

How to Increase Motivation by Reducing Inflammation in Your Brain



Transcription:

Bill Gasiamis 0:00

Bill from recoveryafterstroke.com, I've just gone for a drive to pick up some essentials during ISO. I'm sporting my ISO beard my I can't be bothered shaving beard, and it's a sunny day and it's 19 degrees. I'm not sure what that is in Fahrenheit, but that's a lovely warm autumn day.

Bill Gasiamis 0:18

And it was about half that for the last two or three days. So I'm really grateful that it's warm, and I'm able to get out. Now just a little bit earlier today, I came across an article that spoke about inflammation and the brain and the impact that inflammation has on our dopamine levels in the brain.

Bill Gasiamis 0:37

And that was something that I thought you guys need to know about because inflammation in the brain reduces the amount of dopamine that the brain can uptake and use. And as a result of that it creates a lack of motivation.

Bill Gasiamis 0:54

So one of the ways to combat lack of motivation and fatigue during recovery from stroke is to change the kind of food that you eat. And to get off a high carb, highly processed diet and get back to basics, small amounts of protein, veggies and fruit that are in their natural form.

Bill Gasiamis 1:15

And pretty much that's it. If you can manage that, what you're going to do is decrease the inflammation that's happening throughout your body, but also your brain and also increase the amount of dopamine that your brain can pick up and use.

Bill Gasiamis 1:32

And Doberman is the feel-good hormone. And that's going to give you more motivation to do those things that you need to do to recover from stroke and to heal your brain. So don't let anyone tell you that you can't do anything to positively impact your brain.

Bill Gasiamis 1:49

Don't let anyone tell you that you can't make a difference to what's going on in your head because you can through the foods that you consume or don't consume. Now, the recovery after stroke podcast has got some amazing episodes for you to listen to about the five foods that you should avoid eating after stroke.

Bill Gasiamis 2:10

And I'm going to post in the comments, the numbers of those episodes, so the episode numbers so that you can go to them and have a listen to those episodes. Because if you avoid those five foods that will allow you to heal your brain, decrease inflammation, increase dopamine and increase your motivation.

Bill Gasiamis 2:32

And I think those are really good things to achieve. So there's interviews were done with me, a personal trainer and a qualified nutritionist. So they come from a really good source. And they're just a great conversation of me asking questions, and getting feedback on what we need to do to remove foods out of our diet that are going to cause inflammation, and how to make a difference to the way that we go about our own stroke recovery.

Bill Gasiamis 3:03

Bill from recoveryafterstroke.com check out the images, check out the words. Check out the episodes down below that you need to listen to on the recovery after stroke podcast and have a lovely day.