

ADDICTION

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Neurology of Brain Inflammation & Addiction



Dr. David Perlmutter



- “The Empowering Neurologist”
- *Grain Brain*
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“There was a time in my career as a neurologist when I finally felt dissatisfied with our inability to really help people. And that was the epiphany.”

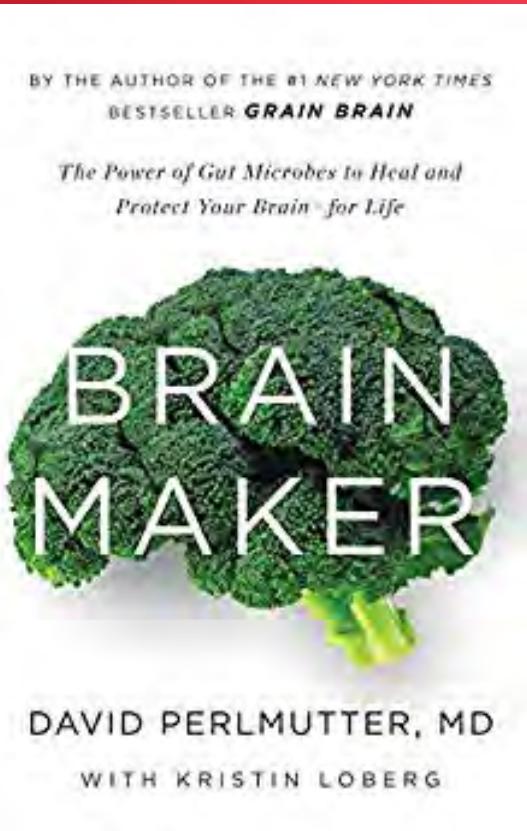


“It wasn't for the lack of peer-reviewed science that was published, indicating that exercise, dietary intervention, better sleep are salubrious in terms of the brain. That was out there. But no one was talking about it.”



“We are seeing a virtual explosion of data and research really looking into the gut bacteria, their metabolic products, their DNA, their RNA, their signatures. How do our lifestyle choices affect diversity of species that live within us, their activity? So, it is a very exciting time.”





“Modern cosmopolitan society is characterized by a marked reduction in the diversity of species that live within the gut as contrasted to both rural or societies that are still living in non-Westernized areas and also in comparison to less modern societies.”



“We want to nurture our gut bacteria with lots of prebiotic fiber, low amounts of sugars and certainly healthful fat. We want to have good levels of good fat in the diet.”



“Acid-blocking drugs are also relevant in terms of the gut. We know that when you change the pH of the intestine by taking drugs that block stomach acid, you are going to create a situation where certain other organisms might find that environment better, whereas others might not survive because the pH has been damaged.”



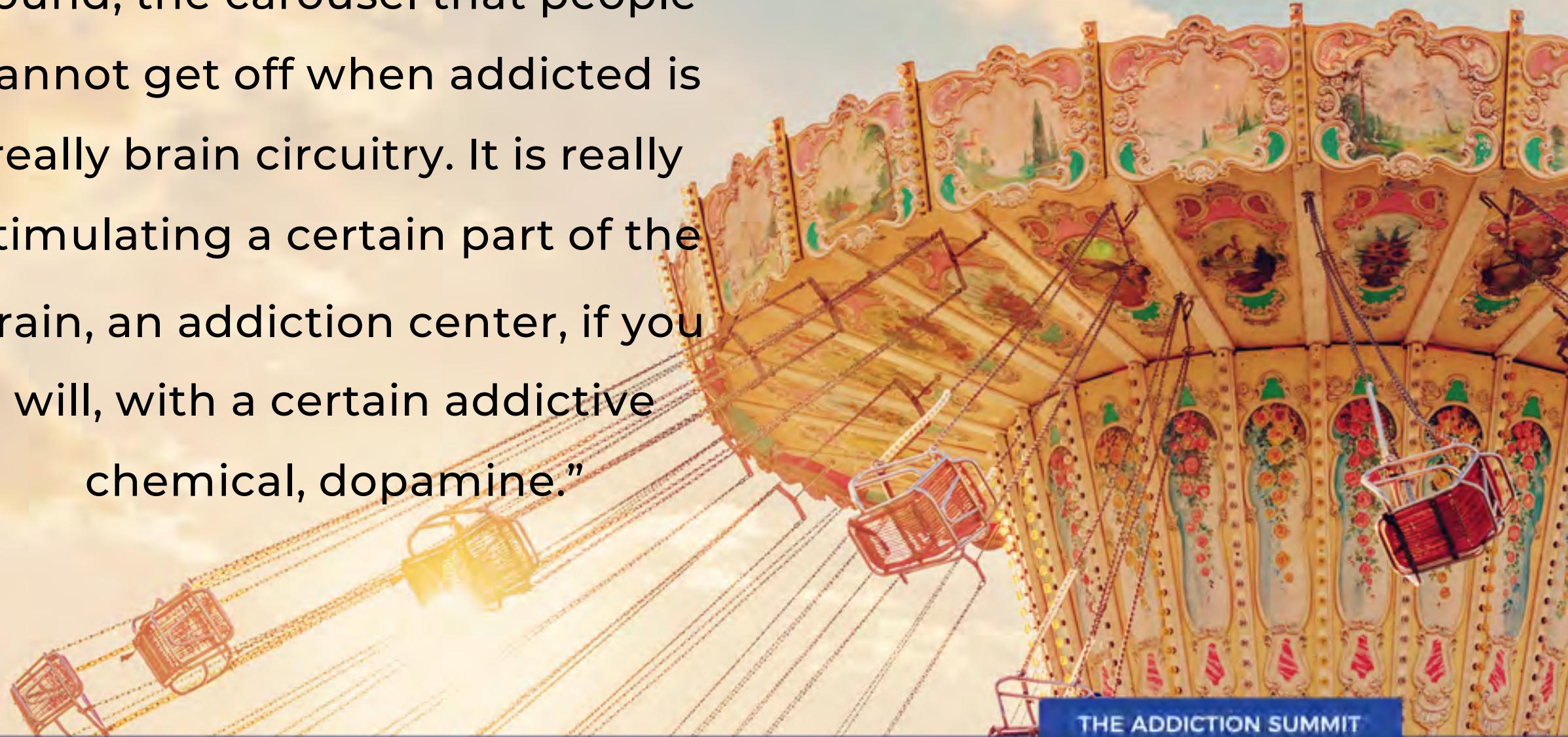
“Exercise is important as well. We know that sleep and, more importantly, lack of restorative sleep has a role in terms of gut bacteria. And finally, stress is very important. The higher levels of stress that we experience, the more changes are induced in the gut bacteria.”



“The GMO issue is that the food is modified. The plant is modified in such a way. The seeds are modified so that farmers can then spray their crops with this poison and kill the weeds but not damage the corn.”



“The vicious cycle, the merry-go-round, the carousel that people cannot get off when addicted is really brain circuitry. It is really stimulating a certain part of the brain, an addiction center, if you will, with a certain addictive chemical, dopamine.”



“How do lifestyle choices make the behavioral therapy, the pharmaceutical therapy, etc., stick or become more effective? We do this through a concept called neuroplasticity. And what does that mean? It means the ability of the brain to rewire itself.”



“We want to have a lot of BDNF floating around so that it allows us to reconnect to that area of the brain, our will area, our empathy area, our understanding of our consequences of our actions area, the prefrontal cortex. That is the connection between aerobic exercise and strengthening that connection.”



“We are now seeing evidence that, to some degree, changes in gut bacteria, at least in the rodent model, in the laboratory model, have a role to play in BDNF production, getting back to our connection to that part of the brain the really defines us as being human.”



“When we deprive a child of that by having a cesarean section, for example—which happens in over 30% of the births now in America—which I think is preposterous, to be nice about it—we are setting up that child up for significant issues lifelong.”



“This process of horizontal transfer of information: we receive information vertically, top down, in terms of our DNA that we got from mom and dad and from every human and ancestor that came before. So that is this transmission of information over time. But we also receive an up-to-date report on our environment at the time we are born.”



“What our ancestors did was they ate a lot of fiber. They nurtured their gut bacteria. They ate fiber on the ground. They ate food that was rotting. Another word for that is fermenting.”



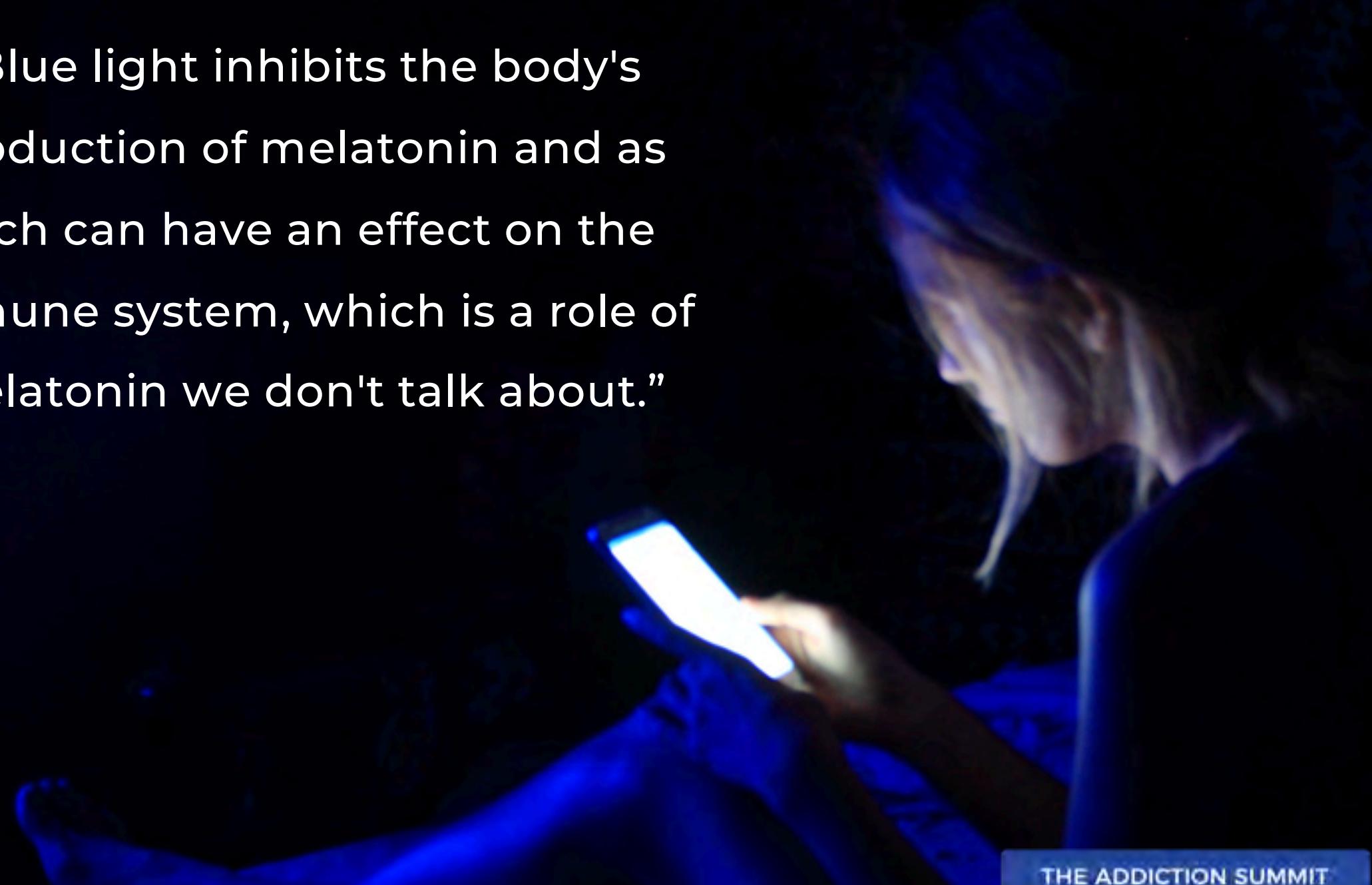
“The first thing I would consider would be fasting. Certainly, if an individual is a type 1 diabetic, you are going to need to work very closely with somebody, if you choose to do fasting. I would say at least a 24-hour fast is a place to start.”



“You really want to cut dramatically back on sugar and refined carbohydrates. Carbohydrates are not cut out from the diet completely because prebiotic fiber is a pure carbohydrate.”



“Blue light inhibits the body's production of melatonin and as such can have an effect on the immune system, which is a role of melatonin we don't talk about.”



A photograph showing the lower half of a person's body from behind. They are wearing light-colored sweatpants and blue jeans. They are wearing brown leather loafers with tan soles. The person is walking away from the camera on a light-colored wooden floor. The background is slightly blurred.

“We all owe it to ourselves to do
the very best we can. And
everybody has struggles.

Everybody has issues, whether we
define them as addictions or not.”

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