

Learn More

- The Alzheimer's Association diet study: Tinyurl.com/AlzheimerAssociationDiet
- Beyond Pesticides: BeyondPesticides.org
- Blue Zones: BlueZones.com
- Brain Health Education and Research Institute: BrainHealthEducation.org
- *ConsumerLab.com*: assesses effectiveness and safety of supplements conducive to brain health.
- Glycemic index and load: Tinyurl.com/GlycemicIndexAndLoad
- *Integrative Environmental Medicine*, edited by Aly Cohen, M.D., and Frederick vom Saal, Ph.D.
- Food Sleuth Radio interviews: Tinyurl.com/Food-Sleuth-Radio
 Aarti Batavia: to be posted on Food Sleuth site this month
 Brenda Davis: Tinyurl.com/BrendaDavisInterview,
Tinyurl.com/BrendaDavisOnFoodSleuth
 Brenda Davy: Tinyurl.com/BrendaDavyInterview
 Teresa Martin: Tinyurl.com/TeresaMartinInterview, Tinyurl.com/TeresaMartinAudio
 Martha Clare Morris: Tinyurl.com/MarthaClareMorrisInterview
 David Perlmutter: to be posted on Food Sleuth site this month
 Dorothy Sears: Tinyurl.com/DorothySearsInterview



About Wheat and Other Grains

When considering whether to restrict or include grain in one's diet, consider the following:

- Individuals with celiac or non-celiac gluten sensitivity should avoid wheat and other gluten-containing grains such as barley and rye.
- According to nutritional epidemiologist Martha Clare Morris, diets rich in high-fiber whole grains, including wheat, decrease inflammation and oxidative stress, and improve cognition. She says, "Diets higher in fiber are linked to lower rates of diabetes and heart disease," both of which increase risk of dementia.
- Author Brenda Davis' "grain hierarchy" promotes whole, intact grains as key in controlling blood sugar.
- Whole grains are high in vitamins E and B, which protect against cognitive decline.
- Dr. David Perlmutter, who supports high-fiber diets, but advocates avoiding gluten, warns against shopping in the gluten-free aisle. Foods there might not have gluten, he says, but they're going to "powerfully raise your blood sugar."
- Choose organic grains to avoid exposure to pesticide residues.