

OPTIMUM
NUTRITION
FOR THE MIND

PATRICK HOLFORD

AUTHOR OF THE BESTSELLING OPTIMUM NUTRITION BIBLE



'This excellent book gives us a powerful weapon in our fight against mental disease.' *Dr Abram Hoffer*

CONTENTS

Foreword	xi
Acknowledgements	xiv
Guide to Abbreviations and Measures	xv
A Note on Notes, Recommended Reading and Resources	xv
Part 1 – FOOD FOR THOUGHT	1
1. You Think What You Eat	2
2. The Five Essential Brain Booster Foods – Check Yourself Out	8
3. Complex Carbohydrates – The Best Brain Food	14
4. Smart Fats – The Architects of Higher Intelligence	22
5. Phospholipids – Your Memory’s Best Friends	33
6. Amino Acids – The Alphabet of Mind and Mood	37
7. Intelligent Nutrients – The Brain’s Master Tuners	45
Part 2 – PROTECTING YOUR BRAIN	53
8. The Brain Agers – Oxidants, Alcohol and Stress	54
9. Sugar and Stimulants Make You Stupid	61
10. Avoiding Brain Pollution	68
11. Brain Allergies	77
Part 3 – IMPROVING YOUR IQ, MEMORY AND MOOD	87
12. How to Boost Your Intelligence	88
13. Enhancing Your Memory	93
14. Beating the Blues	105
15. Balancing Out Hormonal Mood Swings	119

16. Unwinding Anxiety with Natural Relaxants	127
17. Solving Sleeping Problems	135
Part 4 – WHAT IS MENTAL ILLNESS?	143
18. Understanding Mental Illness	144
19. Getting the Right Diagnosis	150
20. What's Your Problem?	157
21. The Dangers of Drugs and How to Get Off Them	169
Part 5 – SOLVING DEPRESSION, MANIC DEPRESSION AND SCHIZOPHRENIA	177
22. Overcoming Depression	178
23. Mood Swings and Manic Depression	190
24. Demystifying Schizophrenia	200
25. Schizophrenia Can Be Cured	204
Part 6 – MENTAL HEALTH IN THE YOUNG	219
26. Learning Difficulties, Dyslexia and Dyspraxia	220
27. The Attention Deficit Disaster	226
28. Answers for Autism	238
29. The Way Up from Down's Syndrome	250
30. Diet, Crime and Delinquency	256
31. Beating Addictions	263
32. Overcoming Eating Disorders	272
33. Fits, Convulsions and Epilepsy	278
Part 7 – MENTAL HEALTH IN OLD AGE	285
34. Putting the Brakes on Parkinson's Disease	286
35. Preventing Age-Related Memory Decline	293
36. Say No to Alzheimer's	301
37. Smart Drugs and Hormones	312

Part 8 – ACTION PLAN FOR MENTAL HEALTH	321
38. Finding Help	322
39. The Brain-Friendly Diet in a Nutshell	326
40. Brain-Friendly Supplements	328
Last Word	330
REFERENCES AND RESOURCES	331
References	332
Recommended Reading	356
Useful Addresses	359
Product and Supplement Directory	370
Index	373