



David Perlmutter: Grain Brain

5 Questions:

1. What do you consider a healthy diet?
2. What is the typical diet like where you are from?
3. Where do you get information on healthy eating?
4. Are you allergic to any foods?
5. Do you notice that some foods make you feel bad but you eat them anyway?

Choose the correct word to complete the idiom:

1. I take everything he says with a pinch of **salt / pepper**.
2. My Mum is a smart **biscuit / cookie**.
3. For me, speaking English is a piece of **bread / cake**.
4. Can you explain it to me in a **banana skin / nut shell**?
5. You always look as cool as a **cucumber / kiwi**!
6. Did you hear she has a **bun / muffin** in the oven?
7. My son is the **olive / apple** of my eye.
8. Don't **egg / butter** them on when they are doing something stupid.
9. Forget about it. We have bigger **chicken / fish** to fry.
10. My boss isn't someone who **minces / stirs** his words.

Now match the idioms above to the correct definition below:

- a) Something that is very easily done and requires little effort.
- b) To be pregnant.
- c) To weaken a statement, often by not being direct about something.
- d) To have more important things to do.
- e) To express something in as few words as possible.
- f) To believe only part of what someone says.
- g) Very intelligent.
- h) To be admired or loved by someone.
- i) To encourage someone (often to do something negative).
- j) To appear relaxed and worry-free.

Video:

Watch the video below and note whether the following statements are true or false.

Grain Brain - The Effects of Carbs and Sugar

- Humans have been eating grains for the past 2.5 million years.
- Gluten is toxic to the human body.
- Fat plays an important role in human health.
- Your brain is 35% fat.
- The brain cannot reshape itself and regain lost functions.

Vocabulary:

Complete the text below with the following words.

integral leery fasting calories treatment correctly Judaism misconception

There is a common _____ that fasting lowers your metabolism and forces your body to hold onto its fat. In reality, fasting is quite healthy when done _____. It boosts energy production, improves brain functioning and promotes bodily reactions that can accelerate weight loss.

People tend to assume that fasting is dangerous, but it's been an _____ part of religious history for centuries. All major religions use fasting as a tool for spiritual growth. Islam has Ramadan, Christianity has Lent and _____ has Yom Kippur.

_____ encourages your brain to turn to fat - rather than glucose - to fuel itself. It gets this fuel from ketones, a form of fat that's critical for the brain. Your brain functions better when it's fueled by ketones - and, for those still _____ of fasting, there's good news: You don't actually have to fast to experience this effect - you can just eat a lot of ketogenic fats, such as coconut oil.

The ketogenic diet requires you get 80 to 90 percent of your _____ from fat. It's been used as a _____ for epilepsy since the 1920s and some consider it a therapeutic option for Parkinson's, Alzheimer's, ALS and autism.

What is the longest you have fasted for?

Tip:

- Get tested for gluten sensitivity. It can be the cause of a number of serious physical and psychological problems.