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January 28th, 2019 - And last and of supreme importance thanks to my wonderful patients who guided me on my path of understanding how our modern diet impacts the brain Without your help I could not continue to work to solve the mystery of how our diet damages our brain and kills our nerves Foreword I first met Dr Bill Walsh and his wife Cec in 2010

How does food affect our brain Psychology Today

January 22nd, 2019 - Our brains reward us for eating sugar fat and salt First those foods we consume in high doses with acute dosing for example coffee sugar heroin alcohol nicotine marijuana some spices and a few psychoactive plants and mushrooms Their effects are almost immediate and depend upon how much reaches the brain

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