

## **ACF: Mental Health and Neurology – Chat and Questions Class # 1 (February 16, 2022)**

00:25:09 Lena's iPhone: I'm so excited! have questions. so happy to be here

00:32:20 Stacey Hirshman: Will the happiness challenge list be posted some place?

**00:32:21 Katherine Mossop:** Lia asks: Seeing how critical blood sugar regulation is, can you offer your top tips that you give your client to balance their blood sugar?

**00:32:42 Katherine Mossop:** Hi Stacey, you'll find it in the Mental Health and Neurology Student Portal

**00:33:18 Katherine Mossop:** Lia asks: Do you have any books that you would recommend to a client that wants to learn more about balancing blood sugar?

00:33:29 Stacey Hirshman: Great, thanks Katherine.

**00:34:08 Katherine Mossop:** Becoming Sugar Free by Julie Daniluk

00:34:19 Lena's iPhone: will we be covering hormones?

**00:34:52 Katherine Mossop:** Complete Guide to Fasting by Dr. Jason Fung

**00:35:06 Katherine Mossop:** Lia asks: In school I learned that eating every 2-3 hours helps balance blood sugar, but lately I have been learning that spacing out the meals is better to allow for the insulin levels to return to baseline. What are your thoughts on this and what should one aim for when timing their meals to balance blood sugar? More frequent meals every 2-3 hours or bigger breaks like 4-6 hours?

00:37:41 Lena's iPhone: what you think about using magic mushrooms for mental health

**00:38:21 Katherine Mossop:** Hi Lena, I've added your question to the queue

**00:40:04 Katherine Mossop:** Rachita asks: What is the effect of alcohol on brain health and what are the mechanism involved?

**00:40:24 Katherine Mossop:**

<https://jamanetwork.com/journals/jamaneurology/fullarticle/796278>

**00:42:15 Katherine Mossop:** <https://www.nature.com/articles/s41598-020-70910-5>

00:43:32 Lena's iPhone: why is brain shrinking detrimental to our health ?

**00:43:50 Katherine Mossop:** <https://www.bmj.com/content/357/bmj.j2353>

00:44:15 Jillian Maierhofer: These studies represent the ethanol or it it both the Blood sugar issues as well?

**00:44:18 Katherine Mossop:**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3860462/>

**00:45:56 Katherine Mossop:**

<https://www.sciencedirect.com/science/article/abs/pii/S0889159119306531?>

**00:48:47 Katherine Mossop:** Rachita asks: You explained how brain health is affected by body mass. I work with clients with depression/anxiety/stress and obesity and am hoping to find/learn about a positive correlation between better mental health leading to weight loss. My understanding is that the body does not want to lose weight when the body's ANS stress mode (survival mode) kicks in, as creating adipose tissue is the body's way of protecting itself from famine. Please share your thoughts on this.

00:54:43 Kristi Seiler: Hahah so true

**00:56:10 Katherine Mossop:** [https://www.amazon.ca/Nonviolent-Communication-Language-Life-Changing-Relationships/dp/189200528X/ref=sr\\_1\\_1?keywords=non-violent+communication&qid=1645032784&srefix=non-violent+%2Caps%2C82&sr=8-1](https://www.amazon.ca/Nonviolent-Communication-Language-Life-Changing-Relationships/dp/189200528X/ref=sr_1_1?keywords=non-violent+communication&qid=1645032784&srefix=non-violent+%2Caps%2C82&sr=8-1)

**00:57:49 Katherine Mossop:** Jillian asks: The thyroid regulates temperature - what part of the brain registers the temperature?

**00:58:51 Katherine Mossop:** Jillian asks: How were the brain shrinkage tests done? What part of the brain shrinks first? What symptoms are we looking for to know that the brain shrinkage is permanent vs when it's still a viable option to reverse the shrinkage?

**01:01:57 Katherine Mossop:** Jillian asks: The more fat on a body increases brain shrinkage, and from the detox course, we know that fat holds toxins. What part of the brain shrinkage could be due to the toxin levels?

**01:02:40 Katherine Mossop:** Jillian asks: The Chronic Pain pathways. Can you explain this more - tissue damage vs COPC's? Where does the physical and emotional meet on the negative plasticity?

01:04:21 Lena's iPhone: is RSL restless leg related to brain degeneration

01:04:41 LL: you mentioned the formation of nerve cells and how they are formed from what you are eating and what your mother ate while developing in the womb. If a baby or pregnant mother is bombarded with broad antibiotics, can it interfere with brain health and nerve formation/connections permanently in the long run, along with the gut?

01:04:49 Kailee Siewert: There is a really interesting app that has come out called "Curable" which focuses on pain management and mental health practices.

**01:06:18 Katherine Mossop:** Joanne asks: Lack of Glucose - How is the brain affected when someone practices Intermittent Fasting (16-18 hours / day) where the brain gets no glucose over that time period? AND what happens to the brain when people practice the paleo diet where they are consuming high quantities of protein and little carbohydrates every day?

**01:08:57 Katherine Mossop:** Joanne asks: Brain shrinkage / plasticity and Stress - How is the brain affected with overstimulation from jobs that require multi-tasking (i.e. a receptionist who performs many short quick tasks in a high paced environment)? Also very stimulating video games or action movies? - is this negative plasticity or positive as the brain is being stimulated? How does this affect the hippocampus? Many people indicate that they have lots of energy at work in a high paced job; but when they get home they crash. Why does this happen, and what is it a symptom of?

**01:13:29 Katherine Mossop:** Joanne asks: Negative Plasticity - How does the body respond to stimulation such as high caffeine intake and / or chronic food sensitivities and how does this affect the hippocampus and brain plasticity?

01:13:34 Lesley Baker: hence the no news challenge

**01:15:05 Katherine Mossop:** Joanne asks: Glymphatic System - Is this system affected for those who work shift work and alternate between sleep during the day hours and during the night hours?

**01:16:16 Katherine Mossop:** Helen asks: I have a number of clients who have had spinal fusion surgery and now (years later) suffer from both significant gut and mental challenges (depression). Could you please give me some insights into the linkage between?

**01:18:23 Katherine Mossop:** Helen asks: With TBIs, have you experienced great improvements through that focus on gut health? Any examples or studies you could share would be inspiring!

**01:18:58 Katherine Mossop:**  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2989839/>

**01:20:26 Katherine Mossop:** Helen asks: For children with ADD / ADHD, what healing can be achieved through diet. Are there some good research studies on this? Any resources you would recommend?

01:23:33 Lena's iPhone: my doctor prescribed coffee to my 10 year old with ADD and now he is asking for it. anthroposophical doctor

**01:23:38 Katherine Mossop:** Lynn asks: We think of brain plasticity often more in older adults but is the difficulty of learning a new language for a young adult who speaks only one language an example of brain plasticity when they may not grasp a second language as easy as a youngster?

**01:26:26 Katherine Mossop:** Lynn asks: Does the glymphatic system also play a role in autophagy? For example, when you are exercising intermittent fasting during the day, is this cell waste removal coincide in any way with the glymphatic system when at rest or do they function independently as two very separate systems?

**01:27:19 Katherine Mossop:** Hayley asks: Do you have a list of foods that you share with diabetes type 2 patients that are good for brain health, and/or a way of explaining to them that although the body and brain need glucose it shouldn't be coming from sugar? I have an elderly family member with type 2 diabetes who believes he needs to be eating sugar to maintain his energy levels. Just wondered if you had a particular way of explaining this.

01:30:07 Simona Pacurar: Hi, it's any topic that we'll touch about assessing the "brain health status" as markers from blood work, functional testing?

**01:30:22 Katherine Mossop:** Lena asks: What do you think about using magic mushrooms for mental health?

01:31:48 Cindy Spratt: Fantastic Fungi is a great documentary that covers the medicinal properties of magic mushrooms

01:32:55 Simona Pacurar: When we addresses brain/ mental health we know is more about than brain, gut health, adrenals.. nutrient deficiency.. emotional, trauma is any steps or priority when we should start "improve" the state?

01:33:06 Katherine Mossop: Christy asks: What are the optimal levels of HbA1c that we want for our clients and when should we be concerned?

01:33:52 Simona Pacurar: under 5.6 Hb A1c

**01:34:18 Katherine Mossop:** Optimal range is between 4.8 - 5.1%

**01:34:41 Katherine Mossop:** Lena asks: Is RSL restless leg related to brain degeneration?

**01:35:43 Katherine Mossop:** LL asks: You mentioned the formation of nerve cells and how they are formed from what you are eating and what your mother ate while developing in the womb. If a baby or pregnant mother is bombarded with broad antibiotics, can it interfere with brain health and nerve formation/ connections permanently in the long run, along with the gut?

01:39:05 Hayley Bicknell-Smith: Andrew Wakefield

**01:39:27 Katherine Mossop:** Kristi asks: I have a lot of people with Type 2 diabetes. Are there any sugars they can eat? Cause a lot of them do alcohol sugars which I hear have digestive issues too, I'd think that would defeat their purpose. Any ideas how to help their sweet tooth? Is monk fruit ok?

**01:40:54 Katherine Mossop:** Simona asks: Will we touch about assessing the "brain health status" as markers from blood work, functional testing?

**01:41:29 Katherine Mossop:** Simona asks: When we address brain/mental health we know it's more about than brain, gut health, adrenals..nutrient deficiency.. emotional, trauma.. Are there any steps or priority when we should start "improve" the state?

01:42:43 Simona Pacurar: Thank you so much Katherine and Josh!

01:43:22 Katherine Mossop: Thanks everyone for joining us today!