



## OPTIMIZING BRAIN HEALTH

# Session Five

## Special Considerations

**Classes featured:** Optimizing Brain Health Wrap-up, Optimizing Brain Health Special Considerations

**My reflections:**

**What I want to remember:**



### KEY POINTS TO REMEMBER:

- A therapeutic ketogenic diet may be beneficial for those who have a family history of ALS, multiple sclerosis, epilepsy, brain tumors, or active disease.
- A true ketogenic diet moves the body from using sugar as fuel to using ketones from fat for fuel. This activates BDNF (brain-derived neurotrophic factor) production.
- Intermittent fasting should be considered if you have genetic markers for Alzheimer's disease or history of Parkinson's disease. There are many types of intermittent fasting that your healthcare provider may recommend and that may be beneficial for a healthy metabolic function, including blood sugar and insulin levels.
- If you have genetic biomarkers or a family history and want to implement these types of diets, you should not attempt this on your own. You should meet with a registered dietitian that specializes in ketogenic/intermittent fasting and a provider specializing in functional medicine.

### TIPS FROM THE PROS TO REMEMBER:

- Check out IFM.org for healthcare professionals specializing in functional medicine and these therapeutic diets.
- The Mito food plan from IFM is a great place to start before you meet with a healthcare provider and dive deeper into more strict options.
- People with diabetes, metabolic disorders, hypoglycemia, or medications that affect your blood sugar levels should not attempt intermittent fasting.

### ACTION STEPS I WILL TAKE:

- Check out IMF.org to see if there are any providers in my area and learn more about my options.



# Program Completion

## CONGRATULATIONS ON COMPLETING THE OPTIMIZING BRAIN HEALTH PROGRAM!

You should have implemented a few strategies by now and be starting to notice changes in how you feel. Remember this is only the beginning of your journey. With your newfound knowledge, you have additional tools to get healthy, stay healthy, and support your brain health. Keep building on your healthy habits from the list of action steps.

**Cheers to your health and wellbeing!**

## WANT TO CONTINUE LEARNING?

Check out one of our other programs: Putting Out the Flame, Restore Gut Health, Optimizing Women's Hormones, Home Chef Pro, and Kids in the Kitchen.