The Food Code

Debunk Food Myths to Relieve Headaches, Brain Fog, and Mood Swings

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Myth #1: Eat Carbs Every Couple of Hours to Prevent Low Blood Sugar

This strategy actually triggers a vicious cycle that causes even more low blood sugar.

You see, when we eat carbs, the body releases insulin to help store the glucose (which is in the carbs) in our cells. The body often makes too much insulin, which drives blood sugar lower than normal. That makes us feel hungry, shaky, or confused. Then we crave carbs to fix the symptoms... and the whole cycle repeats itself.

This happened to me for *years*, until I learned that we can train the body to use *ketones* instead.

Your liver naturally makes ketones from the fat stores in your body, especially overnight when you're not eating carbs.

If you extend that fasting time a bit, then you give your body more time to use ketones for fuel. That's how we "train" the body to use ketones instead of glucose as fuel.

This has huge benefits for the brain, because ketones are a "cleaner" fuel source than glucose.

It's like this: using glucose for fuel is kind of like using gas in a car ~ it makes "exhaust." In the body, that exhaust is *inflammation,* which can damage brain cells.

In contrast, using ketones for fuel is kind of like running an electric vehicle ~ there is no exhaust, and no inflammation!

So, instead of eating carbs every couple of hours, here are a few tips to help you get out of that vicious cycle:

- Give your body more time overnight to make ketones by not eating after dinner, or by delaying breakfast in the morning

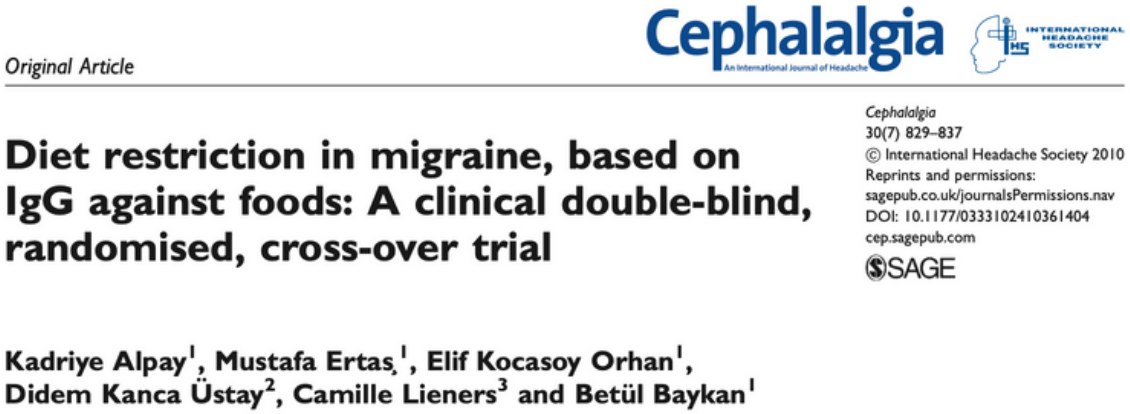
- Avoid high-carb meals by adding fat, protein, and fiber to your meals. Here are two of my favorite ways to do that:

Skip the cereal and have peanut butter toast (fat + protein) with an apple (fiber)

When you have pasta, add meatballs (fat + protein) and a salad (fiber)

Myth #2: The Food That You Ate Before Your Headache is a "Trigger"

Every time I get a migraine, I always wonder what I did wrong to cause it. A lot of my patients do the same thing... and we often blame it on what we ate right before the headache started.



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Diet restriction in migraine, based on IgG against foods: A clinical double-blind, randomised, cross-over trial

Kadriye Alpay[1], Mustafa Ertas[1], Elif Kocasoy Orhan[1], Didem Kanca Üstay[2], Camille Lieners[3] and Betül Baykan[1]

However, new studies like this are showing us that it has more to do with which foods our bodies are reacting to, rather than what we ate right before the headache.

We can now identify which foods our bodies are reacting to with new types of food sensitivity testing.

Once we know what those foods are, then we can avoid them. In the study above, this approach cut headaches by 1/3 in just 6 weeks!

So what are the most common foods that people with headaches are reacting to?

Conventional wisdom is that alcohol, cured meats, and aged cheeses are very common food triggers for migraine. However, a recent study showed that the most common food sensitivities in people with migraine were egg (43%) and cow's milk (27%). Here's the link in case you want to check that out:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8352645/

I don't know about you, but I think this is good news ~ it means that the charcuterie board (with goat cheese) is back!

Myth #3: We Can Get All of Our Nutrients From Our Food

Sadly, our food is not as nutritious as it used to be. The food that our grandparents ate contained more nutrients. Modern agricultural methods have enabled us to feed billions of people on this planet, but the quality of the food has suffered as a result.

If you want to read more about this, you can learn more here:

Fruits and vegetables are less nutritious than they used to be

The second reason that we may not be able to get all of our nutrients from food is that different people process nutrients differently, based on their genetics.

For example, my genetic testing showed that my body does not do a great job of converting the beta-carotene in food (like carrots) into the Vitamin A that the body actually uses.

So, no matter how many carrots I eat, I might not get enough Vitamin A. Because of that, I need to be sure that I take a multivitamin that contains Vitamin A.

This is especially important for the brain, because the brain uses up about 20% of our energy, even though it only accounts for about 2% of our weight. It needs a TON of nutrients to do its job!

That's why it's so important to take supplements that help the brain function at its best. Studies show that most of us need extra magnesium and fish oil in order to keep the brain healthy, as well as Vitamin D, methylated B vitamins, and CoQ10.

Here's what I take every day to keep my brain healthy~ I call it the "Brain Thrive Trio"

I created a special link so you can take it too! Click below to get started.

https://us.fullscript.com/plans/ameliascottbarrettmd-brain-thrive-trio

I'M HERE TO HELP.

If you would like to learn the latest brain science that is helping people relieve headaches, then join me for a conversation about it!

I offer weekly Q&A Zoom Calls to show people the new discoveries that are helping people find and fix the hidden causes of headaches, such as:

- Nutrient deficiencies
- Leaky Gut
- Toxins
- Chronic stress and trauma
- Plus how you can start recovering NOW!

Click here for more info and to register:

https://theheadachequiz.com/hqra