

# BRAIN FOOD: Got Brain Fog, Insomnia, Neuropathy? Reclaim Your Mental Health with 3 Key Super Foods



by Liza F. Camba (Sat-Akal)

Did you know that your nutrition has a huge impact on your nervous system, mental health, and overall well-being? Symptoms such as brain fog, insomnia, and even different forms of neuropathy such as tingles and numbness in your hands and legs, and even inflammation could be a result of either trauma and PTSD, or pollutants and/or pathogens overburdening your liver, your lymphatic system, your nerves, and your brain.

Your brain is your body's control center and requires your TLC! Start incorporating these 3 key superfoods into your diet to detox your brain from toxic heavy metals and viruses. Good luck - Positive results await you!

## **BREAKUP OR HAVE AN LDR WITH EGGS, BUT DON'T FORGET THE DULSE!**

Do you love the idea of a yummy fried egg or incorporating eggs into your favorite dish? Well, many pathogens and viruses, along with the Epstein Barr Virus (EBV), which affects 90%-100% of the adult population worldwide — fancy eggs as well! Many viruses actually thrive by feeding on eggs. Surprise weight gain or inflammation? The culprit may be the toxins or pathogens you're carrying that are gobbling up the eggs (and other virus favorite foods like gluten, soy, and corn to name a few) you're consuming and whose waste product creates even more toxicity in your body. Eliminate eggs altogether or reduce your egg consumption, especially if you're dealing with symptoms such as brain fog, tingling nerves, and insomnia. Take a break from eggs for 30-90 days or more. Add a daily dose of seaweed to your meals, or better yet, add Atlantic dulse, known for its anti-viral properties. Notice how you feel and enjoy amazing results courtesy of Mother Earth!

## **HELLO CILANTRO**

Detoxify with cilantro! It's one of the best herbs to eat that binds to toxins and flushes out harmful heavy metals and MSG from your system. If you're dealing with insomnia and brain fog, your nervous system is most likely flooded with neurotoxins from food or exposure. Try having a cup of cilantro everyday for a month. Bring cilantro into your lifestyle. It tastes amazing incorporated into salsa, guacamole, avocado toast, in soups and salads, and in the heavy metal detox smoothie (back side of this page).

## **YAY SPIRULINA**

If you want to strengthen your central nervous system, bring the algae spirulina into your life. It comes in powder or capsule form and helps remove toxic heavy metals from your brain, liver, reproductive system, digestive system, and thyroid.

Flip the page and try the heavy metal detox smoothie to detox your brain!

Reference — Thyroid Healing: The Truth Behind Hashimoto's, Graves', Insomnia, Hypothyroidism, Thyroid Nodules & Epstein Barr, by Anthony Williams, Medical Medium, 2017; <http://citeseerx.ist.psu.edu> "Mechanisms of egg contamination by Salmonella Enteritidis"

Liza F. Camba (Sat-Akal) is a Certified Neuroscience Coach and the creator of **THE PURPOSE**, Liza's signature mind-blowing program that helps creative leaders, professionals, and entrepreneurs upgrade their brains and their entire lives. For more info and to book your complimentary consultation, go to [TheSacredYes.com](https://TheSacredYes.com).



# HEAVY METAL DETOX SMOOTHIE

## THE BEST SMOOTHIE FOR DETOXING YOUR BRAIN



*This makes 1 serving*

2 bananas

2 cups wild blueberries

1 cup cilantro

1 teaspoon barley grass juice powder

1 teaspoon spirulina

1 tablespoon Atlantic dulse

1 orange

1 cup water

Combine the bananas, wild blueberries (make sure they're "wild"), cilantro, barley grass juice powder, spirulina, and dulse with the juice of one orange in a high-speed blender and blend until smooth. Add up to 1 cup of water if a thinner consistency is desired. This smoothie is helping hundreds of thousands of people worldwide - enjoy and welcome all its amazing benefits!

If the barley grass juice powder and spirulina taste too strong for you, start in small doses and grow your dosage each day. You can also take them in tab / capsule form within the same 24 hours of the rest of the smoothie. The important thing is to make sure you get all the ingredients in your body on the same day so you get maximum healing benefits. This smoothie contains the 5 most powerful anti-viral and heavy metal cleansers on the planet, that when combined, are a powerhouse combo. Drink it for breakfast everyday for 30 consecutive days and notice the shifts in your body and mind. Feel free to incorporate this smoothie into your regular diet.

**Detox Tip!** Try to eliminate or significantly reduce your consumption of eggs, gluten, pork, soy, corn, radical fats (meats, oils, avocados, etc.) food labels with "natural flavors," and MSG during your 30-day smoothie program and if possible, beyond. These foods feed viruses and pathogens that take away from your healing or interfere with it. Also start your day with drinking 16-32 oz of water upon waking to support your body's morning detox process. You can squirt up to half a lemon into every 16 oz of water for added support if you wish. This will help support your liver's cleansing function, reducing your overall viral load. Wait at least 15-30 min before drinking this smoothie.

*Learn more about this popular smoothie and other self-healing recipes in books and podcasts by Anthony Williams, The Best-Selling Author of the Medical Medium book series.*