

BRAIN FOG

A state of diminished mental capacity marked by an inability to focus, remember things, use logic, or solve problems

POSSIBLE CONTRIBUTING FACTORS



- Hypothyroidism (underactive thyroid)
- Estrogen deficiency (low estrogen)
- Dysbiosis, yeast or bacterial overgrowth (auto-brewery syndrome)
- Food sensitivities, especially gluten if accompanied with neurological symptoms
- Heavy metal toxicity (i.e. mercury)
- Mold & mycotoxin illness
- Lack of sleep
- Vitamin B12 deficiency
- Foods high in MSG (most processed foods), and aspartame (commonly found in diet soda)
- Certain medications (anticholinergics, benzodiazepines) & cancer treatments

LIFESTYLE & DIETARY RECOMMENDATIONS



- Remove gluten and dairy strictly for 3-4 months
- Consider an elimination diet for 30 days followed by a re-introduction of other suspect foods such as yeast, eggs, grains, soy, corn, peas, nuts
- Avoid MSG, artificial sweeteners, alcohol & caffeine
- Eliminate processed & refined foods, fried foods, and hydrogenated fats/oils
- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Avoid flour products, sugar and sweeteners of all kind to stop feeding yeast/bacterial overgrowths
- Limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1-2 low fructose whole fruits per day
- Stress reduction measures (grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, etc)
- Focus on sleep hygiene
- Assess home or workspace for hidden mold growth

SUPPLEMENT CONSIDERATIONS



- Thyroid nutrient support complex (vitamin A, zinc, tyrosine, selenium, iodine, iron)
- B complex rich in B12
- Phase 1 and 2 liver detox support
- Toxin and/or heavy metal binder