sup>202, 203</sup>

Although you can point out the enormous damage this microwave radiation poses to everyone, including animals and every living thing, the problem is that people are so dangerously hooked into their mobile devices, because of the convenience, and the way many apps are designed. They are like a drug addict hooked on a narcotic. Many won't give up using them at any cost.<sup>204</sup>

<https://richardflook.com/books/>



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## EMF

Although you can point out the enormous damage this microwave radiation poses to everyone, including animals and every living thing, the problem is that people are so dangerously hooked into their mobile devices, because of the convenience, and the way many apps are designed. They are like a drug addict hooked on a narcotic. Many won't give up using them at any cost.<sup>204</sup>

Being addicted is one thing but it's the microwave radiation that is stopping you from healing. Here's a simple question for you. Would you purposefully live next to a cell phone tower? I think most people are aware cell phone towers are nasty. However, the amount of radiation being emitted from your Wi-Fi router is double the amount of radiation coming from a cell phone tower, at 100m/100yards. I did not believe it either until I personally tested it.<sup>205</sup>

You therefore have a mini cell phone tower in your house, that you unwittingly put there, and all your devices, smart phone, laptop, and smart TV are mini cell phone towers. You are probably adding more and more of these devices to your house everyday. Such as fridges, washing machines, heating, even diapers/nappies, all these use your Wi-Fi and require you to have your router and smart phone connected to them!

<https://richardflook.com/books/>



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# END RESULT?

How do all these factors affect our health?

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## Effects, Consequences

- Endocrine disruption
- Hormonal imbalances (eg thyroid, adrenal imbalances)
- Excess fat storage, obesity
- Non-alcoholic fatty liver
- Gut dysbiosis
- Leaky gut
- Leaky brain
- Heart disease
- And more



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## Major organs overloaded

### LIVER DETOXIFICATION



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## Leaky Gut

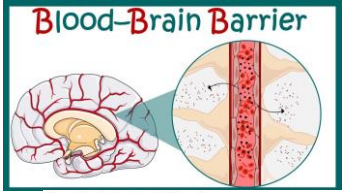


<https://www.anymymersmd.com/articles/symptoms-leaky-gut>



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## Blood-Brain Barrier



**Blood-brain barrier - Wikipedia**

The **blood-brain barrier (BBB)** is a highly selective semipermeable border of endothelial cells that regulates the transfer of solutes and chemicals between the circulatory system and the central nervous system, thus protecting the **brain** from harmful or unwanted substances in the **blood**.

<https://www.youtube.com/watch?v=PMoUuVBo>




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## Blood Brain Barrier


### Dysfunction of the blood-brain barrier

Functional imaging techniques such as functional Magnetic Resonance Imaging (fMRI) and Positron Emission Tomography (PET) and post-mortem analysis of brain samples have identified pathological dysfunction of the blood-brain barrier in many neurological disorders.

Although BBB pathology is typically a functional symptom of a primary neurological disorder, in some diseases including Alzheimer's Disease and Muscular Sclerosis, it has been hypothesized as a cause.




<https://www.news-medical.net/health/What-is-the-Blood-Brain-Barrier.aspx>



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## Leaky Gut, Leaky Brain?




**Abstract**

Leaky gut<sup>®</sup> syndrome, long associated with celiac disease, has attracted much attention in recent years and for decades, was widely known in complementary/alternative medicine circles. It is often described as an increase in the permeability of the intestinal mucosa, which could allow bacteria, toxic digestive metabolites, bacterial toxins, and small molecules to "leak" into the bloodstream. Nervous system involvement with celiac disease is known to occur even at subclinical levels. Gluten and gluten sensitivity are considered to trigger this syndrome in individuals genetically predisposed to celiac disease. However, the incidence of celiac disease in the general population is quite low. Nevertheless, increased public interest in gluten sensitivity has contributed to expanded food labels stating "gluten-free" and the proliferation of gluten-free products, which further drives gluten-free lifestyle changes by individuals without frank celiac disease. Moreover, systemic inflammation is associated with celiac disease, depression, and psychiatric comorbidities. **This mini-review focuses on the possible neurophysiological basis of leaky gut, leaky brain disease, and the microbiota's contribution to inflammation, gastrointestinal, and blood-brain barrier integrity, in order to build a case for possible mechanisms that could foster further 'leaky' syndromes. We ask whether a gluten-free diet is reparative for anyone or only those with celiac disease.**

**Keywords:** blood barriers; celiac disease; gluten; gluten-free; inflammation; leaky brain; leaky gut; metabolic interactions; microbiome; microbiota; microbiota-gut-brain axis.

<https://pubmed.ncbi.nlm.nih.gov/30349384/>



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## Leaky Gut, Leaky Brain?

### Leaky brain in neurological and psychiatric disorders: Drivers and consequences


Genwyn Morris<sup>1</sup>, Brisa S Fernandes<sup>1, 2</sup>, Basant K Puri<sup>3</sup>, Adam J Walker<sup>1</sup>, Andre F Carvalho<sup>2</sup>, Michael Berk<sup>3, 4</sup>

Affiliations + expand  
PMID: 30231628 DOI: 10.1177/0004867418796955

**Abstract**

**Background:** The blood-brain barrier acts as a highly regulated interface; its dysfunction may exacerbate, and perhaps initiate, neurological and neuropsychiatric disorders.

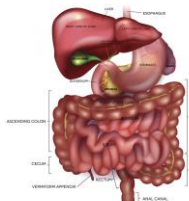

<https://pubmed.ncbi.nlm.nih.gov/30231628/>



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## Poor digestion / elimination

- Recycling / re-absorption of toxins inside body
- Poor elimination
- Gut dysbiosis

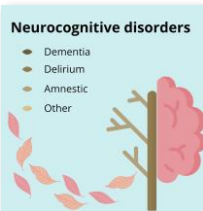
83

## Brain Fog – Precursor to other conditions?


- Dementia?
- Alzheimers?
- Parkinsons?
- Multiple Sclerosis?
- Neuro-divergent issues?

**Neurocognitive disorders**

- Dementia
- Delirium
- Amnesic
- Other



<https://www.facebook.com/LaMSP/posts/neurocognitive-disorder-is-a-general-term-that-describes-decreased-mental-function-psychotherapy/>



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# SUMMARY OF CAUSES

As you can see there are many cumulative factors

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## Summary

**Toxicity**

Lifestyle  
Environmental  
Emotional  
Physical  
Stress  
Mind

If your eyes are open you can see how every part of life is now toxic.

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# SOLUTIONS

How can we best reverse / prevent brain fog?

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## Detoxify on all levels

Detox

Liver  
Cleanse  
Body  
Life  
Nourishing  
Eliminating toxins  
HEALTH  
Cleansing  
Detoxification  
NUTRIENTS  
Weight Loss  
RESTING  
Cells  
Stress  
Intestines  
BODY  
Diet  
Skin  
ORGANIC SYSTEM  
LIVER  
Life  
Detoxify  
Eliminating toxins  
Nourishing  
NUTRIENTS  
Cleansing  
Detoxification

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"We are too busy mopping the floor to turn off the faucet."

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## It's a mathematical equation!

- Reduce harmful factors
- Increase beneficial factors

$(+) \cdot (+) = (+)$   
 $(+) \cdot (-) = (-)$   
 $(-) \cdot (+) = (-)$   
 $(-) \cdot (-) = (+)$

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## Become your own detective!

- A process of self-observation and elimination
- Be patient, trial and error





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# PHYSICAL DETOX

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## To avoid more serious problems... Why Detoxify?



- Cardiovascular disease**
  - Arsenic, Lead, Cadmium and Mercury
    - [Arsenic & Co. Super levels of toxic arsenic and heavy metals in ground water in California. Journal of the American Medical Association. 2008; 300\(12\):1378-80.](#)
  - [Heavy Metals: The role of arsenic and cadmium in the pathogenesis of vascular disease, hypertension, coronary heart disease, and neurological disorders. \*Aliment Pharmacol Therap\*. 2002; 16\(12\):1255-66.](#)
  - [Neurotoxic A, et al. Arsenic exposure and cardiovascular disease: a systematic review of the epidemiologic evidence. \*Int J Environ Res Public Health\*. 2010; 7\(4\):311-23.](#)
  - [Mason-Robb, M, et al. Lead exposure and cardiovascular disease: a systematic review of the epidemiologic evidence. \*Int J Environ Res Public Health\*. 2010; 7\(4\):311-23.](#)
- Neurological disorders**
  - Alzheimer's Disease
  - Amyotrophic Lateral Sclerosis
  - Multiple Sclerosis
  - Parkinson's Disease
    - [Garcia DL, Guzman M. The role of environmental exposure to heavy metals in the pathogenesis of Parkinson's disease. \*Toxicol Appl Pharmacol\*. 2011; 254\(2\):122-30.](#)
- Kidney disease**
  - [Borczyk AA, et al. Blood cadmium and lead and blood heavy metal levels in a cohort of patients with end-stage renal disease. \*Am J Kidney Dis\*. 2005; 45\(5\):918-24.](#)
  - [Borczyk AA, et al. The aging brain and the neurotoxic effects of heavy metals. \*Neurotoxicol Teratol\*. 2005; 27\(1\):1-10.](#)

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## What does the body need? How Does the Body Detox?

- Perspiration, Respiration, Urination, Bowel Movements
- Major organs of elimination
  - Liver, Kidneys, Lungs
- Secondary organs of elimination
  - Skin, Intestines






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## Dietary changes... Safe Methods to Enhance Detoxification

### Adequate Hydration

- The human body is composed of approximately 65-70% water.
- How much to drink?

### Diet

- Fruits and vegetables are your friends. The more varied the colors of the fruits and vegetables, the more vitamins, minerals and antioxidants you will get.
- Preferably organic. "Dirty Dozen"
- <https://www.eatright.org/dietaryguidance/healthy-diet/foods-to-avoid/>
- Functional foods such as the Brassicaeae (Cruciferous) family.
- Fiber: IOM adequate intake is 38 (male) & 25 (female) grams daily
- 2013-2014 National Health and Nutrition Examination Survey found that 93% of Americans consume less than 25 g/d.
- [https://www.cdc.gov/nchs/data/healthiest/healthiest\\_nutrition.pdf](https://www.cdc.gov/nchs/data/healthiest/healthiest_nutrition.pdf)





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## A naturopath may suggest... Botanicals

- *Phyllanthus amarus* (Phyllanthus) leaf
- *Silybum marianum* (Milk thistle) seed
- *Taraxacum officinale* (Dandelion) root
- *Camellia sinensis* (Green tea) leaf
- *Curcuma longa* (Turmeric) root

[Kulkarni V, et al. Neuroprotective Properties of Herbal Drugs and Their Molecular Correlates. \*Biochem Biophys Res Commun\*. 2010; 395\(4\):1015-20.](#)

- Berberine HCl (ex: Goldenseal, Oregon grape, Indian barberry)
  - [Yoshida M, et al. Effects of Berberine in Patients with Non-Alcoholic Fatty Liver Disease. \*Plant Dis\*. 2015; Aug 1; 99\(8\):1073-1077.](#)

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# MENTAL DETOX

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## Mind Solutions

- Watch your thoughts / thinking / thinking patterns
- Consistent, repeated, automatic thinking responses
- Work on your unconscious patterns (see previous webinar)
- Clear unconscious limiting beliefs

Control your MIND, or your mind will control you.

https://www.blogpost.com/  
CvH8lP6Lc/WMaWZQrU8AAADk1FFeAFA  
CcpqGAPmGpBwDqAFqRfD7eCLuEhveLzo-  
Nepa-p-6-1e-m-normed.jpg

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# EMOTIONAL DETOX

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## Emotional Solutions

- Learn to notice, identify and self-clear negative emotions
- Clear emotional childhood and adulthood trauma from the body
- Become emotionally masterful and stable – this brings **true freedom and empowerment**

<https://www.emotionalalchemyacademy.com>

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# ENVIRONMENTAL DETOX

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## Environmental Solutions

- Do a huge stocktake on your environmental factors
- Eg EMF: turn off wifi, stop using Bluetooth headphones, turn off devices, become aware, get an EMF meter...
- Cleaning products, toiletries – CHECK and change!

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Get natural!

- Sunshine
- Fresh Air
- Earthing

<https://www.topashomeremedies.com/wp-content/uploads/2015/05/sunlight-3000.jpg>

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# LIFESTYLE CHANGES

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Lifestyle Changes

- Your lifestyle IS the medicine!

<https://artofhealth.mykajabi.com/store>

[https://en.wikipedia.org/wiki/Lifestyle\\_medicine](https://en.wikipedia.org/wiki/Lifestyle_medicine)

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# THANK YOU!

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[www.artofhealthgong.com](http://www.artofhealthgong.com)

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Handy cause / symptom / solution checklist

<https://worldcouncilforhealth.org/video-series/mind-health/mind-health-discussion/>

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# QUESTIONS COMMENTS

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