

RECAP: 10/13 BRAIN HEALTH TALK

Dr. Gerald Calegan, Movement Disorder Neurologist
The NeuroMedical Center Clinic

Diet Recommendations

- High fat diet
 - Healthy fats and oils
- Moderate protein intake
 - Grass-fed beef, pork, chicken
 - Wild-caught fish
 - Vegetable proteins (not processed)
- High-fiber, natural carbohydrates
 - Organic, non-starchy vegetables

Books to Read

- *Wheat Belly*- Dr. William Davis
- *Grain Brain*- Dr. David Perlmutter
- *Keto: The Complete Guide to Success on the Keto Diet*
- Maria Emmerich
- *Good Calories Bad Calories*- Gary Taubes
- *Why We Get Fat*- Gary Taubes
- *Fat Chance*- Dr. Robert Lustig or watch his [YouTube Video](#)- *Sugar: The Bitter Truth*

Sleep/Meditation Aids

- Oura Ring
- Calm App
- Waking up App
- 10% Happier App
- Head Space App

Glucose Monitoring Devices

- Freestyle Libre
- Dexcom G6



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Gerald J. Calegan, M.D.

THE NEUROMEDICAL CENTER CLINIC
10101 Park Rowe Ave, Baton Rouge, LA 70810
www.TheNeuroMedicalCenter.com | (225) 769-2200

