

Healthy Living

Fact Sheet



Meat & Intelligence

Dr John G. Clark, MD

What is Intelligence?

According to dictionary.com, "intelligence is capacity for learning, reasoning, understanding, and similar forms of mental activity; aptitude in grasping truths, relationships, facts, meanings, etc." Really, intelligence is about mental performance.

How is mental performance affected by eating meat?

There are several ways in which the brain suffers when meat is made a part of the diet. Arachidonic acid, found in meat, impairs your brain's ability to function optimally. Saturated fat and cholesterol, found in meat, inflame and lower essential oxygen levels for the brain. A vegetarian diet has been shown to decrease psychotic symptoms.

Encouragement

*"For God has
not given us
the spirit of fear;
but of power,
and of love,
and of a
sound mind."*

2 Timothy 1:7



Healthy Living

Fact Sheet

Natural lifestyle approach

Dietary Considerations

The foods most likely to improve brain function are foods that: improve brain blood flow, furnish brain nutrient requirements, and do not interfere with brain oxygen levels. Such foods include fresh fruits and vegetables. Examples of vegetables are cruciferous vegetables (broccoli, cauliflower, cabbage, kale, Brussels sprouts, etc) and green leafy vegetables (spinach, chard, cos lettuce, etc). Examples of fruits include berries, pomegranates, tomatoes, grapefruit and pineapple. There are nuts that help the brain such as macadamia, pecan, hazelnuts, and walnuts. Seeds are also helpful, such as chia, flax and sesame seeds. Beans and legumes are beneficial too, such as kidney beans, black-eyed peas, lima beans, etc. Finally, whole grains such as brown rice can be beneficial.

Exercise

A healthy body supports a healthy brain. Improved circulation due to vigorous physical exercise improves circulation to the brain.

Water

The brain is largely composed of water. Drinking plenty of water keeps it functioning well. Three litres of water a day is recommended; one litre when you arise in the morning, one litre mid-morning and one litre mid-afternoon.

Temperance

Completely avoid all mind-altering substances including caffeine, alcohol and tobacco.

Healthy Living

Fact Sheet



Jenifer Skues
Health Psychologist

We are more than our IQ

What Damages or Enhances our IQ?

Our IQ or Intelligent Quotient is something that we inherit. As you know it can be measured, and an IQ test was initially used to assess and monitor children's learning capacity in the education system. Sadly we are often judged or valued based on our IQ.

Furthermore, our IQ capacity can be damaged through various means. This includes a lack of nutrients, junk food causing malnutrition, childhood abuse and trauma, brain trauma, use of technology such as video games, watching DVDs, and watching too much TV (children average 25-35 hrs/week in front of the TV!). Having a nutrient-packed diet and following Dr Clark's lifestyle advice will enhance our IQ. The more we use our intelligence wisely the more intelligent we can become.

Encouragement

*"For God has
not given us
the spirit of fear;
but of power,
and of love,
and of a
sound mind."*

2 Timothy 1:7

IQ (Intelligence Quotient) vs EQ (Emotional Quotient)

We don't only have an IQ we also have an EQ. So what is our EQ? It is your emotional quotient, which refers to emotional intelligence. Your EQ determines your capacity to recognise and balance your emotions, which of course is reflected in how healthy our relationships are. It is also referred to as emotional maturity. Have you ever been told to "act your age" or to "grow up"? This is a reference to your level of emotional maturity. You can have a high IQ but this does not mean you have a high EQ. In fact the most successful people aren't the most intelligent or the geniuses, it is often someone who has an average IQ but has a very good EQ and works well with emotional intelligence.

Unlike IQ your EQ potential is not inherited, it's learned and can be impacted pre-birth, depending on your mother's emotional state prior to you being born. As it is learned you can learn to become emotionally intelligent, now isn't that good news? This determines our emotional wellbeing throughout our life.

Healthy Living

Fact Sheet

Tool Kit for Growing your brain

1. Neuroplasticity: Use it or lose it process!

Neuroplasticity means that your brain is like plasticine and can be shaped and molded. Our brain can grow trillions of new memory cells when we challenge the brain in positive ways. Like a computer it is the hard drive where we can add and store programs; just be careful what program you add! Here are some great activities that can help to grow your brain:

- Trying new smells (eg. essential oils or flowers) wakes your brain up
- Exercise in nature and focus on the leaves, trees, birds or sounds
- Have fun; laughter is the best medicine!
- Play with children or with a pet

2. Brain Balance: You are what you eat!

Recent research tells us that nutrients play a major role in our intelligence and wellbeing. In fact nutrient dense foods improve your mood and can cure many mental and emotional health disorders, as well as improve your IQ.

- Try new foods, especially nuts, seeds, grains, fruit and vegetables
- Presentation is important, so be as creative as you can
- Work with your five senses when eating and enjoy the experience
- Use as many organic foods as you can (they are more nutrient dense)

Check out Dr Clark's suggestions to improve your nutrient intake.

3. The Heart-Brain Connection: We're more than just a brain!

The heart and the brain are constantly communicating with each other. A smooth, even heart rate (the gap between the beats) balances brain function and helps you to work more intelligently. Try doing heart-focused breathing:

- Put your hand over your heart and focus there when you breathe
- Breathe in and out slowly (count 5 in and 5 out), feel the breath in the area of your heart as it goes into the lungs
- Think of something that gives you a good heart feeling as you do this

Disclaimer: This fact sheet presents principles designed to promote good health and is not intended to take the place of personalised professional care. The opinions and ideas expressed are those of the writers.

Readers are encouraged to draw their own conclusions about the information presented.