

## The Best Approach To Combat An Aging Mind

I am 47 years old returning back to school after missing a few semesters of college due to the death of a loved one, having gone through so much trauma not only is my brain aging at a rapid rate at my age but since the age of 18 years old experiencing the murder of my daughters father and losing 8 members of my immediate family consecutively for 11 years, since the age of 18-30 years old , all dying suddenly and tragically. The mind can take but so much stress, especially at such a young age, causing me to suffer from PTSD , anxiety and depression, making it harder for me to focus and retain my studies. Since I had time off, I was able to go within and combat what was needed to get my mind back and make healthier choices. I am a Christian and so I sort out the Lord for guidance and believe he was leading me to start fasting and eating a healthy diet. I started fasting with fruits and vegetables , smoothies and juicing, then I was led to stop eating meats and processed foods. Rewind to the beginning of the year, I had a serious skin issue that scared me, I broke out with a rash on my face and neck, causing severe dry skin and irritation, along with great anxiety. Not knowing what it was , I went to a dermatologist. They took several skin graphs, removed skin tags and beauty marks for biopsies as well as blood work testing for antinuclear antibody (ANA), rheumatoid arthritis and other autoimmune diseases. The results came back positive for ANA, the levels were one notch above normal. So I decided to really take care of myself, get out more and eat right, fight depression and disease holistically. Three months later went back to the dermatologist for a follow up visit, not only did I lose some weight, but the results came back negative (normal) for the ANA test and since then I have continued to eat a vegan diet, trying to include drinking a lot of water , I am not a fan of water, I have to set an alarm to remind me of my intermittent fasting and water intake process. It has been a challenge but I am on a better path now, discipling myself and learning what food to eat or not to eat as a

vegan. I am still battling with dry skin and hair loss more than ever but the more I analyze myself/life, I believe it may be due to the stressors of life, the age factor , my diet, causing a shocking effect on the body , our skin is the body's largest organ and whatever goes on internally will most likely have an effect on the surface of it. All that to say it could also be genetics. Just last week, I went to a different dermatologist because of the constant hair fall and dry skin. The doctor ordered more tests and the results all came back normal , the doctor stated “unfortunately, it turns out your issues are most likely genetic. And so , my only hope is to combat the hair loss as I proceed to live a healthy lifestyle and eat well, eating more brain foods, i.e, sardines , walnuts, green vegetables and a good salmon steak once in a while ( I guess I will be a pescatraian a few days a month). A few months back after seeking counseling and speaking to a psychiatrist , I was prescribed Adderall , did my research and the side effects are , hair loss, anxiety, and addiction , although I am taking the lowest dose .5, I do not take them often, I feel they are helping me but the bad outweighs the good in my case. I have done some extensive research and found on Harvard Health Publishing (Harvard Medical School) 12 Ways To Keep Your Brain Healthy and Young.

12 Ways To Keep Your Brain Healthy and Young.

- Get mental stimulation
- Get physical exercise
- Improve your diet
- Improve your blood pressure
- Improve your blood sugar
- Improve your cholesterol

- Consider low-dose aspirin
- Avoid tobacco
- Don't abuse alcohol
- Care for your emotions
- Protect your head
- Build social networks

<https://www.health.harvard.edu/>

My main questions focus on the stomach and how food affects the brain. Our stomach is our second brain and so if we eat well , we should be able to think logically and have a healthy thought process. I am a firm believer that if I continue to eat organic vegan foods, it will help me retain my studies and be more emotionally balanced. I am doing the work for myself first and foremost because I want to excel in life and achieve what God has for me , as well as combat a generational curse. My family has been suffering from anxiety and depression for many centuries. I believe my family and friends will and are now benefiting from what I am learning along the way. I share my experiences and shopping food list with them and they too are eating healthier and making better food choices. This topic is needed worldwide and so I will continue to learn more about nutrition and the brain as it ages, in order to obtain longevity to its fullest. Nutrition is far from many families, the majority of people don't understand the effects foods have on the brain. Many people eat bad processed foods , causing them to feel bad about themselves. Americans are at an alarming rate of obesity, and a change is desperately needed. So far, my conclusion on this topic 'The Best Approach to Combat an Aging Brain' is to continue to do extensive research via valid information providers, and it all to the test. I have experienced the

food aspects of the research part and I can honestly say “ I feel a lot better, mental clarity and less anxiety for sure.” Eating a well balanced diet truly matters when it comes to the aging brain. We can not control what goes on in the world, but we can do our best to ease the way our brain functions and also learn how to combat the effects of an aging brain.