

# Better Body Better Brain

Timothy Scharold MD

- Easy

- Not complicated
  - Fit to your needs
  - Set your own goals
  - Lets your body work for you
  - Full of practical tips

- Physician designed

- Safe and reliable
  - Proven results
  - Scientifically sound
  - Uses your natural body mechanisms

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## About the Author

Dr. Timothy Scharold is board certified in Internal Medicine and Geriatrics with additional training in diabetes, cholesterol, and hypertension. Throughout his 25 plus years of practicing medicine, he has seen the results of unhealthy diets. Over the years, he has found simple resources to help his needy patients improve their diets, and thus their health. Most current information available is confusing, complicated, and unhelpful. To overcome this, he created his own manual that simplifies the basics for healthy eating into one simple plan. This book is a result of his years of reading and teaching about healthy eating and weight management. Included in this edition, are Dr. Tim's Top Ten Tips!

For more diet information, Visit: <http://www.AgingLtd.com>

*All information provided in this document is based on the opinion of the author. As always, the reader should clear any dietary changes or supplements with his or her own physician.*

"Let food be your medicine and medicine be your food."

— Hippocrates, 400BC

## Introduction

How are you doing? How are you feeling? How is your diet? Your weight? Your health? Your energy level? Your well-being? Your mind and memory? We all think we should feel better, and think we can do better. Wouldn't you love to be thinner, feel better, have more energy, think quicker, and have better memory?

If you desire to be healthy now and not be dependent on health care to keep you going, it all begins with an improved healthy diet and activities now! Plus, a better diet gives you a better brain.

But where do you start? Well, you can start right here with this book.

This book can be your guide in the basics of what you need to know to have a well-running body and brain. You will learn not only how to *eat* healthy but also how to *be* healthy. And as an added bonus, I'm sure you will lose weight, which can make you even healthier with a better body and better brain.

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## Habits

Our limitations are usually our bad habits, lack of motivation, and perceived inability to change. Most of this stems from lifelong habits, wrong assumptions, and a confusing mass of misinformation. Even if you try to find out what is best for you, figuring out how can be overwhelming.

You have more control over your health and weight than you know. Most health issues arise from poor diets and unhealthy habits. Your diet can be more toxic than you realize. The obesity and diabetic epidemic in America is a result of poor diets. These diets are often driven by our natural desire to eat, our impulsive habits, our lack of self-control, and the ease of getting whatever we want when we want it.

"Everyone wants to live an active, vibrant life for as long as possible. And that goal depends on robust brain health. While we don't have a guaranteed way to prevent dementia, we do have evidence that engaging in healthy lifestyle habits may help. For example, one study found that older adults with healthy habits - such as eating a healthy diet, exercising regularly, and socializing - improved or maintained thinking skills and reduced the risk of cognitive decline." From Harvard Medical School Publication 2021

## PART ONE: BETTER BODY

Millions of things affect the health of your body. You do not have much control over most of them. You cannot change your genetics or family risk factors. But you can change the two biggest factors that affect your health: diet and exercise. In other words: you can control what you put in your body and how you use your body. First we will talk about what you put in your body.

## **TOXIC AMERICAN DIET**

Americans seem to be drawn to a toxic American diet. This diet is highly processed, calorie dense, and nutrient depleted. It not only makes us fat, but also endangers your health. A toxic diet (and obesity) leads to hypertension, diabetes, high cholesterol, cancer risk, gallbladder disease, sleep apnea, and arthritis. The toxic diet is mainly from highly processed foods. Processed foods are readily available in grocery stores, usually on sale, and in easy view and at eye level. Fast-food restaurants have the special deals on the worst foods. They tend to contain excessive amounts of unhealthy fats, refined sugar, sodium, and preservatives. These “foods” are processed cheaply, typically not “real” foods, just to satisfy the taste buds. They are so toxic bacteria tend not to grow in them. For example: Twinkies have been known to never spoil. Margarine can last indefinitely even after opened. Spam apparently lasts forever.

## **YOUR BODY: A LEAN MACHINE**

Your body is really an energy machine. In some ways it is like a car. It's not fun when either breaks down, posing potentially life-threatening risks. Prevention, with good maintenance and quality fuel, is the key to avoid catastrophes. Any machine will run better, last longer, and not break down when properly maintained, treated well, and supplied with the best fuel.

Just as an engine runs high quality fuel, your body works better with high quality calories. Quality foods are more satisfying to your body and turn off your hunger drive while allowing your body to function longer between fill ups. When your engine runs smoothly, it will not need as many repairs, and your body will be able to better handle the demand and stress placed on it. When your engine runs on bad fuel it not only produces a bad smell, it releases more toxins and pollutants that affect the machine itself. Over time this eventually can cause the engine to break down. With cheaper fuels your body won't burn as well, and can cause more costly damage in the end. The same is true with your body, so it's important to be smart about what you put into it.

To learn more order the simple and easy read in [Better Body and Better Brain](#).