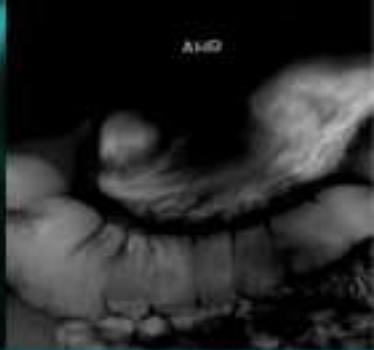




THE
**GUT-BRAIN
SOLUTION** NEW
FRONTIERS



12 DOCTORS, 12 BRAIN SECRETS

EASY DAILY HABITS
FROM WORLD-
LEADING PHYSICIANS
WHO REFUSE TO LET
THEIR MINDS AGE



Introduction: Your Brain Could Be 8 Years Younger

Your birth certificate might say 65, but your brain could be functioning as if it were ten years younger—or older—depending on how you live your life.

That's the main finding from new research by scientists at the University of Florida.

The Study That Changed Everything

Researchers tracked 128 middle-aged and older adults over two years, using MRI scans interpreted by machine learning to estimate each person's "brain age" and compare it with their actual chronological age.¹

What they found was remarkable:

Participants who embraced seven protective lifestyle factors had brains functioning 8 years younger than their chronological age at the start of the study—and their brains went on to age more slowly over the following two years.

Eight years. Not through expensive treatments or experimental drugs. But through daily choices anyone can influence.

The seven brain-protecting factors included:

1. Staying tobacco-free
2. Maintaining a healthy waist circumference
3. Cultivating optimism
4. Experiencing more positive emotions (and fewer negative ones)
5. Perceiving less stress
6. Building strong social support
7. Prioritising quality sleep

"These are things that people have some level of control over," said Dr. Jared Tanner, research associate professor at the University of Florida. "You can learn how to perceive stress differently. Poor sleep is very treatable. Optimism can be practiced."

The message from lead researcher Dr. Kimberly Sibille was clear:

"Literally for every additional health-promoting factor there is some evidence of neurobiological benefit. Our findings support the growing body of evidence **that lifestyle is medicine.**"



But Here's What They Didn't Tell You

That study revealed **what** works. But it didn't reveal the **how**.

- How do you actually implement these changes when you're already overwhelmed?
- Which foods matter most when every expert seems to contradict the next?
- What's the difference between advice that sounds good and protocols that actually work?

That's where this guide comes in.

Researchers are discovering more about the gut microbiome's profound connection to brain health every single day.

But here's the problem: These breakthroughs won't become common knowledge for 10 years.

We need better brain health today. Not a decade from now.

That's why we've created this special resource.



12 Leading Doctors. 12 Personal Secrets. One Powerful Resource.

We've gathered insights from twelve of the world's leading experts in brain health, gut health, and functional medicine—doctors from Harvard Medical School, Columbia University, Bastyr University, and beyond.

And we asked them one simple question:

"What do YOU do personally to protect your brain?"

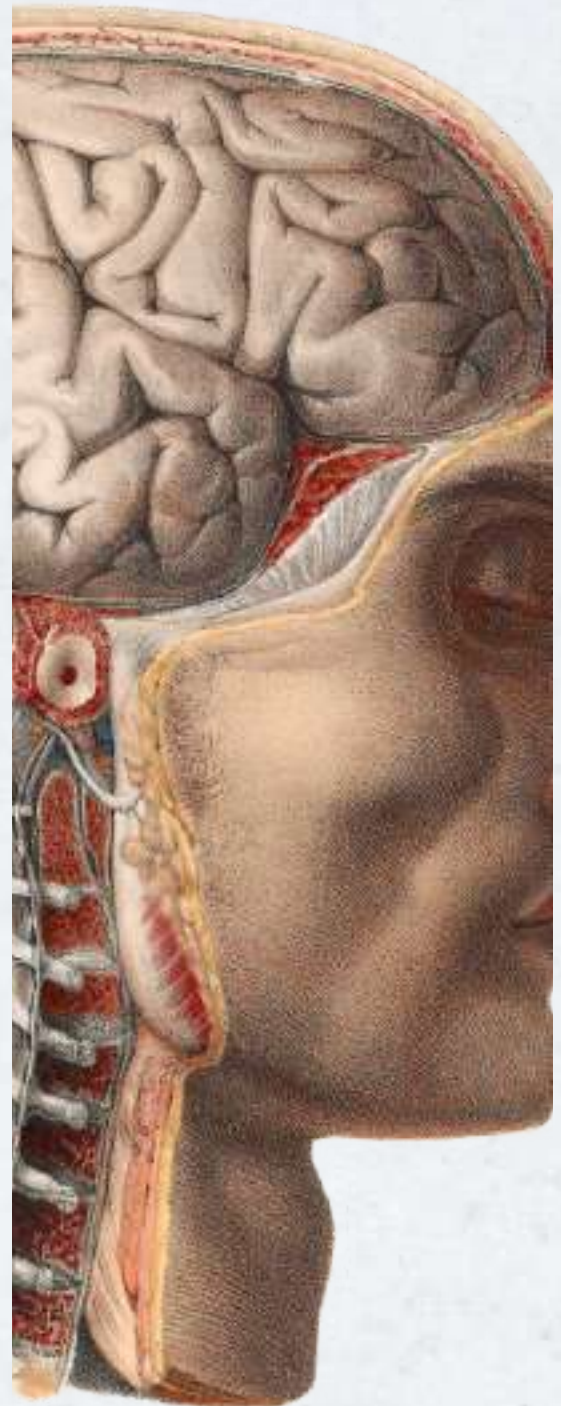
Not what they tell their patients. Not what's in the textbooks. But what these brilliant minds—who spend their lives studying brain health—**actually do** in their own kitchens, routines, and lives.



The answers were fascinating. And surprisingly simple.

- A Columbia-trained psychiatrist swears by one specific bean that delivers 18 grams of protein and 68% of your daily fiber
- An internal medicine physician discovered your home's air quality might be aging your brain faster than any other factor
- A neuroscientist has discovered the exact optimal nap length that enhances memory: 23 minutes (not 20, not 30)
- A family physician who reviewed 30,000 studies identified the only food where more is always better
- A Harvard psychiatrist and trained chef perfected a spice formula that costs pennies but works like medicine

These aren't theories. These are the actual protocols these experts use themselves.



Why This Matters More Than Ever

Dementia rates are climbing. Alzheimer's has become so common that many assume cognitive decline is inevitable.

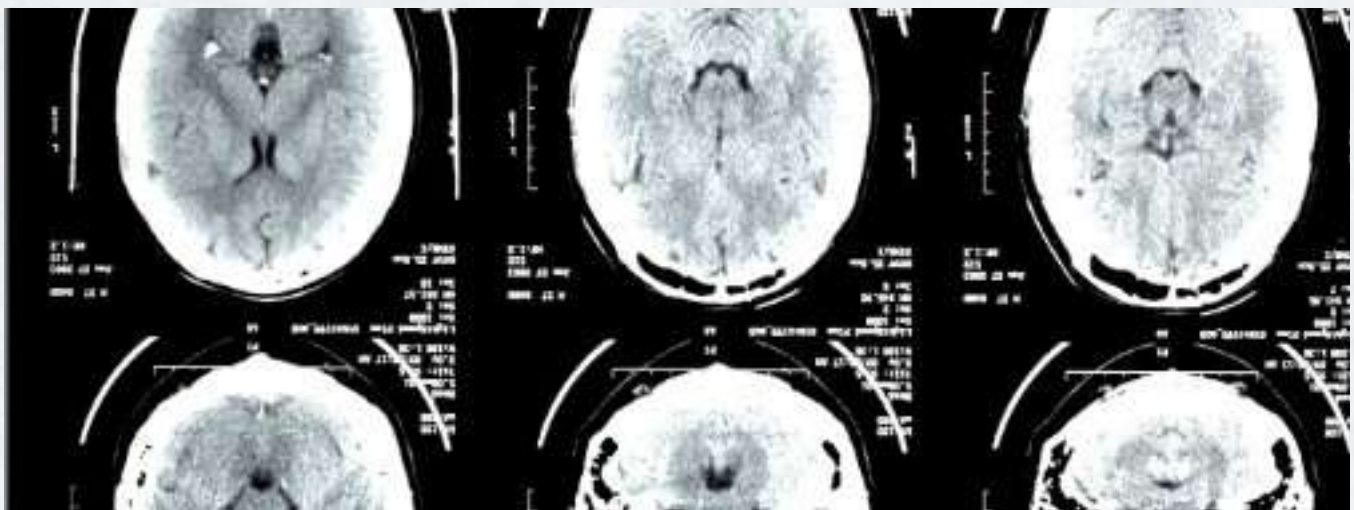
But the research shows otherwise:

Roughly 40% of Alzheimer's cases are preventable through lifestyle changes.² And that number keeps growing as we learn more about the gut-brain connection.

Even better? You don't need to wait decades to see results.

Studies show changing your diet can alter your gut microbiome—and thereby your brain function—in as little as 24 hours.³ Within weeks, people report clearer thinking. Within months, measurable improvements in memory and cognition.

Your brain has an extraordinary capacity to heal. You just need to know how to activate it.



Let's Begin

Turn the page to meet Dr. Drew Ramsey and discover why a humble legume might be the most powerful brain food you've never heard about.

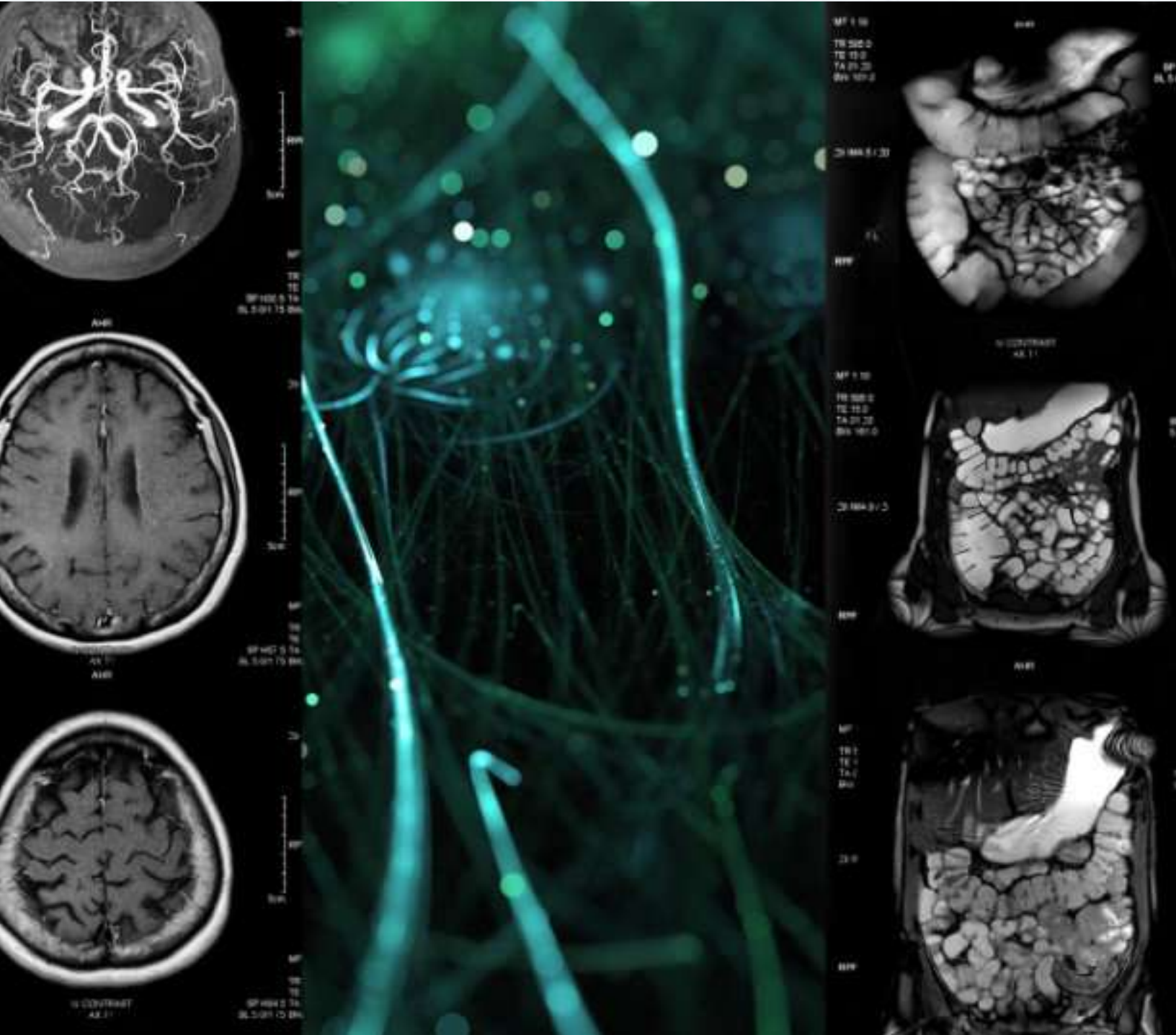
Your 8-years-younger brain is waiting.

Ready to dive deeper? The full Gut-Brain Solution docuseries features extended interviews with all 44 experts, plus actionable protocols for specific conditions. [Register free here](#)

The information in this guide is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Always consult with a qualified healthcare provider before making changes to your health regimen.

1.

DR. DREW RAMSEY: The Lentil Advantage



Meet The Expert

Dr. Drew
Ramsey,
MD



Columbia University Department of Psychiatry

Author of 'Healing the Modern Brain'

AS FEATURED IN THE GUT-BRAIN SOLUTION:
NEW FRONTIERS

A Psychiatrist Who Talks About Food

Dr. Drew Ramsey has been a psychiatrist for over 20 years, trained at one of the most prestigious medical institutions in the world—Columbia University. But something was missing from his training.

"We haven't had a single lecture about nutrition," he recalls about his psychiatry residency at Columbia. "I've given the first lectures at Penn, at Columbia, at a number of universities about nutrition and mental health in departments of psychiatry."

That gap in medical education led Dr. Ramsey on a journey that would transform how he practices psychiatry—and how thousands of his patients experience mental health recovery.

It started with a simple observation: he was spending an hour with patients, learning intimate details about their lives, but never asking what they ate.

"You sit, you never really get to know someone as an eater unless they have an eating disorder," he explains. "People always assume, 'Oh, you specialize in anorexia or bulimia?' It's like, 'No. I'm just curious in how people eat as part of my intake process.'"

What he discovered changed everything.



His Personal Brain-Protection Secret

After years of research and clinical practice, Dr. Ramsey has landed on his non-negotiable for brain health:

Lentils. At least once a week. Preferably twice.

"Lentils are my favorite fiber food, lentils and white beans," he shares.

Why? The numbers are staggering:

"I get 18 grams of protein per cup of lentils, and I think 68% of your daily needs of fiber."

But it's not just about the numbers. It's about what those numbers mean for your brain.

Why Lentils Matter for Mental Health

Dr. Ramsey has watched this pattern play out hundreds of times in his practice:

Patient comes in with depression or anxiety. They're eating the Standard American Diet—processed foods, not much fiber, maybe some vegetables here and there. Their gut is struggling. Their brain is struggling.

He makes dietary changes. He adds lentils. He focuses on fiber.

"When you fix the gut, the brain often fixes itself."

The mechanism is elegant: Your gut bacteria need fiber to produce short-chain fatty acids. Those fatty acids reduce inflammation and support the gut's production of serotonin—the neurotransmitter that regulates mood, sleep, and even pain perception.

About 90% of your body's serotonin is produced in your gut, not your brain.⁴ And your gut bacteria play a critical role in supporting that production.

When Dr. Ramsey prescribes an SSRI like Prozac, he's helping your brain hold onto whatever serotonin it has. But if your gut bacteria are starving for fiber and can't support optimal serotonin production?

The medication can only do so much.

Lentils feed the bacteria that support your brain's production of mood-regulating chemicals.





The Complete Nutritional Package

Per 1 cup of cooked lentils:

- 18g protein
- 16g fiber (68% of daily needs)
- 90% of daily folate (critical for depression prevention)
- 37% of daily iron (low iron = fatigue + brain fog)
- 18% of daily magnesium (the anti-stress mineral)

"I get 18 grams of protein per cup of lentils, and I think 68% of your daily need of fiber," Dr. Ramsey emphasizes.

This isn't just food. This is brain medicine.

HOW TO IMPLEMENT TODAY

The Ramsey Family Lentil Recipe

INGREDIENTS:

- 1 cup dried lentils (any color)
 - 3 cups water
 - 1 onion, diced
 - 2 celery stalks, diced
 - 2 carrots, diced
 - Salt and pepper to taste
 - Optional: turmeric, ginger, curry powder ("I like that flavor profile")
-

INSTRUCTIONS:

- 1. Sauté the aromatics:** "Onion, celery, carrot, sauteed, classic prep here, a little salt and pepper."
 - 2. Add lentils:** "We then drop the lentils in and have those sauteed for maybe 30 seconds, a minute, just kind of get it all mixed around."
 - 3. Add water:** "And then add in water."
 - 4. Simmer:** About 20 minutes until lentils are tender.
 - 5. Season:** "Usually keep it really, really simple. It's just so umami and delicious, and there's so much protein."
-

DR. RAMSEY'S EXPERT TIP

"Don't pour off your water. Your lentils lose the folate."

This is the mistake most people make.

"Folate is water-soluble," Dr. Ramsey explains. "So when you make your lentils, all the folate comes out into the water."

What most people do: Cook lentils in excess water, then drain it off.

What that means: You just poured your depression-fighting B vitamin down the sink.

Dr. Ramsey's method: Use just enough water so it's absorbed during cooking. No draining needed. All the folate stays in your bowl.

"You want to keep the water," he insists.

This one tip makes the difference between lentils as food and lentils as brain medicine.



WANT MORE FROM DR. RAMSEY?

In The Gut-Brain Solution—our **limited-time free screening**—Dr. Ramsey reveals:

- Why he's "not a big fan" of certain trendy diets
- His complete "brain food" shopping list
- The connection between male mental health and nutrition
- His morning routine for optimal brain function

Plus, you'll get access to 44 more leading experts sharing breakthrough protocols for brain health.

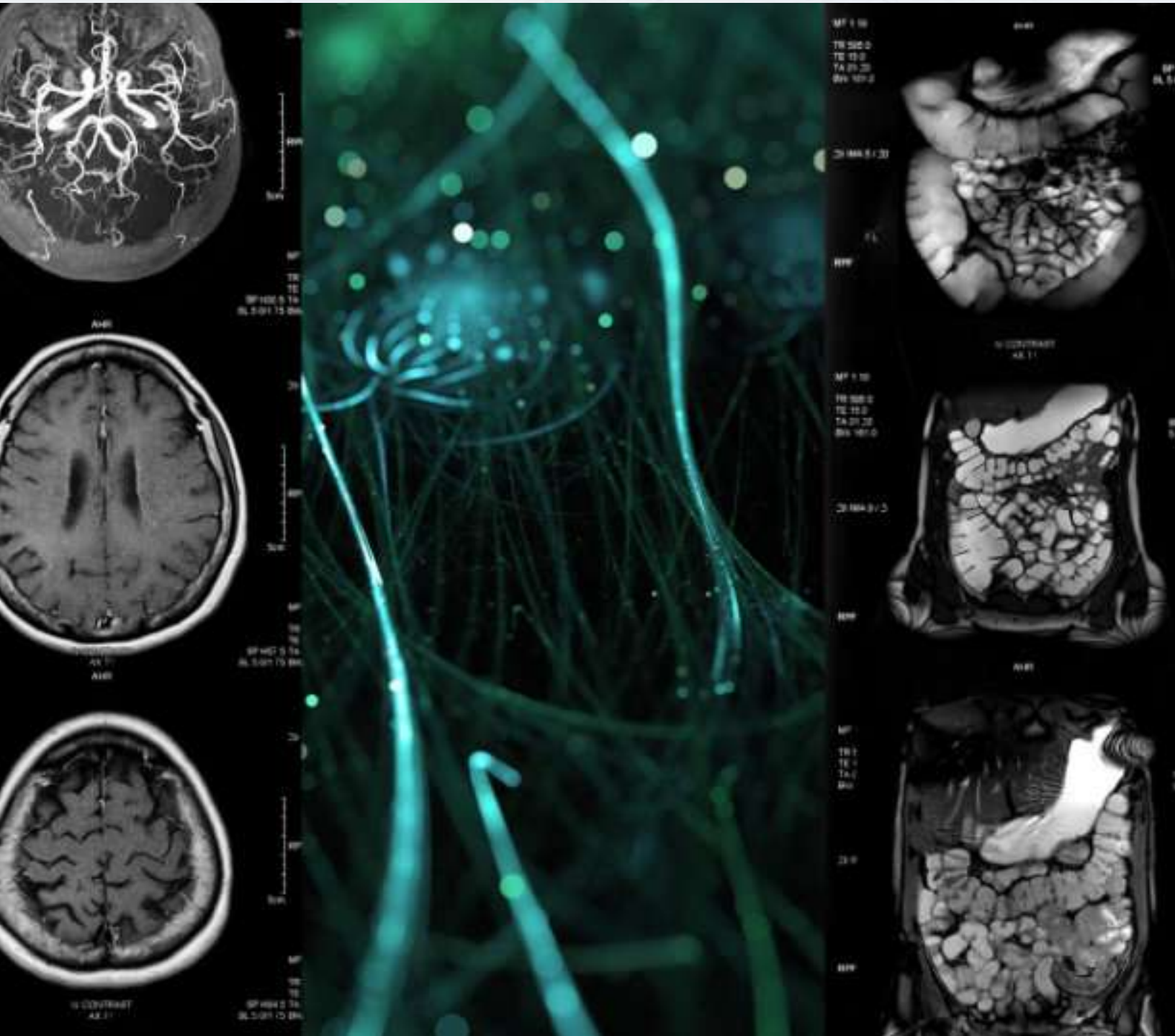
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UP NEXT: Dr. Austin Perlmutter

Discover why the air inside your home might be damaging your brain more than any other factor—and the 5-minute fix that could add years to your cognitive lifespan.

2.

DR. AUSTIN PERLMUTTER: The Air Quality Fix



Meet The Expert

Dr. Austin Perlmutter, MD



Board-Certified Internal Medicine Physician
AS FEATURED IN THE GUT-BRAIN SOLUTION:
NEW FRONTIERS

The Hidden Threat in Your Home

Dr. Austin Perlmutter has a confession: he's obsessive about air quality.

"I have a number of air quality meters within my home, and I use these to basically gauge how much these things actually increase air pollution in the home."

Why would a board-certified physician become fixated on something most of us never think about?

Because of what the research revealed—research so shocking it changed how he lives and what he recommends to patients.

"I think this is the single biggest hidden risk factor for brain diseases and for overall health," Dr. Perlmutter states. "The reason for it is because people just have not necessarily taken into account just how significant this data is."



Not diet. Not exercise. Not genetics.

Air pollution.

And here's the terrifying part: "For most people, the majority of their exposure to air pollution, especially in the United States, is happening inside their homes."

The place you feel safest might be aging your brain faster than anything else.

His Personal Brain-Protection Secret

After studying the research and testing dozens of air purifiers in his own home, Dr. Perlmutter took a radical step:

He started his own air purification company.

"I actually decided to start a company specifically based on how to create an air purifier that is designed to maximally extract the PM2.5s that are associated with worse brain health."

That's how serious this is. But you don't necessarily need his air purifier.

But you do need to understand what's polluting your air and stop it.

The #1 source? Your kitchen.

"Cooking is actually the number one source of air pollution in our homes."

Why Air Pollution Destroys Your Brain

Dr. Perlmutter doesn't mince words:

"Each of us each day may eat three times. We may sleep for eight hours, but we take 20,000 breaths a day, because you don't stop breathing just because you're asleep."

20,000 breaths. Each one potentially carrying particles into your brain.

"Large-scale air pollution exposure is linked to a dramatically higher rate of developing dementia."⁵

But it's not just long-term risk. It's affecting your brain right now.

"In the short run... increases in inflammation appear to predispose people to violent behavior, to worse test taking, to worsen cognition."

Studies show children score worse on tests on high-pollution days.⁶ Adults make worse decisions.⁷

Your brain is being affected with every polluted breath.





"When you burn a stick of incense, it generates five times more air pollution per gram burned than a cigarette. Incense is one of the most concentrated sources of air pollution that we could potentially put in our environment, and usually people burn incense because it's part of a wellness routine."

The Incense Irony

This one shocked even Dr. Perlmutter:

"When you burn a stick of incense, it generates five times more air pollution per gram burned than a cigarette."⁸

Five times worse than a cigarette.

"Usually people burn incense because it's part of a wellness routine. When we're burning that incense, it's actually having the exact opposite effect on our health."

You're trying to meditate. To relax. To create peace.

You're actually poisoning your brain.

The same is true for scented candles and air fresheners:

"The little air fresheners we dangle in our cars... when they've done analysis as to what's coming out of those, we have over a hundred volatile organic compounds. Some of these are actually quite concerning for overall health."

Even the "natural" ones: "There's a lot of greenwashing going on here."

HOW TO IMPLEMENT TODAY

Dr. Perlmutter's Cooking Ventilation Protocol

"The solutions here are relatively straightforward. It's ventilating, it's trying to move that air as much as you can."

EVERY TIME YOU COOK:

BEFORE you turn on the stove:

1. Turn on range hood (high setting)
2. Open nearest window (even just 2-3 inches)

WHILE cooking: 3. Keep both running

AFTER cooking: 4. Keep hood + window open for 15 minutes

"If you have a hood or other ventilation system when you're cooking, absolutely use that as much as you can."

"Some of the things that you can do would be to open windows."

That's it. Four steps. Takes 5 minutes of thought.

DR. PERLMUTTER'S EXPERT TIP

Throw Out These Three Things TODAY:

1. All incense

"When you burn a stick of incense, it generates five times more air pollution per gram burned than a cigarette."

2. All scented candles

"Most of the scents in candles are poorly regulated... you're actually smelling something quite synthetic. Those are volatile organic compounds."

3. All air fresheners

"I would say in general, avoiding anything that is an air freshener."
Car fresheners, plugins, sprays—all of them.

"When they compare those that are green or organic or otherwise healthy, with those that are just more standard, it doesn't mean that they're actually any better."



WANT MORE FROM DR. PERLMUTTER?

In The Gut-Brain Solution—our **limited-time free screening**—Dr. Perlmutter reveals:

- The complete home air quality audit checklist
- Which air purifiers actually work (and which are scams)
- Why he's concerned about certain popular diets
- His complete supplement protocol for brain protection
- The role of polyphenols in air pollution resilience

Plus, you'll get access to 44 more leading experts sharing breakthrough protocols for brain health.

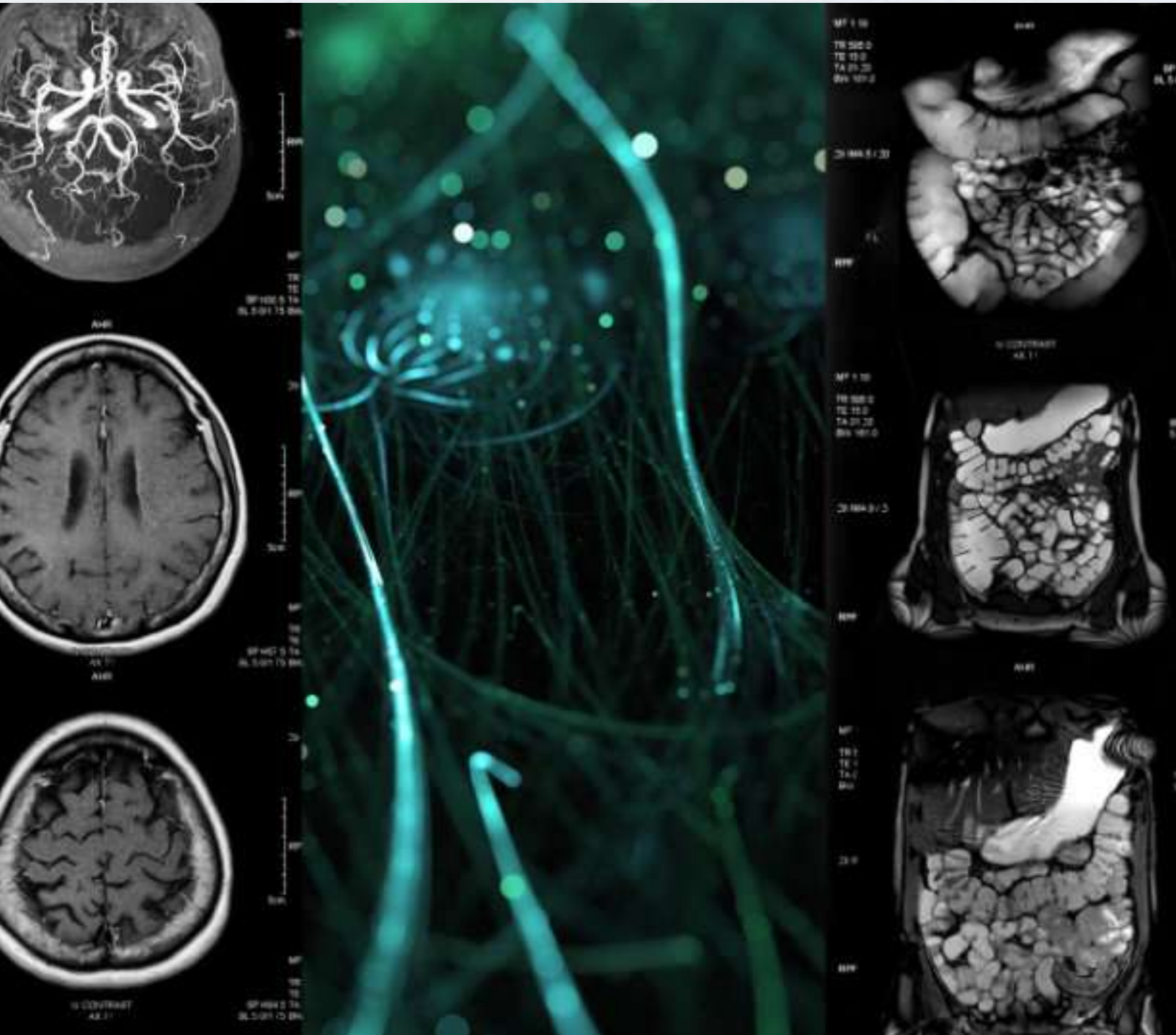
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UP NEXT: Dr. Sarah McKay

Discover why this neuroscientist says the optimal afternoon nap is exactly 23 minutes—not 20, not 30—and why strategic nappers are the world's best sleepers.

3.

DR. SARAH MCKAY: The 23-Minute Nap Protocol



Meet The Expert

Dr. Sarah
McKay,
PhD



Neuroscientist | Author of 'Brain Health For
Dummies'

Author of 'Baby Brain' and 'The Women's Brain Book'

AS FEATURED IN THE GUT-BRAIN SOLUTION:
NEW FRONTIERS

The Neuroscientist Who Naps

Dr. Sarah McKay has spent decades studying how the brain ages, how it changes, and how we can keep it healthy across our entire lifespan.

She's written multiple books on brain health, including *Brain Health For Dummies*. She runs applied neuroscience courses teaching people how to optimize their cognitive function.

But one of her most powerful brain health secrets isn't found in a supplement bottle or a complicated protocol.

It's a nap.

Not just any nap. A very specific kind of nap, at a very specific length.

Exactly 23 minutes.

"I've always loved a nap, and I've always got to 2:30 in the afternoon and like, 'Oh my God, I need to sleep. I need to sleep. I need to sleep.' And I'm still like that now."

But Dr. McKay doesn't just nap because she's tired. She naps because the research shows it's one of the most powerful interventions for brain health, memory consolidation, and cognitive performance.



Her Personal Brain-Protection Secret

After reviewing the research on napping and brain function, Dr. McKay has landed on a precise protocol:

A 23-minute afternoon nap.

"There is a little bit of interesting neurobiology behind the idea. There's some science that's tried to find out how can we optimize a nap? And I believe that there's research showing that about 20 to 25 minutes, it averages out at about 23 minutes, is the optimal time for an afternoon nap."

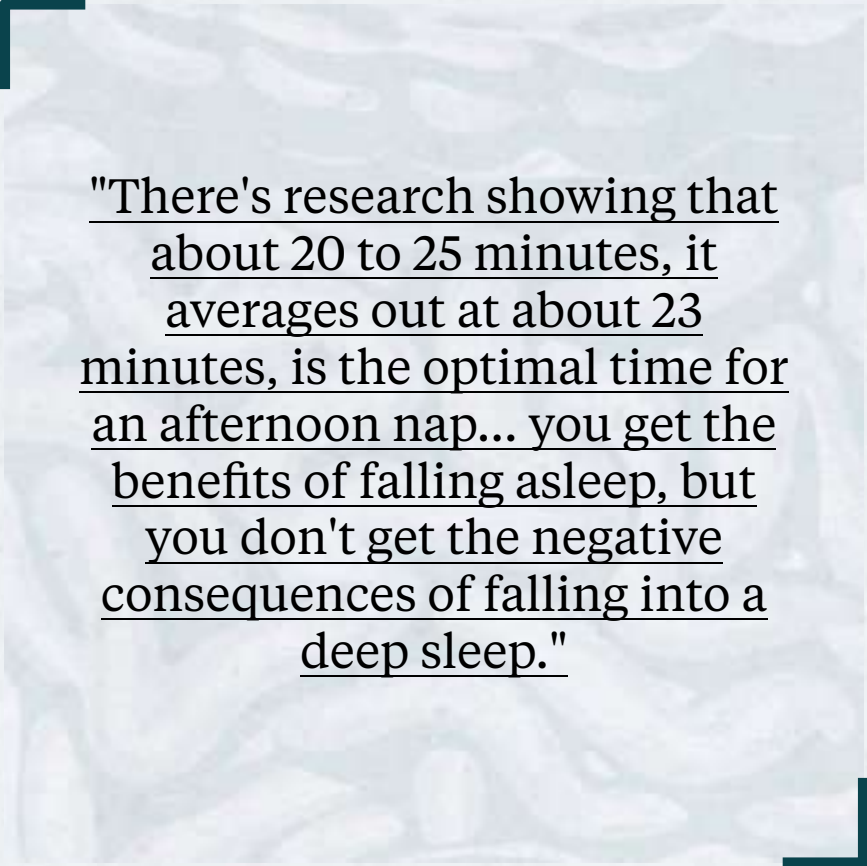
Not 20 minutes. Not 30 minutes. Exactly 23 minutes.

Why so specific?

"That is because getting back to the sleep architecture, it means you get the benefits of falling asleep, but you don't get the negative consequences of falling into a deep sleep whereby one, it's hard to wake up from. And two, it disrupts your sleep later that night."

It's the Goldilocks zone: Not too short, not too long, but just right.





"There's research showing that about 20 to 25 minutes, it averages out at about 23 minutes, is the optimal time for an afternoon nap... you get the benefits of falling asleep, but you don't get the negative consequences of falling into a deep sleep."

Why Napping Protects Your Brain

Dr. McKay explains the research behind strategic napping:

"Studies have been done comparing, say, the memory of people before and after a nap or without a nap, and short amounts of sleep will help memory."⁹

But it's not just memory.

"They've also looked at things like the creative process. We have these insights, or these eureka moments, or these aha moments."

Artists and inventors have known this for centuries. Thomas Edison and Salvador Dali both used strategic naps to solve problems and generate creative insights.

"It's almost as if your subconscious mind, whatever that is, we don't know what that is, has somehow solved a problem while you were drifting off to sleep."

And there's a third benefit most people don't know about:

"It's really, really good to help with emotional regulation."¹⁰

When you're emotionally exhausted, overwhelmed, or on edge, a 23-minute nap can reset your nervous system.

"I just found that having a nap just gave me that emotional reset so that I could be just nicer. It gave me a second morning in the second half of the day."

DR. MCKAY'S EXPERT TIP

The Three Benefits of Strategic Napping:

- 1. Memory consolidation** — "Short amounts of sleep will help memory."
- 2. Creative problem-solving** — "It's almost as if your subconscious mind... has somehow solved a problem while you were drifting off to sleep."
- 3. Emotional regulation** — "It gave me a second morning in the second half of the day."

The key is staying under 30 minutes. Go longer and you risk entering deep sleep, which leaves you groggy and can interfere with nighttime rest.

23 minutes hits the sweet spot.



WANT MORE FROM DR. MCKAY?

In The Gut-Brain Solution—our **limited-time free screening**—Dr. McKay reveals:

- Why women's brains age differently than men's (and what to do about it)
- The truth about "baby brain" and cognitive changes in pregnancy
- How sleep architecture changes across the lifespan
- Why exercise matters more than most people think
- The role of hormones in brain aging

Plus, you'll get access to 44 more leading experts sharing breakthrough protocols for brain health.

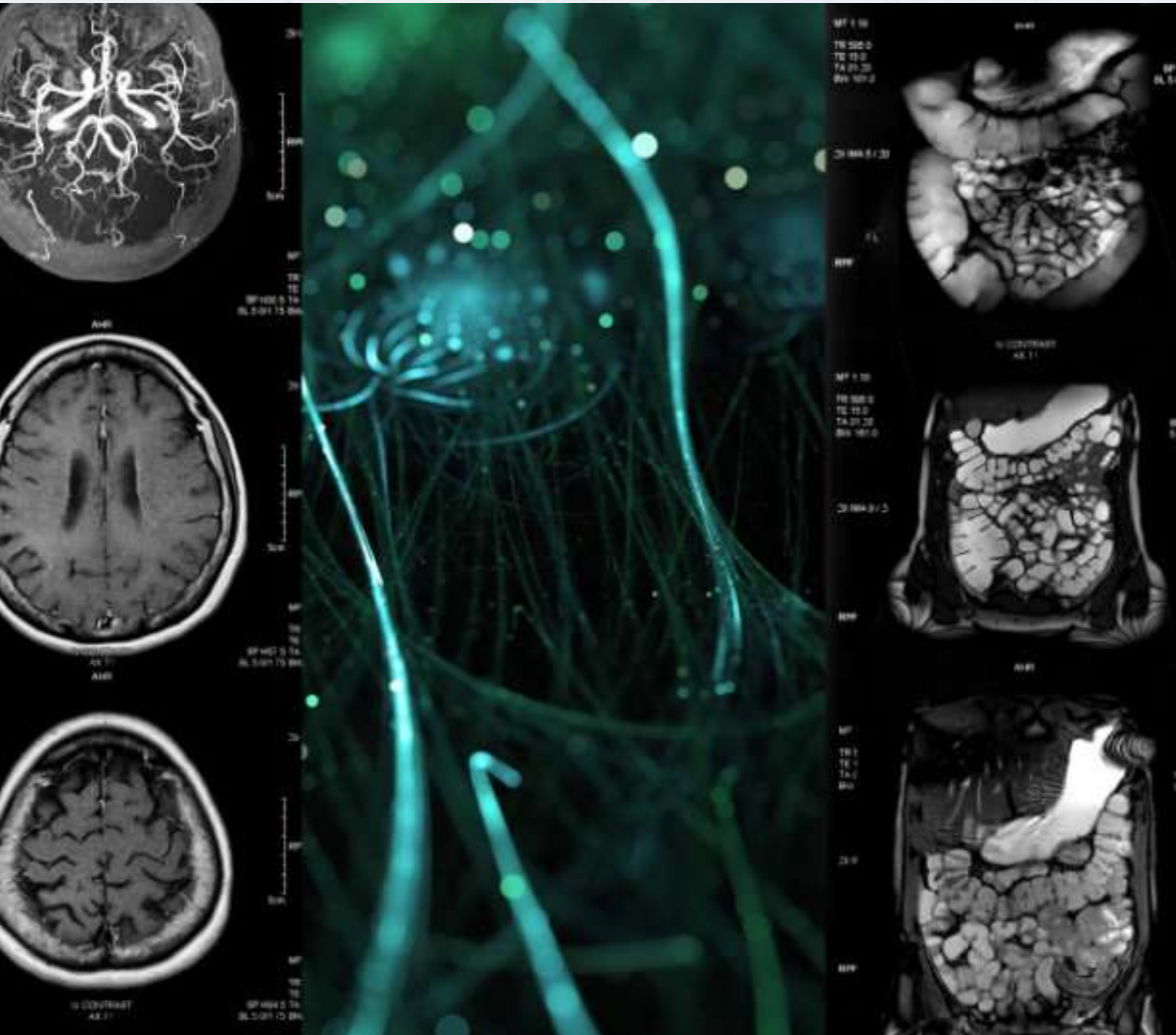
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UP NEXT: Dr. Joel Fuhrman

Discover the only food where more is always better—identified by a physician who reviewed 30,000 studies on human longevity.

4.

DR. JOEL FUHRMAN: The Green Vegetable Advantage



Meet The Expert

Dr. Joel Fuhrman, MD



Board-Certified Family Physician | Seven-Time New
York Times Bestselling Author

President of the Nutritional Research Foundation

AS FEATURED IN THE GUT-BRAIN SOLUTION:
NEW FRONTIERS

The Only Food With No Limit

Dr. Joel Fuhrman has spent his entire medical career studying one question: What makes people live longer, healthier lives?

"I reviewed over 30,000 scientific studies on the field of human longevity and human nutrition."

Thirty thousand studies.

And from that massive body of research, he's identified something remarkable:

There's one food—and only one food—where eating more ALWAYS makes you healthier.

"Green vegetables are the only food with no threshold effect."

What does that mean?

With most foods, there's a point where eating more doesn't help. Berries? Great for you. But once you've had a cup, having two cups doesn't give you much more benefit.

Mushrooms? Super protective. But after a quarter cup, you've gotten what you need.

But not with greens.

"We see a continuum of benefit when



people go from a half a cup to a cup to two cups to three cups to four cups to five cups."

Every additional serving = Additional brain protection.

There's no ceiling. No upper limit. No "that's enough."

The more greens you eat, the younger your brain stays.

His Personal Brain-Protection Secret

After 30,000 studies and decades of clinical practice, Dr. Fuhrman's message is unequivocal:

Eat as many green vegetables as you possibly can.

"We can see that green vegetable consumption is the most accurate measurement of longevity and brain health in later life."

And he's dead serious about this:

"We are a green vegetable dependent animal and I make the joke and I say to people, if you don't like green vegetables, you better live close to the hospital."

He's not joking.

His patients who eat 4-5+ cups of greens daily? They reverse diabetes. They reverse heart disease. They reverse early-stage dementia.

"I see more people getting well from dementia, especially early stage dementia, seeing reversal."

The intervention? Greens. Massive amounts of greens.



"Green vegetables are the only
food with no threshold effect...
We can see that green vegetable
consumption is the most
accurate measurement of
longevity and brain health in
later life."

The 11-Year Brain Age Study

Research from the Chicago Health and Aging Project tracked thousands of older adults and measured their cognitive function over time.

The finding: People who ate just one serving of leafy greens daily had cognitive abilities of someone 11 years younger than people who rarely ate greens.¹¹

11 years. From one serving.

Dr. Fuhrman's response?

If one serving gives you 11 years, what could 4-5 servings do?

"We see a continuum of benefit when people go from a half a cup to a cup to two cups to three cups to four cups to five cups."

His patients who eat 5+ cups daily aren't just preventing cognitive decline. They're reversing it.



Why Greens Are Supreme

"The most protective food for the brain are green vegetables."

After 30,000 studies, greens stand alone. What makes them special?

Folate: The word comes from "folia"—Latin for leaf. Critical for preventing depression and supporting neurotransmitter production.

Nitrates: Convert to nitric oxide in your body, improving blood flow to your brain.

Fiber: Feeds beneficial gut bacteria that produce brain-protective compounds.

Magnesium: The anti-stress mineral your nervous system needs.

Polyphenols: Antioxidants that protect neurons from oxidative damage.

And they're low in calories, so you can eat enormous amounts without weight gain.

"If you eat a lot of green vegetables, you can't be overweight, you have to be slim."



The Dementia Reversal Story

Dr. Fuhrman runs a retreat center in San Diego where people come for intensive nutritional intervention.

One patient arrived in such severe cognitive decline that Dr. Fuhrman initially refused to accept her.

"I had one patient who came to the retreat and I said, 'This person shouldn't be here. They can't take care of themselves. They're not even mentally cognizant enough.'"

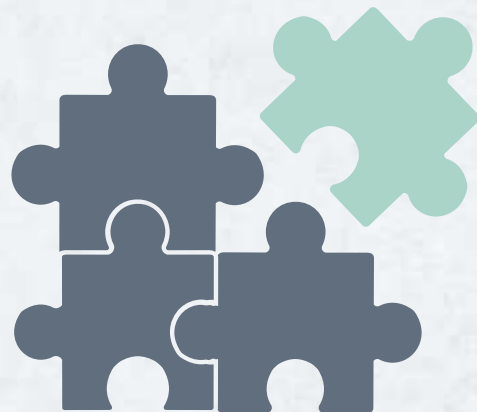
The family begged. They signed liability waivers.

Dr. Fuhrman put her on his protocol: massive amounts of greens, whole plant foods, nutritional excellence.

"Lo and behold, the person's dementia goes away, her diabetes goes away, and she starts to be able... It's just amazing how we see these things happen."

Complete reversal. From greens.

"I'm not saying every case is reversible, but I'm saying dementia is more possible to reverse than Parkinson's is."



HOW TO IMPLEMENT TODAY

Dr. Fuhrman's Green Vegetable Protocol

DAILY TARGET: 4-5+ cups of green vegetables

BEST OPTIONS:

- Kale
- Spinach
- Arugula
- Collard greens
- Swiss chard
- Romaine lettuce
- Broccoli
- Brussels sprouts
- Bok choy

EASY WAYS TO ADD MORE:

- 1. Breakfast:** Add spinach or kale to smoothies
- 2. Lunch:** Make salads your main course, not a side
- 3. Dinner:** Fill half your plate with greens before adding anything else
- 4. Snacks:** Keep cut vegetables ready in the fridge

DR. FUHRMAN'S EXPERT TIP

Chew Until It's Liquid

"We're being mindful to chew these vegetables really well and to form the nutrients in our mouth as we're chewing."

Why this matters:

"The ITCs, the isothiocyanates from green cruciferous vegetables are not in the broccoli and the kale and the arugula until you chew it and break open the cell wall, and now they're formed in the mouth as you chew."

Brain-protective compounds are created by chewing.

"When you chew the onion, you can chew it really well to a liquid and you could break open 90% more cells than just by cutting it with a knife."

Chew thoroughly = 90% more nutrients released

Don't just eat greens. Chew them well.



WANT MORE FROM DR. FUHRMAN?

In The Gut-Brain Solution—our **limited-time free screening**—Dr. Fuhrman reveals:

- His complete GBOMBS protocol (6 brain-protecting food categories)
- How patients reverse diabetes, heart disease, and dementia
- Why the retreat center gets results medications can't
- His omega-3 index recommendations
- The truth about popular diets (keto, carnivore, paleo)

Plus, you'll get access to 44 more leading experts sharing breakthrough protocols for brain health.

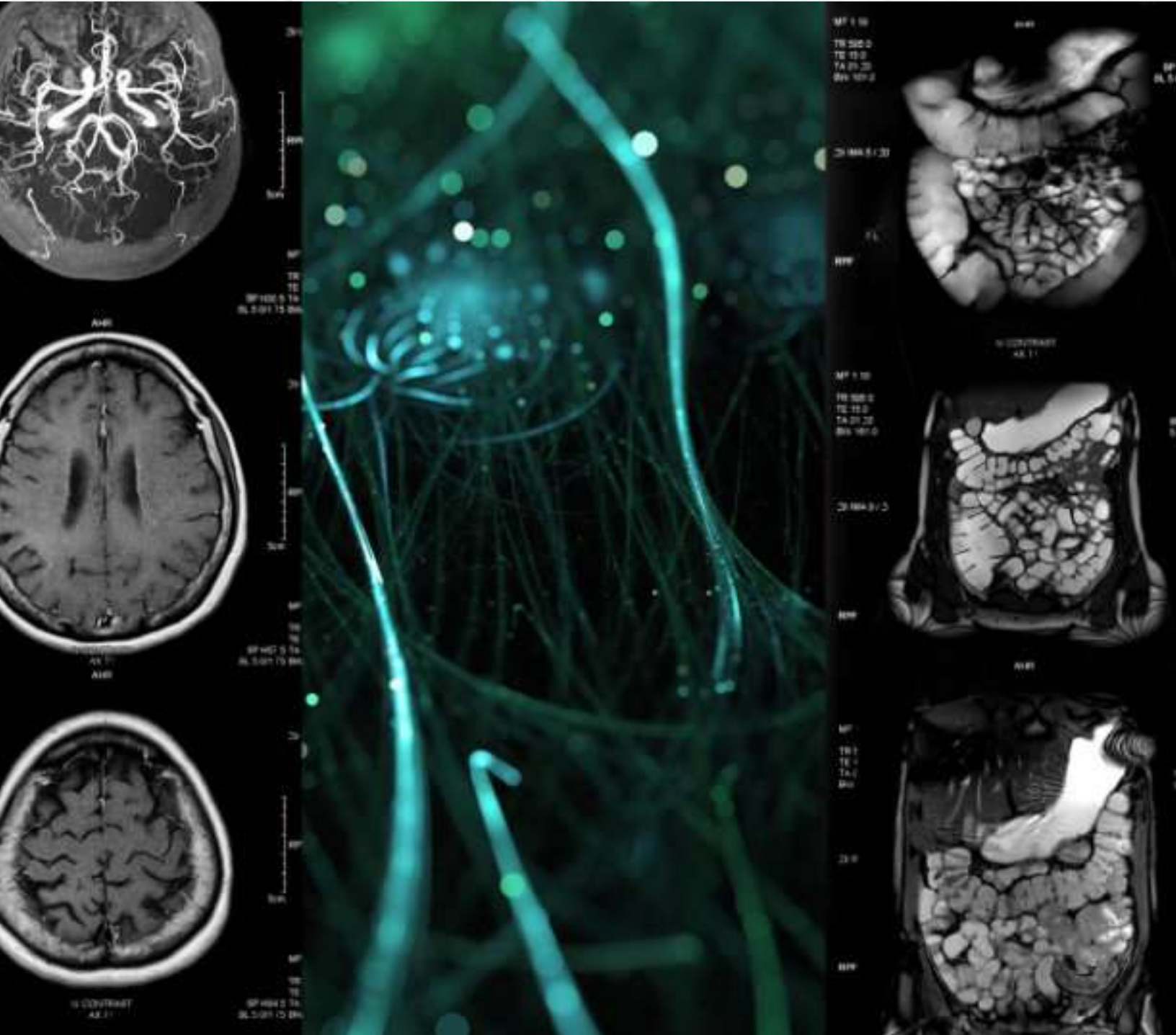
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UP NEXT: Dr. Uma Naidoo

Discover why this Harvard-trained psychiatrist and professional chef believes a quarter teaspoon of one specific spice can transform your mental health—but only if you add one critical ingredient.

5.

DR. UMA NAIDOO: The Turmeric-Pepper Secret



Meet The Expert

Dr. Uma
Naidoo,
MD



Harvard Medical School Nutritional Psychiatrist |
Professional Chef

Author of 'This is Your Brain on Food'

AS FEATURED IN THE GUT-BRAIN SOLUTION:
NEW FRONTIERS

The Psychiatrist Who Prescribes Spices

Dr. Uma Naidoo holds a unique combination of credentials that makes her perspective on brain health unlike anyone else's.

She's a Harvard-trained psychiatrist. She's also a professionally trained chef. And she founded "the only clinic in the United States that's based at an academic teaching center fully dedicated to nutritional and lifestyle psychiatry."

She prescribes medications when needed. But she also prescribes recipes.

"I still practice as a regular psychiatrist. I do prescribe medications when they are needed, but I would consider myself to be a holistic integrated and functional practitioner in psychiatry, meaning that I always look for the root cause."

That root cause? Often, it's inflammation.

"There's an inflammatory model of depression, which means that cytokines and inflammation messengers can often cause inefficiency in the production of these neurotransmitters."

Depression isn't always a serotonin deficiency. Often, it's an inflammation problem.

And Dr. Naidoo has identified one of the most powerful anti-inflammatory compounds on earth—one that's been used for thousands of years and costs pennies.

Turmeric.

But there's a catch. Most people take turmeric wrong and get almost zero benefit.

Her Personal Brain-Protection Secret

After years of clinical practice, culinary training, and drawing on her Indian heritage, Dr. Naidoo has perfected a simple formula:

Turmeric — always paired with black pepper.

But here's the critical part most people miss:

“You need to think about bioavailability because the curcuminoids in turmeric — most of them do not get absorbed unless there are some co-factors there that aren’t natively found in turmeric itself.”

The key co-factor?

“The simplest thing is a bit of black pepper. If you’re going to have turmeric in a stir-fry or add it to vegetables or anything else, just get a little sprinkle of black pepper alongside it, and that will increase bioavailability dramatically.”

Dramatically = up to 2000% increase in absorption.¹²

Turmeric alone = Wasted. Turmeric + black pepper = Brain medicine.





"Curcumin is the primary active compound in turmeric, and it has powerful anti-inflammatory and antioxidant properties. Researchers tell us that curcumin might reduce the buildup of beta-amyloid plaques, which are associated with Alzheimer's disease."¹³

Why Turmeric Protects Your Brain

Curcumin, the active compound in turmeric:

- Reduces neuroinflammation
- Protects neurons from oxidative damage
- May reduce amyloid plaques (Alzheimer's hallmark)
- Supports neurotransmitter production

And it costs pennies.

"I think that there are many more tools in that toolkit that we need. Nutrition is one of them. And since we eat and we eat several times a day and we make those choices, I feel it's very empowering for patients and individuals actually to just have the ability to make better food choices."



HOW TO IMPLEMENT TODAY

Dr. Naidoo's Golden Milk Recipe

Her favorite way to take turmeric:

"A turmeric tea with enough milk warmed up, something that now has gotten the term golden chai is often really helpful to get the body ready to be calmed and to get ready for bed."

INGREDIENTS:

- 1 cup plant-based milk (almond, oat, soy)
- ¼ tsp turmeric powder
- Pinch black pepper (just a few grinds)
- Pinch cinnamon (optional)
- ½ tsp honey or maple syrup (optional)

METHOD:

1. Warm milk gently (don't boil)
2. Whisk in turmeric and black pepper
3. Add cinnamon if using
4. Sweeten lightly if desired
5. Drink 30-60 minutes before bed

DR. NAIDOO'S EXPERT TIP

The Fat Factor

Black pepper isn't the only co-factor that helps:

"We also find that when it's consumed with some source of fat, be it nuts or seeds or avocado or a bit of oil, that will increase bioavailability as well."

The complete absorption formula:

Turmeric + Black Pepper + Healthy Fat = Maximum Benefits

Examples:

- Golden milk (turmeric + pepper + plant milk with fat)
- Curry (turmeric + pepper + coconut milk)
- Smoothie (turmeric + pepper + chia seeds)
- Roasted veggies (turmeric + pepper + tahini drizzle)

All three elements = Optimal absorption



WANT MORE FROM DR. NAIDOO?

In The Gut-Brain Solution—our **limited-time free screening**—Dr. Naidoo reveals:

- Specific foods for specific mental health conditions (anxiety, depression, OCD, ADHD)
- How to use food to reduce medication dependence safely
- The complete anti-inflammatory eating protocol
- Why the gut-brain axis is the key to mental health
- Her favorite brain-boosting recipes from 'This is Your Brain on Food'

Plus, you'll get access to 44 more leading experts sharing breakthrough protocols for brain health.

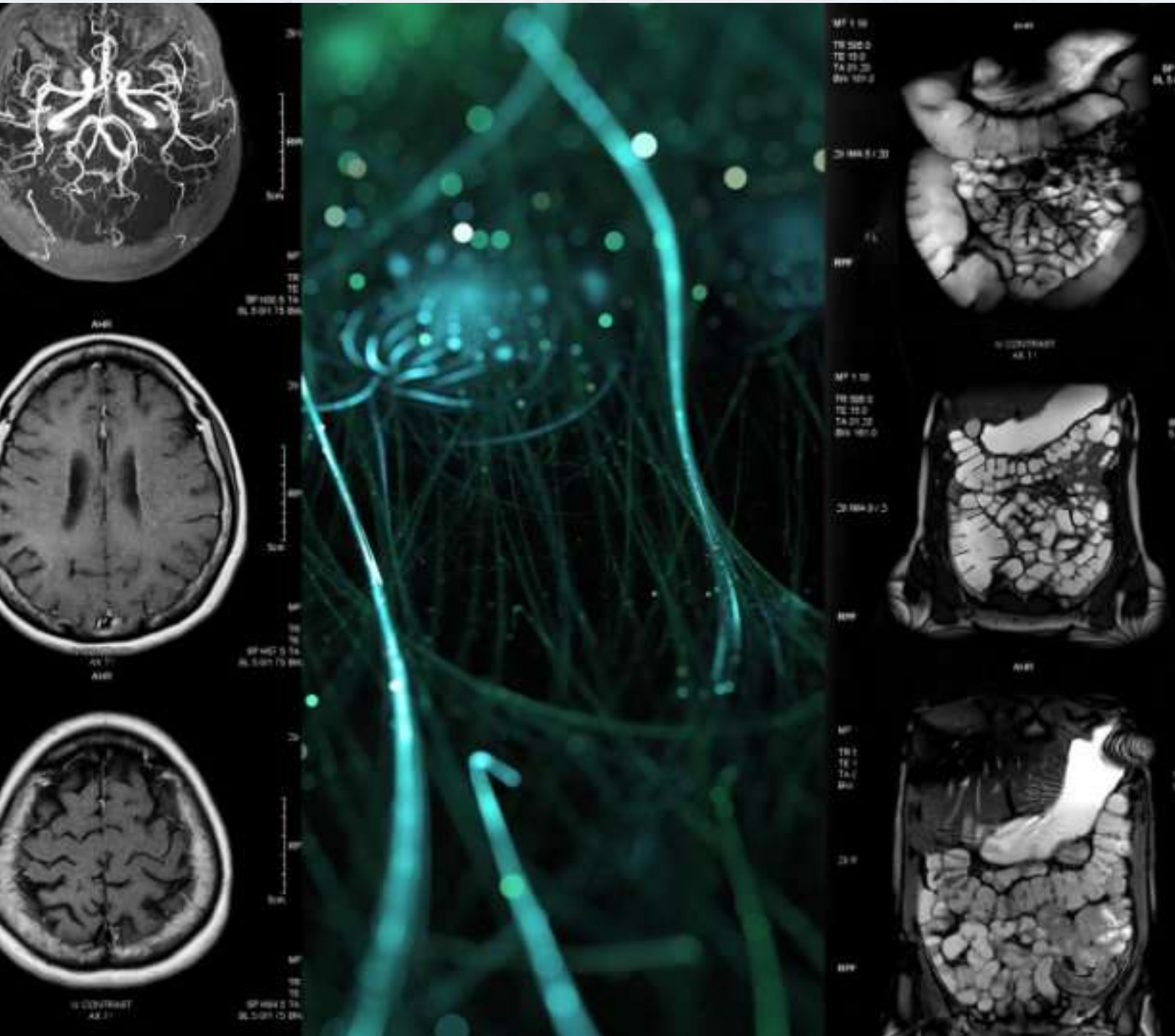
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UP NEXT: Dr. Joel Kahn

Learn why this cardiologist who graduated #1 in his class says one vegetable protects both your heart and your brain—and why you should throw out your mouthwash today.

6.

DR. JOEL KAHN: The Heart-Brain Beet Protocol



Meet The Expert

Dr. Joel Kahn, MD



Board-Certified Cardiologist | University of Michigan
Medical School (Summa Cum Laude, #1 in Class)

35+ Years in Practice

AS FEATURED IN THE GUT-BRAIN SOLUTION:
NEW FRONTIERS

The Cardiologist Who Knows Your Brain

Dr. Joel Kahn graduated at the top of his medical school class at University of Michigan in 1983. He's been a cardiologist for over 35 years—working in hospital cardiology, cath labs, treating heart attacks.

But he's discovered something most cardiologists miss: You can't have a healthy brain without a healthy heart.

"If you've got a healthy heart, you've got a healthy brain."

Why?

Your brain is your most vascular organ. About 25% of all the oxygen in your body goes to your brain. That oxygen travels through your bloodstream.

If your blood vessels are clogged, inflamed, or damaged, your brain suffers.

"Your brain has so many fine, minute blood vessels and capillaries all through it... you want to keep those fine blood vessels healthy because that's what's keeping your brain healthy."

The same dynamics that cause heart attacks cause dementia.

"Some people even consider Alzheimer's to be, in essence, a cardiovascular disease."

And Dr. Kahn has identified one food that protects both your heart and your brain better than almost anything else:

Beets.

His Personal Brain-Protection Secret

After 35+ years studying cardiovascular health and its connection to brain health, Dr. Kahn has a clear recommendation:

Eat beets regularly.

Why? Because beets are loaded with dietary nitrates—compounds your body converts into nitric oxide.

Dr. Kahn calls nitric oxide "the miracle molecule." Three researchers won the Nobel Prize in Medicine in 1998 for discovering its role in cardiovascular health.

What does nitric oxide do?

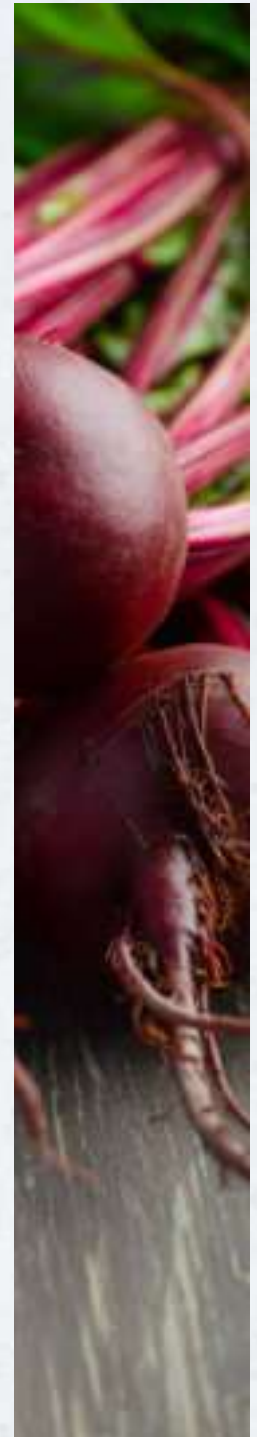
It dilates your blood vessels—including the tiny capillaries in your brain—improving blood flow, oxygen delivery, and nutrient transport.

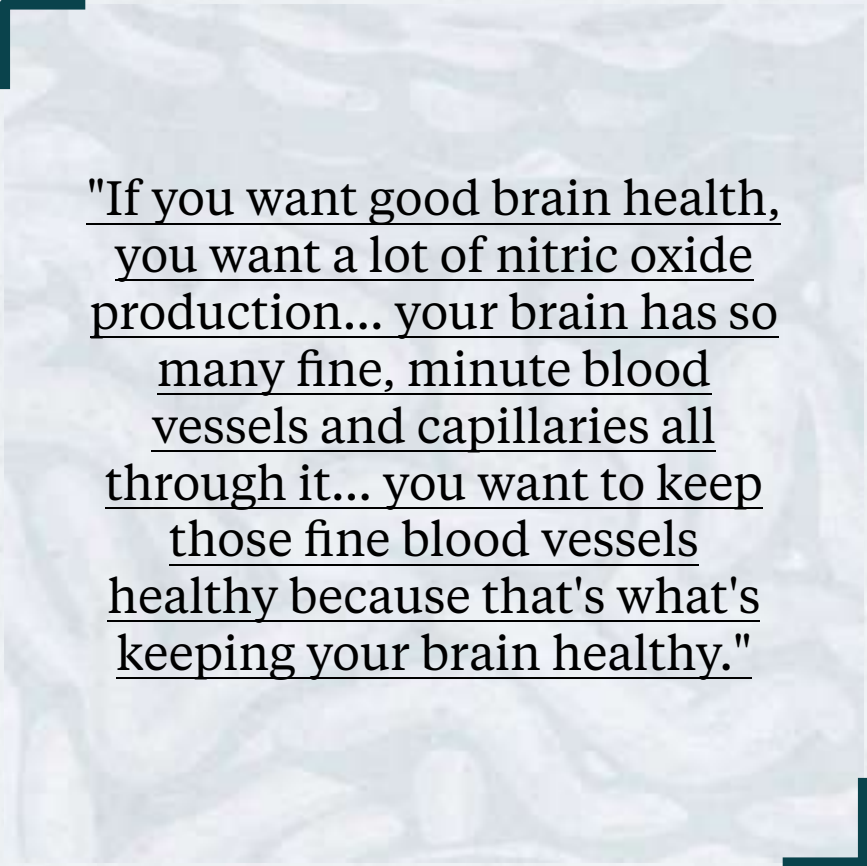
"If you want good brain health, you want a lot of nitric oxide production."

Without adequate nitric oxide: Restricted blood flow
→ Reduced oxygen → Impaired cognition →
Accelerated decline

With optimal nitric oxide: Open vessels → Maximum
blood flow → Optimal brain function → Protected
cognition

Beets are one of the richest food sources of the nitrates your body needs to make this happen.





"If you want good brain health,
you want a lot of nitric oxide
production... your brain has so
many fine, minute blood
vessels and capillaries all
through it... you want to keep
those fine blood vessels
healthy because that's what's
keeping your brain healthy."

HOW TO IMPLEMENT TODAY

How to Consume Beets

OPTION 1: Whole Beets (Preferred)

Roasted beets:

1. Wrap whole beets in foil
2. Roast at 400°F for 45-60 minutes
3. Peel when cool
4. Slice and eat throughout week

Raw beets:

- Grate into salads
- Blend into smoothies
- Juice (if you have a juicer)
- Daily target: 1 medium beet or equivalent

OPTION 2: Beet Juice

Fresh-pressed or store-bought (no added sugar)

Daily target: 4-8 oz

Best time: Morning
(supports nitric oxide production throughout day)

OPTION 3: Beet Powder

Organic beet powder mixed in water or smoothies

Daily target: 1-2 tsp (follow product directions)

DR. KAHN'S EXPERT TIP

The Mouthwash Problem

Here's where Dr. Kahn drops a bombshell.

The conversion of beet nitrates to nitric oxide doesn't happen in your gut. It happens in your mouth. Specific bacteria on your tongue convert dietary nitrates into nitrites, which your body then converts to nitric oxide.

Kill those bacteria, and you break the chain.

"If you're using antibacterial mouthwash, I don't want to give a thumbs down to Listerine and Scope, but they're always the ones mentioned. There's peer-reviewed data that you will harm your blood pressure by using antibacterial mouthwashes because they're killing those bacteria in the grooves in our tongue."¹⁴

You could eat beets every day. But if you're swishing with antibacterial mouthwash every morning, you're sabotaging the very process that protects your brain.

Those "bad" bacteria you're killing? They're the ones your brain desperately needs.



WANT MORE FROM DR. KAHN?

In The Gut-Brain Solution—our **limited-time free screening**—Dr. Kahn reveals:

- The complete heart-brain connection protocol
- Why he's concerned about certain oils and fats
- His Mediterranean diet approach for brain health
- The truth about coffee and tea for cognitive function
- Advanced glycation end products (AGEs) and brain aging

Plus, you'll get access to 44 more leading experts sharing breakthrough protocols for brain health.

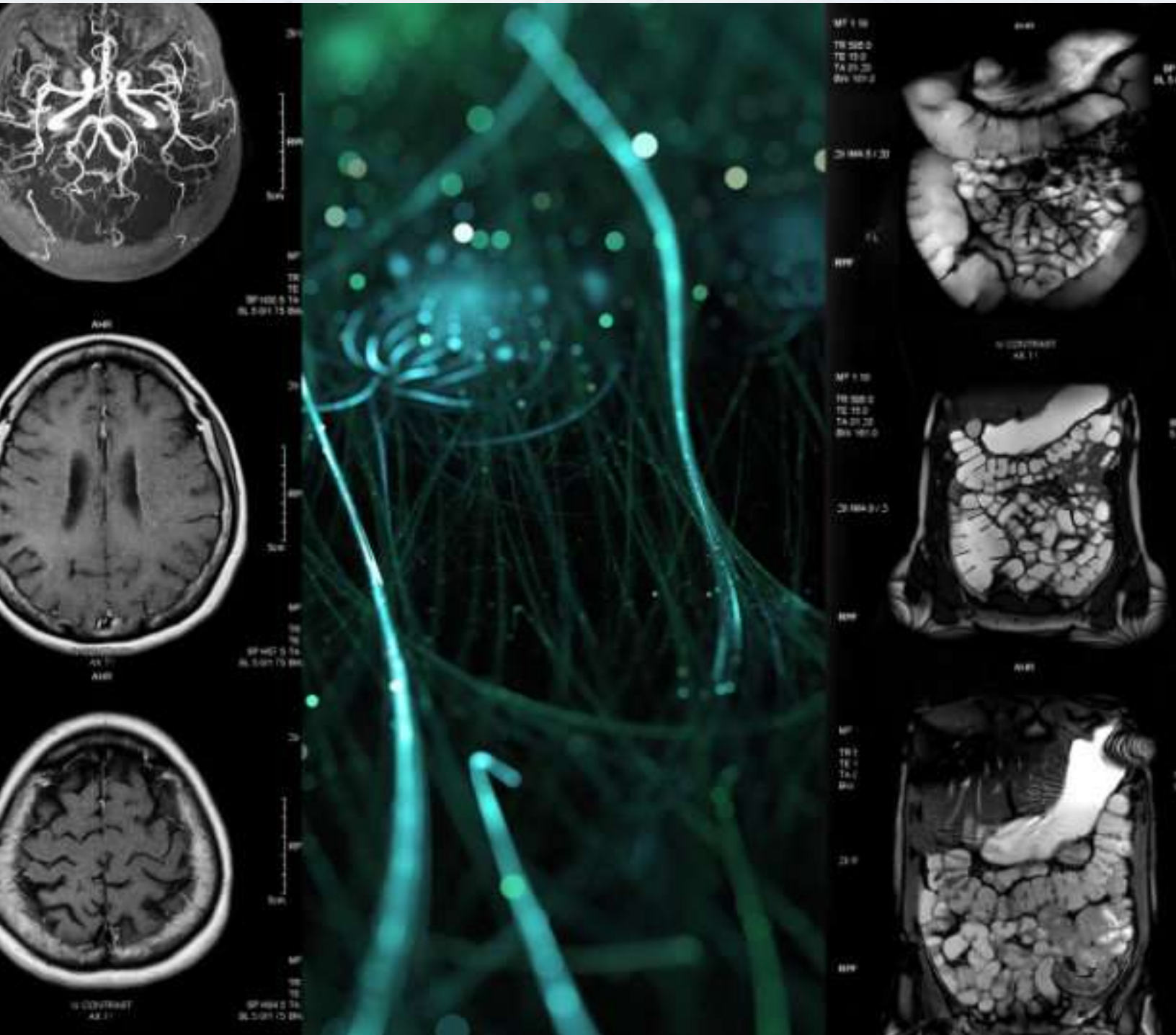
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UP NEXT: Dr. Jeffrey Bland

Discover why the founder of functional medicine (who worked with a two-time Nobel Prize winner) believes colorful plants can measurably slow biological aging in just 90 days

7.

DR. JEFFREY BLAND: The Polyphenol-Gene Protocol



Meet The Expert

Dr. Jeffrey Bland, PhD



Founder of the Institute for Functional Medicine

Co-author of 6 Medical Textbooks | Worked with
Two-Time Nobel Prize Winner Dr. Linus Pauling

AS FEATURED IN THE GUT-BRAIN SOLUTION:
NEW FRONTIERS

The Man Who Founded Functional Medicine

Dr. Jeffrey Bland founded the Institute for Functional Medicine in 1990. He's co-authored six textbooks for doctors and seven books for consumers. He's traveled 6 million miles over decades, lecturing and teaching healthcare professionals worldwide.

But his most remarkable credential? He worked directly with Dr. Linus Pauling—the only person to ever win two Nobel Prizes solo.

"Dr. Pauling is a two-time Nobel Prize winner, once in chemistry and once in peace... I was asked to take a couple of years sabbatical leave from my university appointment to do research and run a research laboratory at his facility in California."

That experience shaped everything Dr. Bland would go on to discover about nutrition, aging, and brain health.

And recently, at age 79, he's been part of groundbreaking research that's changing how we understand aging itself.

The discovery: Certain plant compounds can slow biological aging — measurably — in just 90 days.¹⁵

Not through drugs. Through food.



His Personal Brain-Protection Secret

Dr. Bland has spent decades studying one question: What makes cells age, and what can stop it?

The answer? **Polyphenols.**

"There are literally thousands of different polyphenols that are produced by different plants. You know them in part because of the color that they provide to plants."

Polyphenols are the pigments in colorful fruits and vegetables.

And they do something extraordinary: They reprogram how your genes are expressed.

"These polyphenols in the diet get converted by specific members of our microbiome... into other things that get absorbed into the body that then have regulatory effects on how our genes expressed."

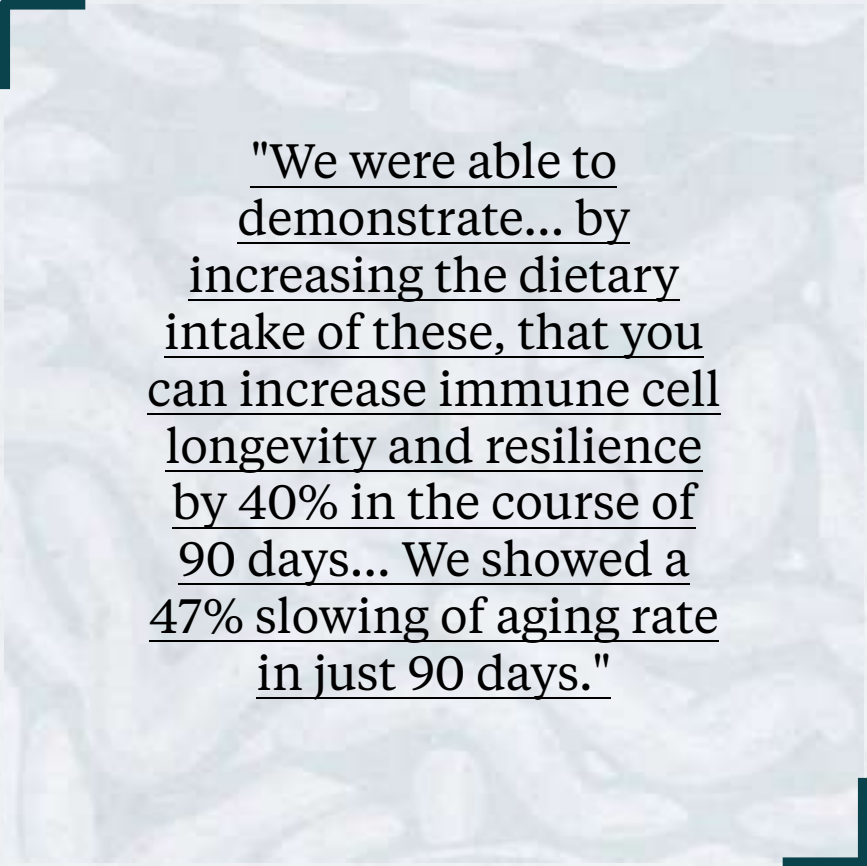
Your gut bacteria convert polyphenols →
Into compounds that control your genes
→ Those genes determine how fast you age



Dr. Bland's research proved this in humans for the first time.

"We were able to demonstrate... that you can increase immune cell longevity and resilience by 40% in the course of 90 days."

40% improvement in immune cell resilience. In 90 days. From plant compounds.

A microscopic image showing a cluster of cells, likely immune cells, with a light blue and white color scheme. The cells are irregular in shape and have a granular texture. The image is framed by a dark teal L-shaped bracket in the top-left and bottom-right corners.

"We were able to demonstrate... by increasing the dietary intake of these, that you can increase immune cell longevity and resilience by 40% in the course of 90 days... We showed a 47% slowing of aging rate in just 90 days."

The Himalayan Tartary Buckwheat Study

Dr. Bland and his team conducted a groundbreaking study using a specific food: Himalayan Tartary Buckwheat.

"We had 100 individuals in the clinical trial... for three months or 90 days, they took... a formulation of the Himalayan tartary buckwheat polyphenols."

The results were staggering:

"We were able to show... there was a remarkable change in specific loci or specific regions of their genes... that were being altered by the taking of the tartary buckwheat polyphenols."

How much change?

"Some of these regions of the genes in the immune system were changed remarkably up to 20-fold change."

20-fold change in gene expression. From food.

The outcome:

"We showed a 47% slowing of aging rate in just 90 days" in people who were aging rapidly.

"This was the first time this had ever been shown. We were the first group to ever do that."

First time in human history: Proof that food compounds can slow cellular aging in 90 days.



Why Polyphenols Matter for Your Brain

"These polyphenols in the diet get converted by specific members of our microbiome... into other things that get absorbed into the body that then have regulatory effects on how our genes expressed."

The mechanism:

You eat colorful plants → Polyphenols reach your gut → Bacteria convert them → New compounds enter bloodstream → They reach your brain → They influence gene expression

Which genes?

Genes that control:

- Inflammation (turn it down)
- Antioxidant production (turn it up)
- Cellular repair (turn it up)
- Aging pathways (slow them down)



"These polyphenols... have regulatory effects on how our genes expressed and the lowered inflammatory potential, lowered injury to cells, increasing longevity of cells, increasing the rejuvenation of cells."

Polyphenols literally reprogram your cells to age slower.

Your gut bacteria are the key. About 90% of polyphenols you eat aren't absorbed directly. They reach your colon, where bacteria convert them into smaller compounds that you can absorb.

Those compounds then enter your bloodstream, reach your brain, and control which genes get turned on or off.

HOW TO IMPLEMENT TODAY

Dr. Bland's

"Eat the Rainbow" Protocol

"If you could choose jicama or celery... think jicama, think radishes, because there's specific types of fibers in those vegetables that are most beneficial for the microbiome."

The principle: Color = Polyphenols

DAILY TARGETS:

RED/PURPLE:	ORANGE/YELLOW:	GREEN:	WHITE/TAN:
• Berries (blueberries, strawberries, blackberries) • Red cabbage • Beets • Pomegranates	• Carrots • Sweet potatoes • Squash • Citrus fruits	• Leafy greens (all types) • Broccoli • Brussels sprouts • Kale	• Jicama • Radishes • Cauliflower • Onions

GOAL: Hit all color categories daily

"Eating the colors of the rainbow, very, very important to really focus on a good vegetable-based diet."

DR. BLAND'S EXPERT TIP

Your Gut Bacteria Are the Key

You can eat all the colorful plants in the world, but if your gut bacteria aren't healthy, you won't get the full benefit.

Why? Because polyphenols need to be converted by your microbiome before your body can use them.

To maximize polyphenol benefits:

- 1. Eat prebiotic fibers** — "Think jicama, think radishes, because there's specific types of fibers in those vegetables that are most beneficial for the microbiome."
- 2. Eat a variety of colors** — Different polyphenols feed different bacteria
- 3. Be consistent** — The 90-day study showed results build over time
- 4. Protect your microbiome** — Avoid unnecessary antibiotics (see Dr. Hawrelak's chapter)

The polyphenols are powerful. But they need healthy gut bacteria to work their magic.



WANT MORE FROM DR. BLAND?

In The Gut-Brain Solution—our **limited-time free screening**—Dr. Bland reveals:

- The complete Himalayan Tartary Buckwheat research findings
- How polyphenols reprogram genes at the molecular level
- Why the microbiome is essential for polyphenol benefits
- The future of personalized nutrition based on your microbiome
- His complete anti-inflammatory eating protocol

Plus, you'll get access to 44 more leading experts sharing breakthrough protocols for brain health.

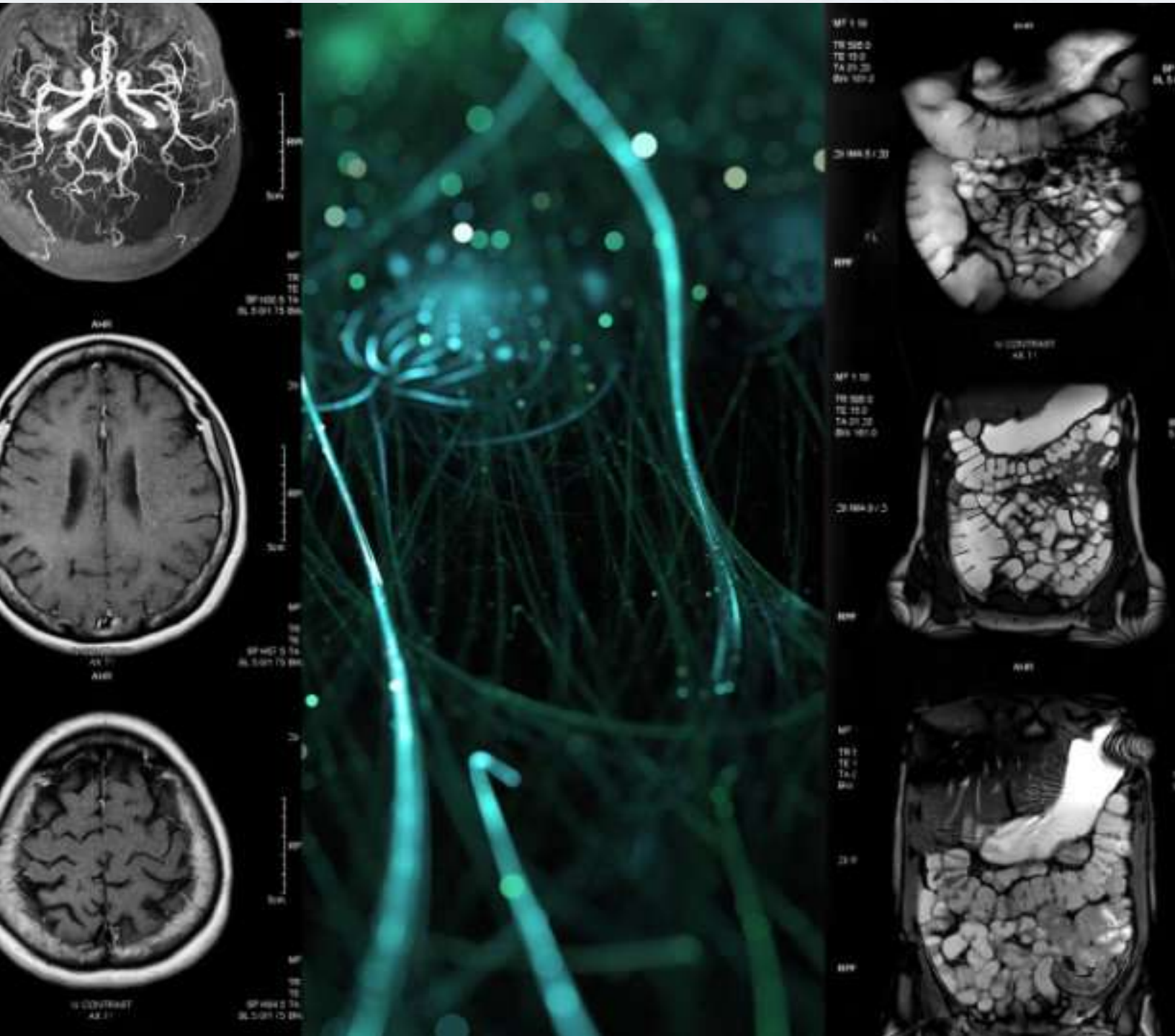
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UP NEXT: Dr. Michael Okun

Discover the one symptom this University of Florida neurologist—who's tracked 20,000 patients—never ignores. (Hint: It has nothing to do with tremors.)

8.

DR. MICHAEL OKUN: The Gut-Brain Early Warning Protocol



Meet The Expert

Dr. Michael Okun, MD



Professor of Neurology | University of Florida

Chair of Neurology | UF College of Medicine

Executive Director, Norman Fixel Institute for
Neurological Diseases

AS FEATURED IN THE GUT-BRAIN SOLUTION:
NEW FRONTIERS

The Canary in the Coal Mine

Dr. Michael Okun has been a neurologist for over three decades. He's followed more than 20,000 people with Parkinson's disease at the University of Florida's Fixel Institute.

And there's one symptom he never, ever dismisses.

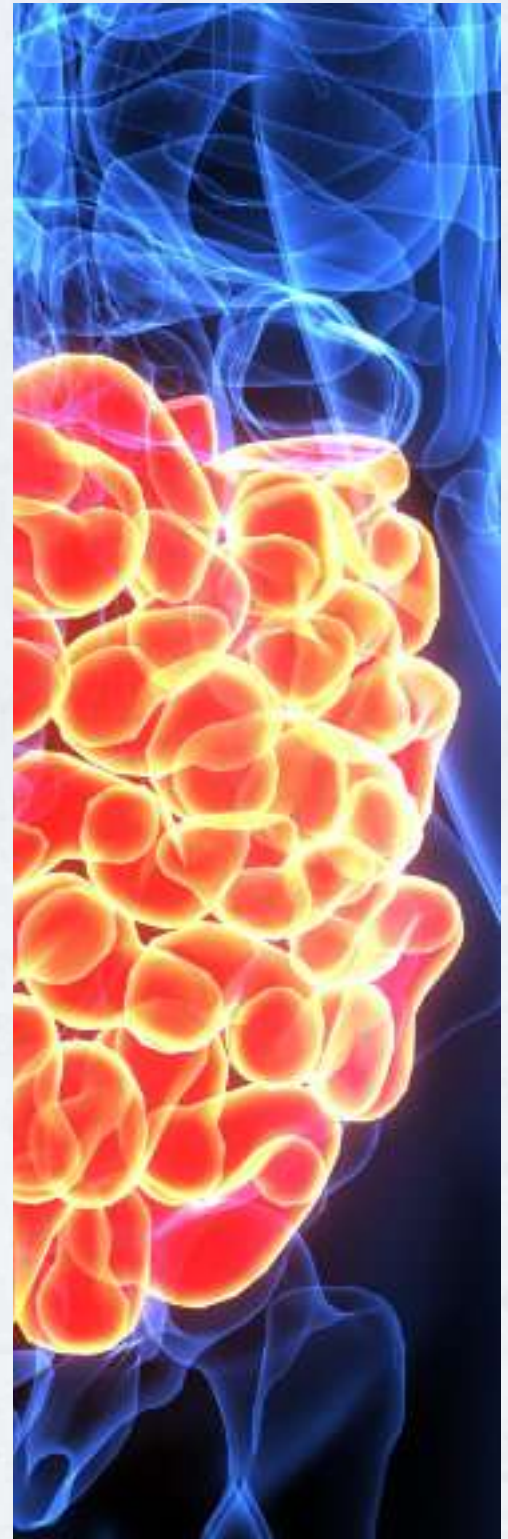
Constipation.

"It is really important not to blow off symptoms like constipation, particularly if you haven't had constipation before," Dr. Okun warns. "Should I be worried about Parkinson's disease? And the answer is, maybe."

Most people think Parkinson's means tremors. Shaking hands. But here's the blind spot most doctors miss:

"One in five people with Parkinson's don't have a tremor."

The earliest warning sign? Often it's happening in your gut—years before your hands ever shake.



His Personal Brain-Protection Secret

When Dr. Okun examines a new patient, he's not just looking at their hands. He's asking about their bathroom habits.

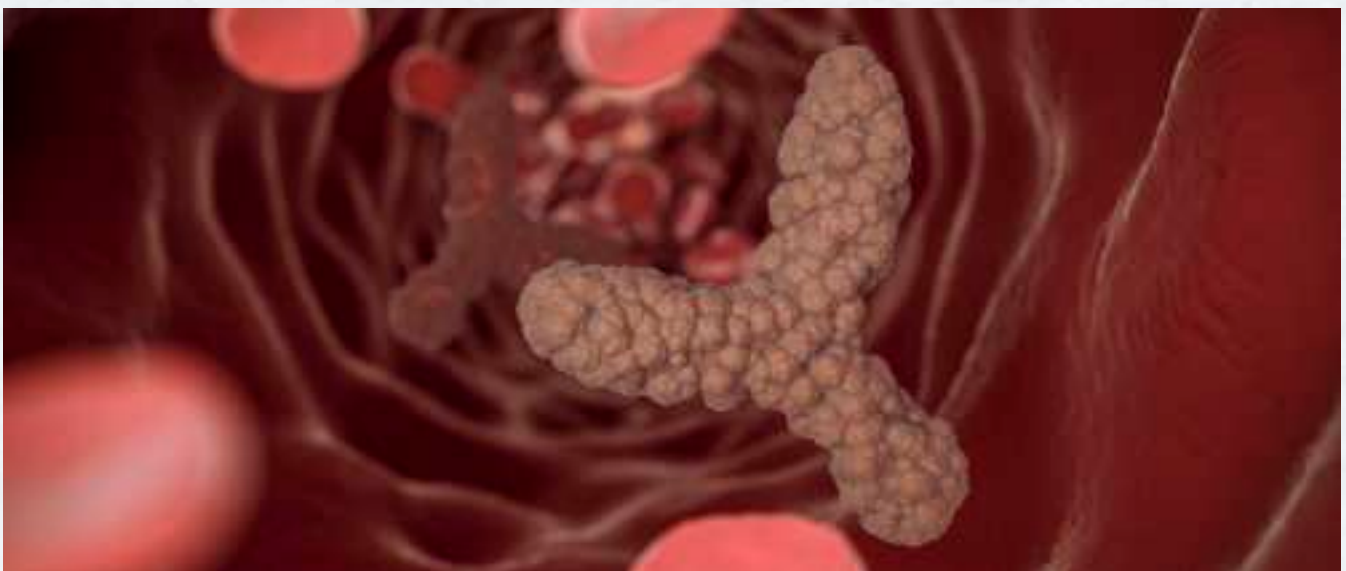
Why? Because of what scientists found when they started biopsying the guts of Parkinson's patients.

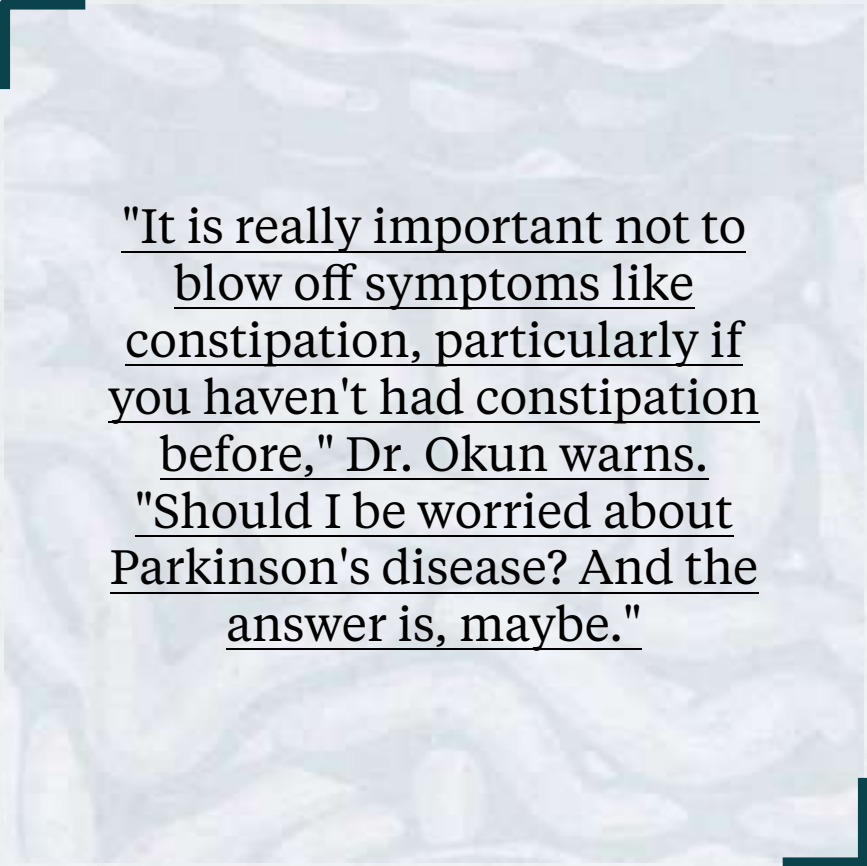
"When we see colon biopsies and we look at biopsies from the gut, guess what? There are these proteins, the abnormal proteins for Parkinson's are there."

The disease isn't just in the brain. It's in the gut. Sometimes years before any tremor appears.

"Parkinson's is a whole body disease. It's not just a brain disease."

This discovery has revolutionised how neurologists think about early detection. Constipation isn't just uncomfortable—it may be your brain sending a distress signal through your digestive system.





"It is really important not to
blow off symptoms like
constipation, particularly if
you haven't had constipation
before," Dr. Okun warns.
"Should I be worried about
Parkinson's disease? And the
answer is, maybe."

Why Constipation Matters More Than You Think

Here's what makes this urgent:

"Parkinson's is the fastest growing neurodegenerative disease. It's actually growing faster than Alzheimer's disease, if you can believe that."

And researchers are discovering that inflammation in the gut may be driving brain disease. People with inflammatory bowel conditions like Crohn's have higher Parkinson's rates. But those on anti-inflammatory medications? They got less Parkinson's.

The gut-brain connection isn't just theory anymore. It's showing up in biopsies, in brain scans, in patient after patient.

"Not everybody with constipation is going to get Parkinson's disease," Dr. Okun reassures. But new, unexplained constipation—especially combined with other subtle signs—deserves attention, not dismissal.



HOW TO IMPLEMENT TODAY

Dr. Okun's 3-Signal Check

New constipation that won't go away?
Ask yourself:

1. Have I lost any sense of smell lately?
2. Am I acting out my dreams at night?
(Kicking, punching, talking in sleep)
3. Is the constipation persistent and unexplained?

One symptom alone? Probably nothing.

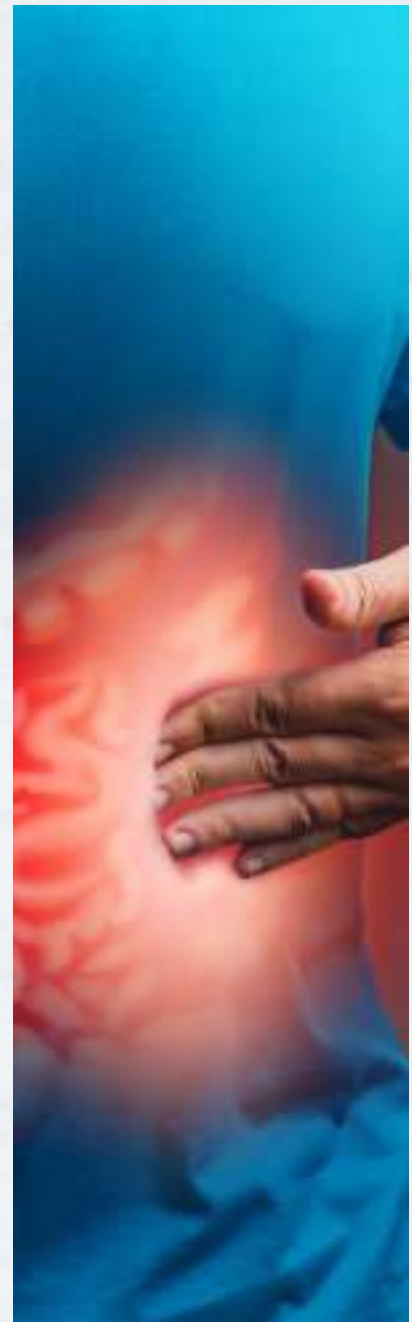
Two or three together? See a neurologist.

"Those are three of the features that we have learned through science and through lots of research papers on lots of groups over many continents to put together and always ask about."

Dr. Okun also flags one more signal worth watching: unexpected mood shifts.

"Depression, it could be that early symptoms of depression or anxiety popping up in somebody that might be a clue that something is going on."

The goal isn't fear. It's early action—when the brain is most responsive to intervention.



DR. OKUN'S EXPERT TIP

Exercise Is a Drug

Dr. Okun doesn't mince words:

"Exercise is like a drug for Parkinson's. That's not a joke, that's just a fact."

His target: 7,500 steps daily.

"We know that people that walk 7,500 steps a day live longer than people that don't walk 7,500 steps a day."

If balance is a concern, try a recumbent exercise bike—same benefits, no fall risk.

The brain circuits affected by Parkinson's respond to movement. Feed them what they need.

WANT MORE FROM DR. OKUN?

In *The Gut-Brain Solution: New Frontiers*, Dr. Okun goes deeper into the science of early neurological warning signs — and what you can actually do about them.

You'll discover:

- Why Parkinson's often starts in the gut years (even decades) before movement symptoms appear
- The full list of “non-motor” red flags neurologists look for long before diagnosis
 - How inflammation and the microbiome may influence neurodegeneration
 - The specific types of exercise shown to slow disease progression
 - What patients can do early to protect brain circuits while they're still resilient

Plus, you'll hear real clinical insights drawn from the 20,000+ patients in the University of Florida's research database.

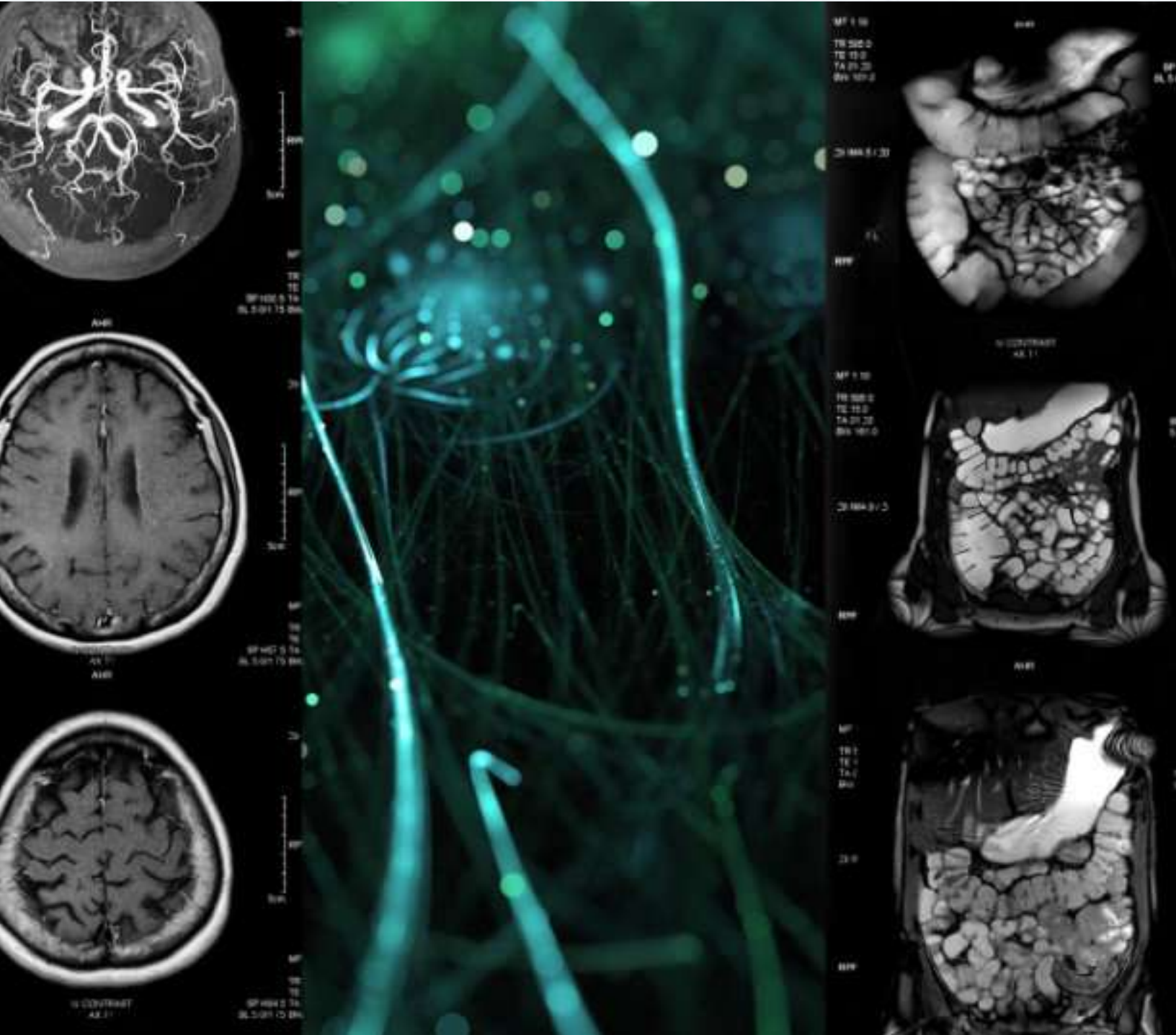
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UP NEXT: Dr. Jason Hawrelak

Discover why this microbiome researcher's systematic review revealed that every single study shows antibiotics increase depression risk—and the 4-year brain aging cost.

9.

DR. JASON HAWRELAK: The Antibiotic Brain Tax



Meet The Expert

Dr. Jason Hawrelak, ND



Naturopathic Physician & Microbiome Researcher

25 Years Studying the Gut Microbiome | Founder,
Microbiome Restoration Center

AS FEATURED IN THE GUT-BRAIN SOLUTION:
NEW FRONTIERS

The Research That Should Terrify You

Dr. Jason Hawrelak has been researching the microbiome for 25 years—since before it was even called "the microbiome."

"I've been researching the microbiome for 25 years now. When I first started my honors degree in this area, mentally passionate about the importance of the gut microbiota."

Over those 25 years, he's conducted research, treated thousands of patients, and taught practitioners worldwide about gut health.

But recently, his research team uncovered something that changed how he thinks about one of medicine's most common interventions:

Antibiotics.

"My research team did a systematic review looking at the risk of depression after antibiotic use."

They analyzed every available study. Nine studies total. Thousands of patients.

The finding?

"Every single study finds an increased risk of depression after you take antibiotics. Every single set."¹⁸

Every. Single. Study.

Not some studies. Not most studies. Every single one.

But it gets worse.

His Personal Brain-Protection Discovery

Dr. Hawrelak's team didn't stop at depression. They looked at cognitive decline. They looked at Alzheimer's risk.

What they found should be front-page news:

"Those women that had two months of cumulative antibiotic use... over a decade of their 50s, their brains aged four years greater than those who had no antibiotic use in that timeframe or limited."¹⁹

Two months of antibiotics = Four years of brain aging.

And childhood antibiotics?

"There's one study that looked at antibiotic use. In early childhood, they had a 20% increased risk of cognitive decline in midlife and older life when they had a lot of antibiotics in their youth."²⁰

Antibiotics in childhood = 20% higher dementia risk decades later.

"So we've got this increased risk of cognitive decline in Alzheimer's, increased risk of depression, increased risk of inflammatory bowel disease with antibiotics."

The cost of antibiotics is far higher than anyone realized.



"Every single study finds an increased risk of depression after you take antibiotics. Every single set. Nine studies, I think, we found in our systematic review. So we've got this increased risk of cognitive decline in Alzheimer's, increased risk of depression, increased risk of inflammatory bowel disease with antibiotics."

Why Antibiotics Damage Your Brain

Dr. Hawrelak explains the mechanism:

"When we take a course of antibiotics, we totally disrupt things. We have these blooms of pathogens typically, but we're also disrupting polyphenol metabolism."

Here's what that means:

Your gut bacteria convert polyphenols (from colorful plants) into compounds that protect your brain. Antibiotics kill those bacteria.

"There's some older research suggesting it might take a year to a year and a half for polyphenol metabolism to normalize after a course of antibiotics."

One course of antibiotics = 12-18 months of impaired brain protection.

During that time, you're eating blueberries, eating kale, eating all the "right" foods—but your body can't convert them into the brain-protective compounds you need.

You're eating brain food. But you're not getting the brain benefits.



The Devastating Scope

Dr. Hawrelak wants people to understand how serious this is:

"We know the only proven methodology... I'm on a major crusade of save them for life-saving things, limb-saving things. But otherwise, do not take them."

Why the crusade?

"Everyone's going to be better off, society's going to be better off for it, you're going to be better off for it. Because the moment we're just taking it, 'Oh, you've got a slight cough. Oh, you got a slight snuffle.' We know they're overprescribed."

Research published in the BMJ found that approximately 50% of antibiotic prescriptions in outpatient settings are inappropriate or unnecessary.²¹

But people keep taking them. For colds. For viruses. For things antibiotics can't even treat.

And their brains are paying the price.



HOW TO IMPLEMENT TODAY

Dr. Hawrelak's Antibiotic Decision Protocol

BEFORE ACCEPTING AN ANTIBIOTIC PRESCRIPTION, ASK:

1. "Is this bacterial or viral?" — Antibiotics don't work on viruses
2. "Will this resolve on its own?" — Many infections do
3. "What are the alternatives?" — Watchful waiting, natural antimicrobials
4. "Is this truly necessary, or precautionary?"

WHEN ANTIBIOTICS ARE NECESSARY:

- Life-threatening infections
- Serious bacterial infections
- When benefits clearly outweigh risks

WHEN THEY'RE NOT NECESSARY:

- Colds (viral)
- Flu (viral)
- Most sinus infections (often viral)
- Many ear infections (often resolve on their own)

Research suggests up to half of outpatient antibiotic prescriptions may be unnecessary.²¹



WANT MORE FROM DR. HAWRELAKE?

In The Gut-Brain Solution—our **limited-time free screening**—Dr. Hawrelak reveals:

- His complete probiotic selection guide (which strains actually work)
- The truth about fecal microbial transplants for Alzheimer's
- How to test your microbiome and interpret results
- Why most probiotics fail (and which ones don't)

Plus, you'll get access to 44 more leading experts sharing breakthrough protocols for brain health.

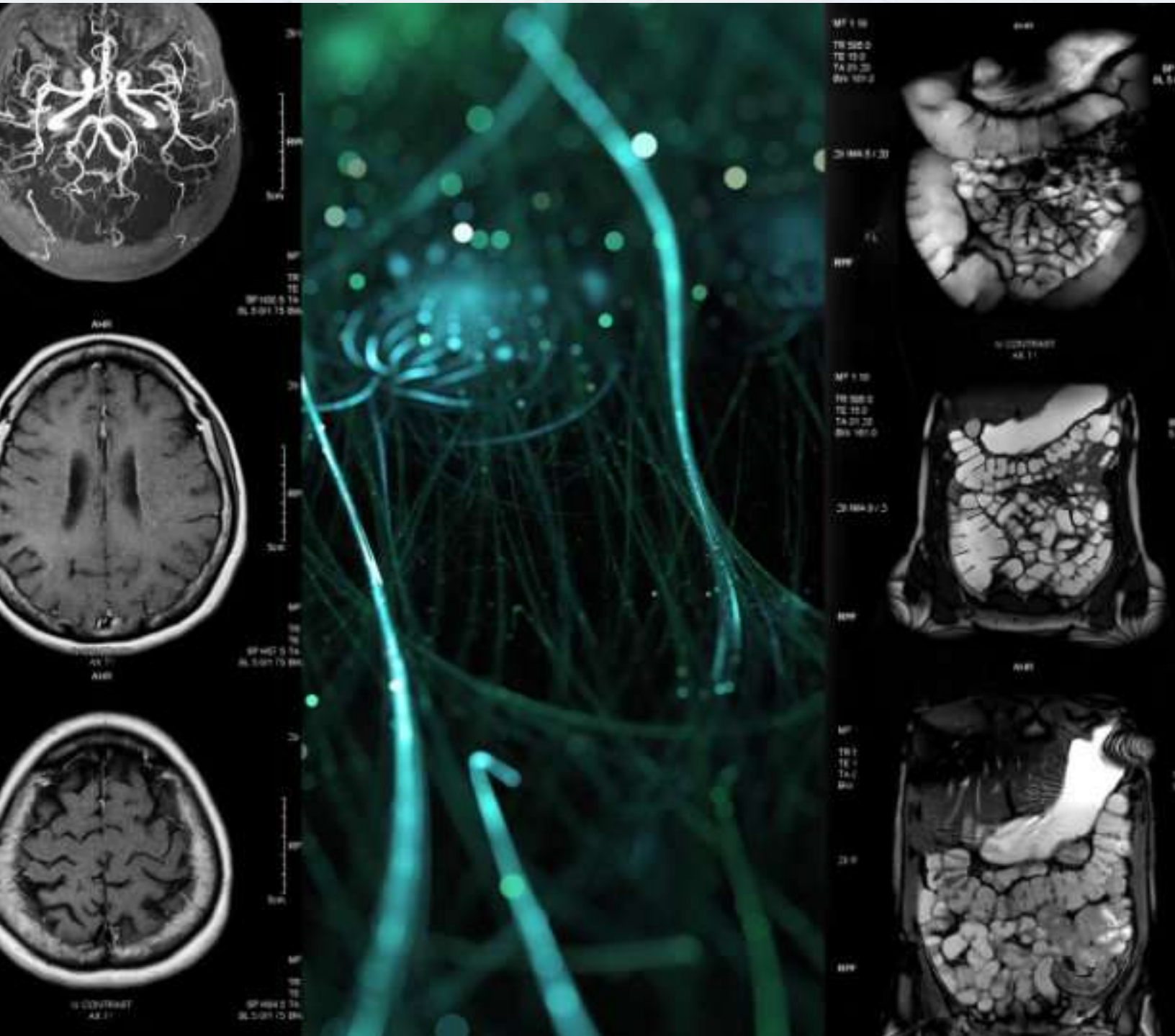
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UP NEXT: Dr. Liz Lipski

Discover why this digestive wellness expert says one amino acid can seal your leaky gut in 60-90 days—and clear your brain fog at the same time.

10.

DR. LIZ LIPSKI: The Leaky Gut-Brain Repair Protocol



Meet The Expert

Dr. Liz Lipski, PhD



PhD in Clinical Nutrition | Author of 'Digestive
Wellness' (5th Edition)

Director of Academic Development, Maryland
University of Integrative Health

AS FEATURED IN THE GUT-BRAIN SOLUTION:
NEW FRONTIERS

The Digestive Expert Who Clears Brain Fog

Dr. Liz Lipski has a PhD in clinical nutrition and "a string of other board certifications." She's the author of 'Digestive Wellness,' now in its fifth edition. She's the Director of Academic Development at Maryland University of Integrative Health and a professor there. She's also on faculty for the Institute for Functional Medicine.

"I am considered a digestive expert and I love this area of the intersection of mental health and digestion."

Over decades of practice, she's discovered something most doctors miss:

Brain fog, anxiety, and depression often aren't brain problems. They're gut problems.

"I really believe that when you get digestion and the microbiome working really well, that the veil of mental health issues often just completely unfolds and disappears."

She's watched it happen hundreds of times. Patient comes in with severe anxiety or depression. They've tried medications. They've tried therapy. Nothing works.

Then she heals their gut. And the mental health issues vanish.

"I've just seen it over and over and over. I've just seen it so many times in practice that when we get gut health and when we get food in balance, that people's mental health shifts so dramatically and it can shift so dramatically in a really short amount of time."

Her Personal Brain-Protection Secret

After decades of clinical practice, Dr. Lipski has identified one intervention that consistently clears brain fog and resolves mental health issues:

L-glutamine.

"L-glutamine is the fuel for the cells that line the intestinal tract."

What is L-glutamine?

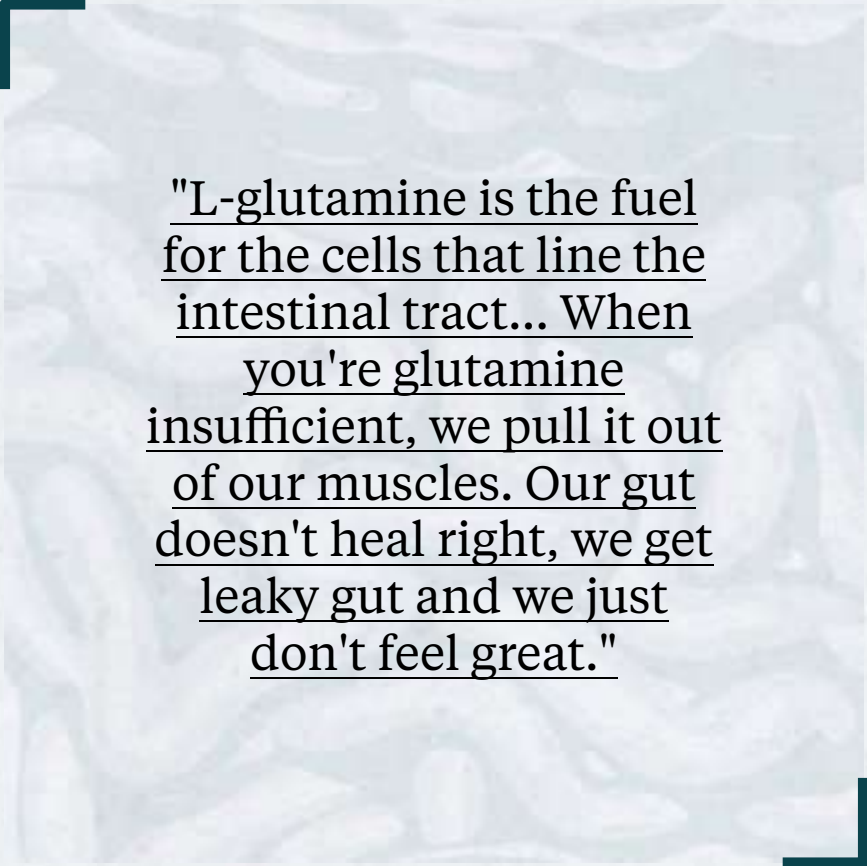
It's an amino acid—a building block of protein. Your body makes some, but when your gut is damaged, you need far more than your body can produce.

What does it do?

It literally feeds the cells that line your gut, allowing them to repair and regenerate.

When your gut lining heals, your brain fog clears.



A microscopic image showing a layer of intestinal cells, likely the brush border of the small intestine, with a prominent microvilli structure. The image is overlaid with a semi-transparent dark blue rectangle containing white text.

"L-glutamine is the fuel
for the cells that line the
intestinal tract... When
you're glutamine
insufficient, we pull it out
of our muscles. Our gut
doesn't heal right, we get
leaky gut and we just
don't feel great."

The Depression Reversal Story

Dr. Lipski shares a powerful example:

"I was working with a man who was really depressed. He had some food sensitivities and we started working with those by eliminating those foods."

They cleaned up his diet. They addressed food reactions. But something was still missing.

"I started recommending that he take L-glutamine."

She had him start with one teaspoon daily, then slowly build up.

"He got up to about 20 grams of glutamine a day, and he started finding that his depression was really lifting and that he was starting to feel more energetic. That he was starting to feel really good about himself."





But there was an unexpected bonus:

"The other thing that he noticed was that he was somebody who loved to ride his bike and he noticed that he could ride way farther and get less winded riding his bike than before."

Why?

"When you're glutamine insufficient, we pull it out of our muscles. Our gut doesn't heal right, we get leaky gut and we just don't feel great."

L-glutamine healed his gut. His depression lifted. His athletic performance improved.

All from one amino acid.

Why Leaky Gut Causes Brain Fog

Dr. Lipski explains the mechanism clearly:

When your gut lining is damaged (from stress, processed foods, infections, medications), it becomes permeable—"leaky."

What leaks through?

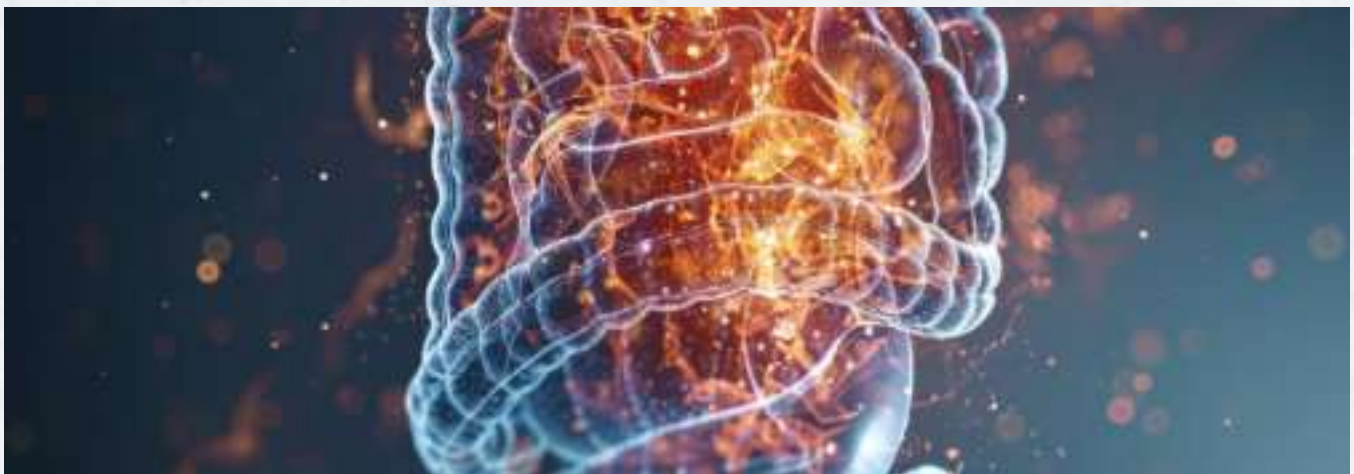
Partially digested food particles, bacterial toxins, inflammatory compounds.

Where do they go?

Into your bloodstream. To your liver. To your brain.

"When we have this chronic inflammation in the gut, it's like a firefight down there and it starts to actually break down the walls of the gut. And then the gut is more permeable and more open to the blood supply and things that are in the gut start leaking into the blood supply."

Leaky gut = Inflamed brain = Brain fog, anxiety, depression



L-glutamine seals the gut. The inflammation stops. The brain clears.

"I really believe that when you get digestion and the microbiome working really well, that the veil of mental health issues often just completely unfolds and disappears."

How long does it take?

"Cellular regeneration in the gut takes about 60 to 90 days."

60-90 days of consistent L-glutamine = Sealed gut = Clear brain

HOW TO IMPLEMENT TODAY

Dr. Lipski's L-Glutamine Protocol

FORM: Powder
(most cost-effective and flexible)

STARTING DOSE: 1 teaspoon
(about 5 grams) daily

HOW TO TAKE:

- Mix in water
- Drink on empty stomach (morning or between meals)
- Or mix in smoothie

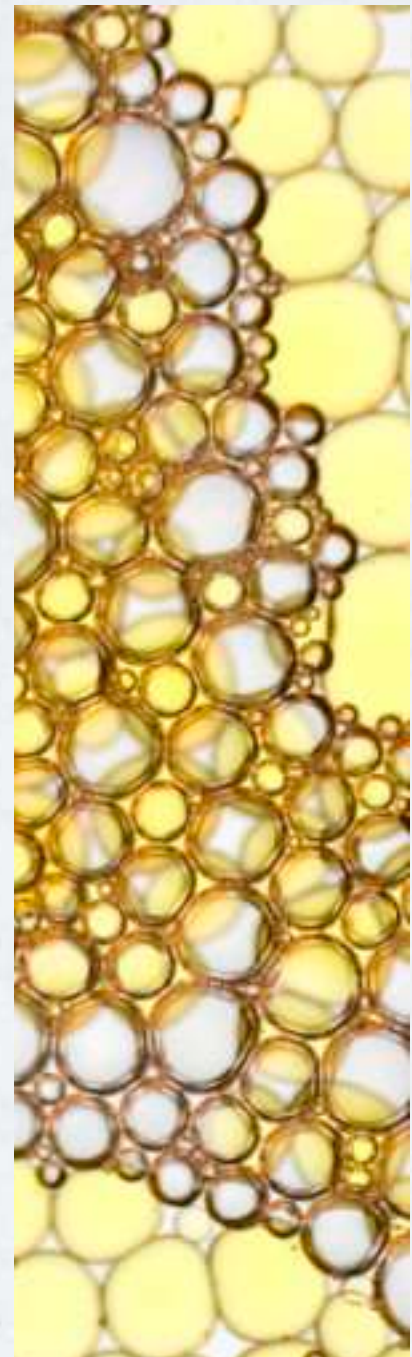
BUILDING UP:

"I had him start with one teaspoon daily, then slowly build up."

Start low and increase gradually. In Dr. Lipski's case study, her patient eventually reached about 20 grams daily—but this was built up slowly over time, not all at once.

DURATION: 60-90 days minimum for gut lining repair

"Cellular regeneration in the gut takes about 60 to 90 days."



DR. LIPSKI'S EXPERT TIP

The Glutamine-GABA Warning

Dr. Lipski shares an important caution:

Some people with anxiety should be careful with L-glutamine.

Why?

L-glutamine can convert to glutamate (an excitatory neurotransmitter) in some people, especially those with certain genetic variations.

If you have severe anxiety and L-glutamine makes it worse:

Stop taking it. Your body may not be converting glutamine to GABA (calming) properly.

For most people, L-glutamine is fine and helpful.

But if you notice increased anxiety, agitation, or feeling "wired" after starting it:

Discontinue and try other gut-healing nutrients instead:

- DGL (deglycyrrhizinated licorice)
- Aloe vera (inner gel only)
- Marshmallow root
- Slippery elm

"There are many that can be used... it might vary depending on the person and what they need in particular."

WANT MORE FROM DR. LIPSKI?

In The Gut-Brain Solution—our **limited-time free screening**—Dr. Lipski reveals:

- Her complete leaky gut repair protocol (beyond L-glutamine)
- How to identify food sensitivities without expensive testing
- Why elimination diets often fail (and how to do them right)
- The connection between digestive enzymes and mental health

Plus, you'll get access to 44 more leading experts sharing breakthrough protocols for brain health.

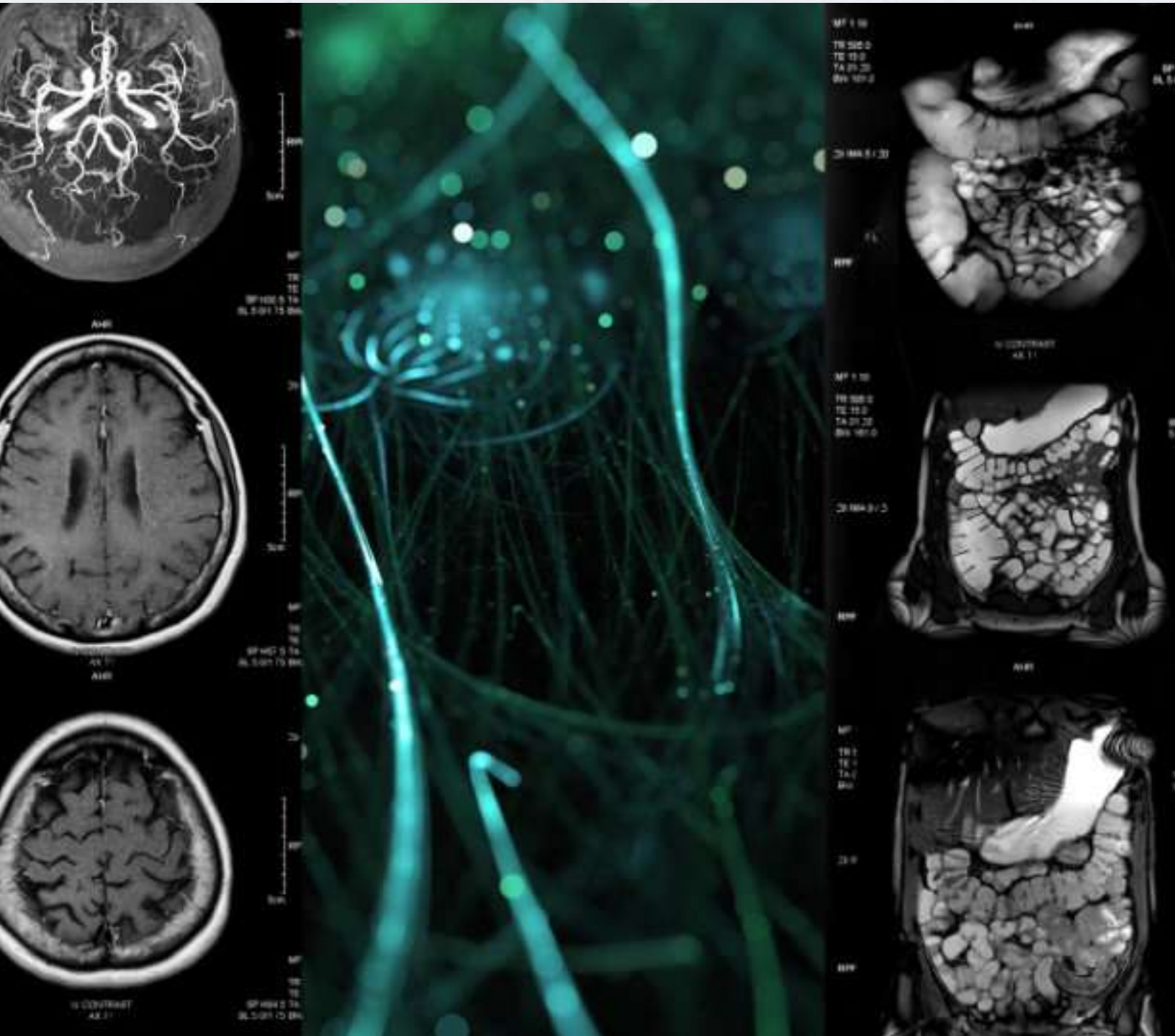
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UP NEXT: Dr. Cyrus Khambatta

Learn why this diabetes researcher says one ancient berry has more antioxidant power than any other food on earth—even more than turmeric.

11.

DR. CYRUS KHAMBATTA: The Amla Berry Antioxidant Protocol



Meet The Expert

Dr. Cyrus Khambatta, PhD



PhD in Nutritional Biochemistry | Living with Type 1
Diabetes for 23 Years

Author of 'Mastering Diabetes'

AS FEATURED IN THE GUT-BRAIN SOLUTION:
NEW FRONTIERS

The Diabetes Researcher's Antioxidant Discovery

Dr. Cyrus Khambatta has a PhD in nutritional biochemistry. He's also been living with type 1 diabetes since 2002—over 23 years.

"I have a PhD in nutritional biochemistry. I've been living with type 1 diabetes now for 23 years, since the year 2002, and I've devoted the last two decades of my life to helping people understand how they can use their food as medicine."

That personal experience with a metabolic disease has given him unique insight into how blood sugar, insulin, and inflammation affect the brain.

And he's discovered something remarkable:

There's one food—one berry—that has more antioxidant power than any other food on earth.

More than blueberries. More than acai. Even more than turmeric.

"There's one food that's the king of all antioxidants, and that food is called the Indian gooseberry, otherwise known as the amla berry, A-M-L-A berry."



His Personal Brain-Protection Secret

After years of research and personal experimentation, Dr. Khambatta has identified the most powerful antioxidant intervention for brain health:

Amla berry (Indian gooseberry).

"The amla berry, or the Indian gooseberry has a ORAC value of 261,500, meaning that it is almost twice as powerful as turmeric."²²

ORAC = Oxygen Radical Absorbance Capacity
(measures antioxidant power)

To put that in perspective:

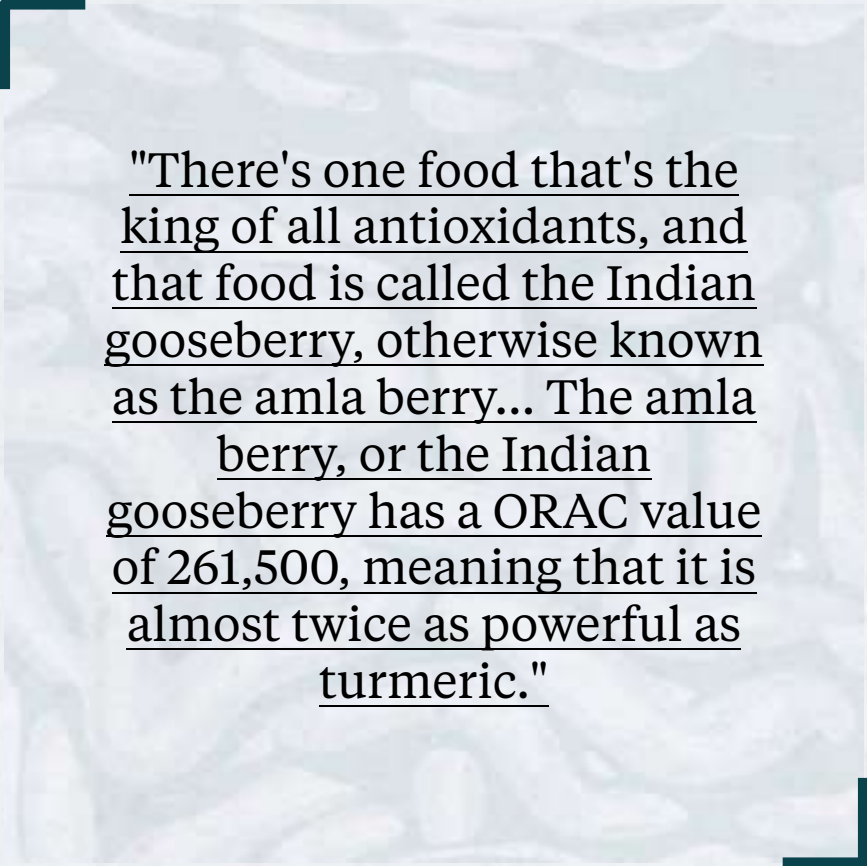
- Goji berries: ORAC ~3,000
- Cacao: ORAC ~55,000
- Acai berries: ORAC ~100,000
- Turmeric: ORAC ~127,000
- **Amla berry: ORAC ~261,500**

Amla is more than twice as powerful as turmeric.

And Dr. Khambatta takes it every single day.

"What I focus on a daily basis is making sure that I get a high dose of these high antioxidant compounds."





"There's one food that's the king of all antioxidants, and that food is called the Indian gooseberry, otherwise known as the amla berry... The amla berry, or the Indian gooseberry has a ORAC value of 261,500, meaning that it is almost twice as powerful as turmeric."

Why Antioxidants Matter for Your Brain

Dr. Khambatta explains what most people don't understand about brain aging:

Your brain generates free radicals constantly.

"Every single moment of every single day, you are generating free radicals."

What are free radicals?

Unstable molecules that damage cells, DNA, and proteins.

"These free radical molecules can be very unstable because they basically have lost an electron. As soon as a free radical is formed, it does whatever it can to try and find an electron. It'll go bombard DNA, it'll go bombard a cell membrane, it'll go find a protein, and it'll attach itself to it."



In your brain, this causes:

- Neuron damage
- Inflammation
- Accelerated aging
- Cognitive decline

The solution: Antioxidants.

"When you're consuming antioxidant-rich compounds from the plant-based world and specifically from eating fruits that have a very vibrant color, what ends up happening is the antioxidant compounds come in your mouth and then they act as fire extinguishers or neutralizers for these free radical compounds."

Amla berry = The most powerful fire extinguisher.

The Personal Proof

Dr. Khambatta doesn't just recommend amla. He takes it daily and has seen remarkable results:

"What I focus on a daily basis is making sure that I get a high dose of these high antioxidant compounds."

"When I add the Indian gooseberries into my diet, I do notice that my mental alertness is higher. I do notice that my blood glucose is lower. I do notice that my cholesterol level is significantly lower than it has been historically."



HOW TO IMPLEMENT TODAY

The Challenge with Amla

Dr. Khambatta is honest about the limitation:

Fresh amla berries are incredibly sour.

"The Indian gooseberry itself is very hard to eat, it's incredibly sour."

You can't just eat them like blueberries.

The solution: Amla powder

Amla powder is made from dried Indian gooseberries and is available from:

- Indian/Asian grocery stores
- Online retailers (Amazon, iHerb, etc.)
- Ayurvedic suppliers
- Health food stores

Look for: Organic amla powder (also called "amalaki powder")

Dr. Khambatta's Amla Protocol

DAILY DOSE: ½ - 1 teaspoon amla powder



HOW TO TAKE IT:

OPTION 1: Morning Smoothie

Add ½ tsp amla powder to smoothie with:

- Banana (masks sourness)
- Berries
- Plant-based milk
- Dates or touch of honey (optional)

OPTION 2: Amla Tea

- Mix ½ tsp amla powder in warm water
- Add lemon and honey to taste
- Drink first thing in morning

OPTION 3: Mixed in Food

- Add to oatmeal
- Mix into energy balls with dates and nuts
- Blend into salad dressings

KEY: The sourness is intense. Mix with other flavors.

DR. KHAMBATTA'S EXPERT TIP

Combine with Other Antioxidant Foods

While amla is the king, Dr. Khambatta emphasizes eating multiple antioxidant-rich foods:

"When you're consuming antioxidant-rich compounds from the plant-based world and specifically from eating fruits that have a very vibrant color, what ends up happening is the antioxidant compounds come in your mouth and then they act as fire extinguishers."

Other high-ORAC foods to include:

Berries:

- Acai
(ORAC ~100,000)
- Goji berries
(ORAC ~3,000)
- Blueberries,
strawberries,
blackberries

Spices:

- Turmeric
(ORAC ~127,000)
- Cinnamon
- Cloves

Other:

- Cacao
(ORAC ~55,000)
- Dark leafy greens
- Colorful vegetables

The principle:

"Aiming to try and eat foods that have an ORAC value somewhere in the 10,000 to 20,000 range is very good because those are very powerful antioxidants."

Amla at 261,500 is in a category of its own.

WANT MORE FROM DR. KHAMBATTA?

In The Gut-Brain Solution—our **limited-time free screening**—Dr. Khambatta reveals:

- His complete low-fat plant-based protocol for reversing insulin resistance
- Why insulin resistance is linked to Alzheimer's disease
- The 16/8 intermittent fasting method for brain protection
- How fiber triggers your body's natural appetite regulation
- The connection between blood sugar and cognitive decline

Plus, you'll get access to 44 more leading experts sharing breakthrough protocols for brain health.

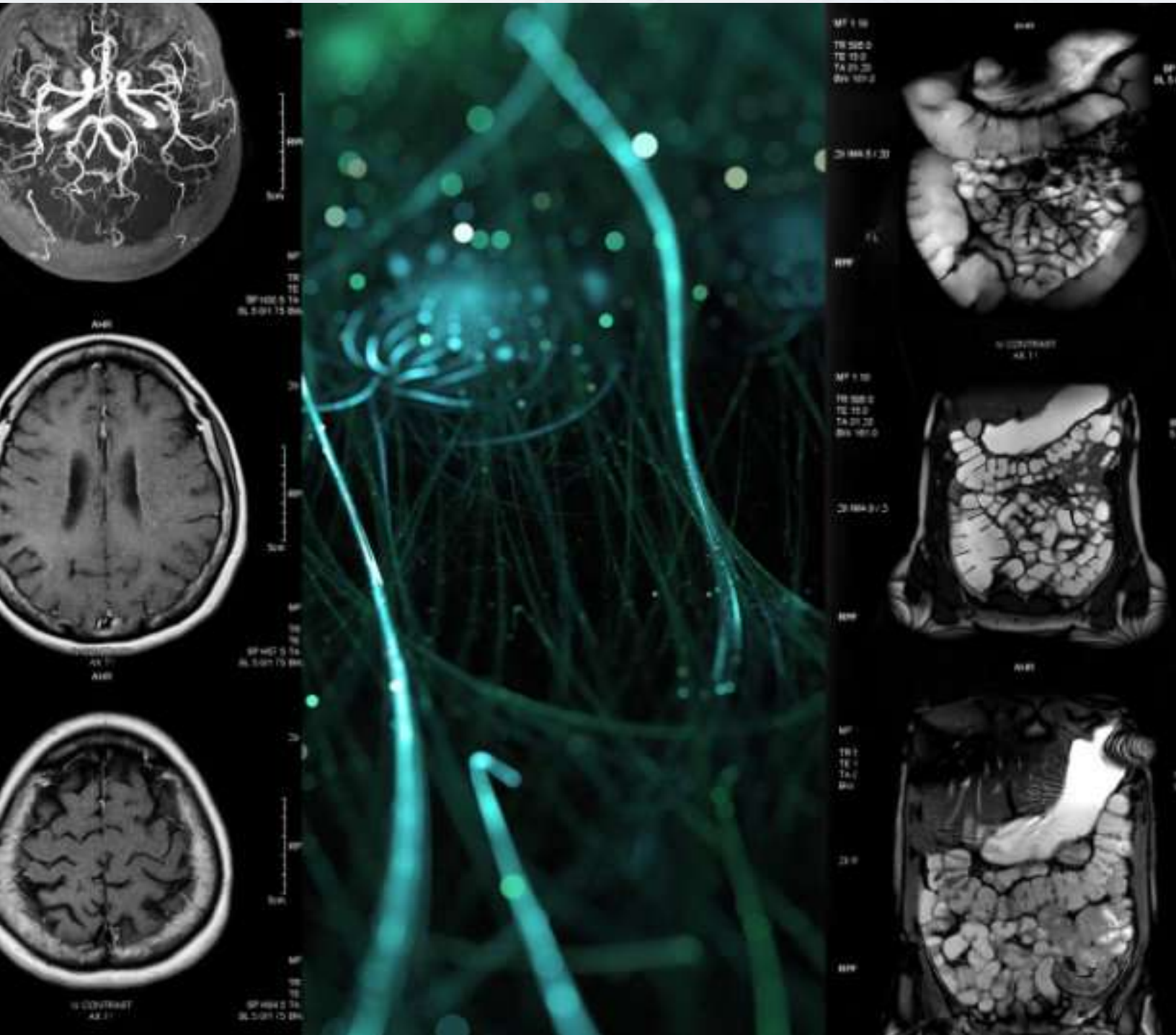
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UP NEXT: Dr. Joseph Pizzorno

Discover why this naturopathic medicine founder who's been in practice for 50 years says 20 minutes of sweating eliminates brain toxins better than any other method.

12.

DR. JOSEPH PIZZORNO: The Sauna Detox Protocol



Meet The Expert

Dr. Joseph
Pizzorno,
ND



Co-Founder of Bastyr University | 50 Years in
Medicine

Co-author of 6 Medical Textbooks and 7 Consumer
Books

AS FEATURED IN THE GUT-BRAIN SOLUTION:
NEW FRONTIERS

The Toxin-Brain Connection

Dr. Joseph Pizzorno has been in medicine for half a century.

"I've been involved in medicine now for literally half a century."

He co-founded Bastyr University—one of the premier naturopathic medical schools in the world. He's co-authored six textbooks for doctors and seven books for consumers.

And over those 50 years, he's watched something alarming unfold:

We're being poisoned. Slowly. Silently. And our brains are paying the price.

"We live in a world where we have so much pollution... these environmental toxins are really hard on the kidneys and now people are taking so many drugs... we're seeing an epidemic of kidney failure."

But it's not just kidneys failing. It's brains.

Heavy metals like lead, mercury, cadmium, and aluminum accumulate in brain tissue and cause neurodegeneration.

"Lead, cadmium, arsenic, mercury, aluminum, these are all toxins, these are all neurotoxins."

Neurotoxins = Brain poisons

And your liver and kidneys can't eliminate them efficiently.

But Dr. Pizzorno has discovered the most effective detox pathway:

Your skin.

His Personal Brain-Protection Secret

After 50 years studying detoxification, Dr. Pizzorno has identified one intervention that eliminates neurotoxins better than anything else:

Sauna.

"20 minutes of sweating will get rid of cadmium, pesticides, herbicides, these many toxins we're being exposed to come out in the sweat more effectively than any other way."²³

Not just "as effective." More effective.

Finnish research backs this up:

Studies comparing people who never use saunas to those who sauna regularly found a 40% reduction in death from all causes.²⁴

"You decrease the death rate, the more saunas people do, the lower the death rate, the lower the cardiovascular disease, and the higher the vitality."



40% lower death rate. From sweating.

Heart disease, cancer, dementia—all reduced.

Why?

"Saunas... one of the most effective ways to get toxins out of the body without overloading the detox systems is with saunas."



"20 minutes of sweating will
get rid of cadmium,
pesticides, herbicides, these
many toxins we're being
exposed to come out in the
sweat more effectively than
any other way."

Why Neurotoxins Destroy Your Brain

Dr. Pizzorno wants you to understand what's happening:

"Lead, cadmium, arsenic, mercury, aluminum, these are all toxins, these are all neurotoxins. They create oxidative damage, oxidative stress, they change the functions of our neurons, they block healthy minerals like magnesium and zinc from working properly."

These metals:

- Damage neurons directly
- Block essential minerals your brain needs
- Increase inflammation
- Accelerate cognitive decline
- Increase dementia risk

And they're everywhere:

"We have high levels of exposure to these things... air pollution is also a strong source of toxins in general, and metals can be a part of that."

Lead in old paint and pipes. Mercury in dental amalgams. Cadmium in cigarette smoke. Arsenic in rice and water. Aluminum in cookware and antiperspirants.

You're being exposed daily.

The Finnish Sauna Studies

Dr. Pizzorno references groundbreaking research from Finland:

"There's fascinating research that compares people who have no saunas, to those who do one sauna a week, to those who do four or more saunas a week."

The findings:

"You decrease the death rate, the more saunas people do, the lower the death rate, the lower the cardiovascular disease, and the higher the vitality."

- One sauna per week: Reduced mortality
- Four+ saunas per week: Even greater reduction

The mechanism:

Sweating eliminates toxins that your liver and kidneys can't handle efficiently.

"Saunas... one of the most effective ways to get toxins out of the body without overloading the detox systems."

Your skin becomes your primary detox organ.



HOW TO IMPLEMENT TODAY

Dr. Pizzorno's Sauna Protocol

FREQUENCY:

Minimum 1x per week

DURATION:

20 minutes of profuse sweating

TEMPERATURE:

Hot enough to make you sweat profusely within 10 minutes

"If you get into the sauna and sweat, and you have to sweat profusely for about 20 minutes."

TYPE OF SAUNA:

Dr. Pizzorno doesn't specify, but research shows benefits from:

- Traditional dry sauna
- Infrared sauna
- Steam room

All work. Choose what you have access to.



Where to Find a Sauna

OPTIONS:

- **Gym membership:**

Many gyms have saunas

- **Community centers:**

Often have sauna facilities

- **Spa day pass:**

One-time access

- **Home infrared sauna:**

Investment option (portable versions available)

- **Float spa/wellness centers:**

Often have saunas

Dr. Pizzorno's recommendation:

"At least once a week."

Finnish research showed:

"Those who do one sauna a week" have reduced mortality.

"Those who do four or more saunas a week" have even greater benefits.

Start with once weekly. Build from there.

WANT MORE FROM DR. PIZZORNO?

In The Gut-Brain Solution—our **limited-time free screening**—Dr. Pizzorno reveals:

- The complete heavy metal detoxification protocol
- How to test for toxic metal burden
- Which foods help eliminate specific toxins
- The gut-liver-kidney detox pathway optimization
- Why vitamin C is critical for detoxification

Plus, you'll get access to 44 more leading experts sharing breakthrough protocols for brain health.

Register now for free access
while available 

Your 8-Years-Younger Brain Starts Now

You've Just Discovered 12 Expert Secrets

Over the past pages, you've met 12 remarkable doctors.

Here's what they've shared with you:

Dr. Drew Ramsey showed you how lentils feed the bacteria that support serotonin production—and why 18g of protein and 68% of your daily fiber in one cup matters for mental health.

Dr. Austin Perlmutter revealed that cooking is the #1 source of air pollution in your home—and that burning incense creates 5X more brain-damaging particles than cigarettes.

Dr. Sarah McKay discovered the exact optimal nap length for memory and creativity: 23 minutes—and why strategic nappers are the world's best sleepers.

Dr. Joel Fuhrman proved that green vegetables are the only food with no threshold effect—where more is always better—and one daily serving gives you 11 years of cognitive protection.

Dr. Uma Naidoo perfected the turmeric formula: ¼ teaspoon with black pepper increases absorption by 2000%—turning a common spice into potent brain medicine.



Dr. Joel Kahn explained why beets create nitric oxide for brain blood flow—and why antibacterial mouthwash sabotages that process.

Dr. Jeffrey Bland conducted the first human study proving polyphenols can dramatically slow down biological aging—just by eating colorful plants.

Dr. Michael Okun revealed that the first warning signs of Parkinson's often appear in your gut—not your brain—and the 3-signal early warning check (constipation, lost smell, acting out dreams) that could give you years of head start on brain protection.

Dr. Jason Hawrelak uncovered that every single study shows antibiotics increase depression risk—and two months of antibiotics ages your brain four years.

Dr. Cyrus Khambatta identified the king of antioxidants: amla berry, with an ORAC value of 261,500—twice as powerful as turmeric.

Dr. Liz Lipski showed how L-glutamine seals leaky gut in 60-90 days—and why that clears brain fog and lifts depression.

Dr. Joseph Pizzorno proved that 20 minutes of sauna sweating eliminates neurotoxins better than any other method—and Finnish studies show 40% lower death rates.



The Bigger Picture

These 12 secrets are just the beginning.

Each of these doctors shared far more in their complete interviews—protocols for specific conditions, advanced strategies, nuanced approaches for complex cases.

And they're not alone.

In *The Gut-Brain Solution: New Frontiers* docuseries, you'll hear from 44 experts total—including the 12 you've met here, plus 33 more leading researchers, clinicians, and specialists.

You'll discover:

- How fecal microbial transplants are reversing Alzheimer's symptoms in groundbreaking case studies—and what this means for the future of brain health
- The specific probiotic strains (psychobiotics) shown to outperform SSRIs for anxiety in clinical trials
- Why constipation can precede a Parkinson's diagnosis by 20 years—and the gut-brain protocols that are helping patients regain function
- The leaky gut-leaky brain connection: how intestinal permeability triggers neuroinflammation and what nutrients seal both barriers
- Vagus nerve activation techniques that shift your nervous system from fight-or-flight to rest-and-repair in minutes
- And so much more

This guide gave you the foundation. The docuseries gives you the complete blueprint.

Your Invitation

The Gut-Brain Solution: New Frontiers is screening free for a limited time.

8 episodes. 44 experts. Dozens of actionable insights.

Episode 1: The Gut-Brain Solution: How Brain Problems Can Start in Your Belly (And How to Fix Both)

Episode 2: Mind-Altering Microbes: How to Nurture Your Gut for Sharper Thinking

Episode 3: Leaky Gut, Leaky Brain: The Hidden 'Holes' Making You Foggy, Forgetful, and Frustrated

Episode 4: The Inflammation Equation: How to Extinguish Your Brain's Hidden Fire

Episode 5: Vagus Nerve Secrets: The 'Happiness Nerve' That Protects Your Brain (And How to Activate It)

Episode 6: From Neurotoxins to Neuroprotection: How to Identify and Detoxify Brain Disruptors

Episode 7: Beyond Alzheimer's: The Hidden Reason Your Brain is Aging Too Fast (It's Not What You Think)

Episode 8: Eat This, Not That: The Surprising Foods That Make (Or Break) Your Brain

Each episode builds on what you've learned here.

The doctors you've met in this guide go deeper. You'll meet 32 additional experts. You'll see the complete picture.

And it's free to watch during this limited-time screening.

Register now for free access
while available 

The Gut-Brain Solution: New Frontiers is presented by Goodness Lover. Our mission is to ensure no one feels unnecessarily sick simply because they lack information about their gut health. This docuseries is part of that mission—bringing you the breakthrough science that won't become common knowledge for another decade.

Your brain health can't wait that long. Register now.

Your Invitation

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