

Quit Sugar Heal The Brain



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Quit Sugar Heal The Brain – Bill from recoveryafterstroke.com. I'm here in my car waiting to go to an appointment for a one and a half-hour massage. It's been such a long time since I've treated myself to a bit of body love, and it's just become something that I've got to do.

And I've decided that I'm going to put a program in place so that I can get to a massage session at least once a month.

Bill 0:30

Because on the left side of my body, I can't feel my arm and my leg the same as I can on my right side. And as a result of that, my body tenses and becomes tight to ensure that I'm upright. So my brain is creating this tension in my muscles so that I can stay upright but then the issue with that is that that creates a lot of tension and tightness and discomfort on my left side and that impacts everything from my digestion to my balance to the way that I feel.

Bill 1:05

And if I leave it unattended for too long, I get really cranky. And nobody wants me cranky. But while I'm sitting here, I thought I'll do this little video because I came across some really amazing news recently, which was that a hospital in Australia

in Brisbane, decided that what they would do is they would go out of their way to put it out there that they were banning soft drinks, what we call soft drinks in Australia, you guys might call sodas or soda pops in your part of the world, that they were going to ban soft drinks from the public areas from the vending machines in the public areas of the hospitals. And what that means is that the decision was made around public health as the thing that was at the forefront of the decision making and the thinking behind the decision making.

Bill 2:03

And the reason being is because science is becoming overwhelming now. That sugars, especially added sugars, the white stuff needs to be removed from the diet and decreased in the amount that we consume it. Because sugar promotes disease like cancer, like diabetes, like obesity.

Bill 2:29

And as a result of that, the hospital has decided that if they're going to have people that they're trying to heal, the one thing they don't want to be doing is making it possible for other people to become unwell while they're trying to heal the people in the hospitals like it's just a such a silly system, basically is a problem in Australia just like it is in a lot of Western countries.

Bill 2:56

And this is a massive, controversial believe it or not stance that I've taken and it was received lukewarm by many different areas of the country. But I think for somebody recovering from brain injury, you absolutely should avoid consuming sugary drinks and products. There's this theory that they give you energy and help you going but in fact, they're doing a lot worse.

Bill 3:24

They're not giving you energy. It's just a fake energy. What it's doing is spiking your blood pressure spiking your cortisol spiking your blood sugar, and it's just wreaking havoc on the healing brain. In Episode 52 of the podcast, I did an episode about why we should remove sugar from the diet with Stacy Turner who is a trained nutritionist, and Matty Turner, her husband, who's a performance coach, and the two of them make a great point as to why we should take sugar out of the diet.

Bill 4:01

Soon enough, I'm going to release a program that specifically talks about the five different things that we should take out of the diet. And I'm going to create a training around that. So that people can subscribe to it and learn what they didn't know, they needed to know about which foods they should remove from the diet, when they're not only healing from a brain injury, but if they're just regular people, and they actually have a brain.

Bill 4:29

So I'm really excited about that news that I found out about the hospital. I'm really excited about the fact that I was driven by my instinct to talk about these topics, because they're really important in healing the brain. And that what I've been talking about has been validated by something, an organization that's usually slow moving and difficult to accept change, like a hospital.

Bill 4:56

And hopefully, you're going to learn something that you didn't know that you needed to know in your stroke recovery. And what that might do is take your recovery to the next level. And that's what I want. I want out of the recovery after stroke podcast, nobody to ever go through the recovery, the way that I went through my recovery, which was with very limited information, very limited support, and very limited help from people outside in the community.

Bill 5:28

Because there's not enough knowledge about what we need to do to heal the brain. I've spent seven years researching how to heal the brain. And I'm going to stop sharing all that information with you and I'm gonna bring in the relevant people to actually help support my recovery, but also your recovery. There's no point me learning all this stuff and knowing about it, and then nobody else knowing about it.

Bill 5:50

It's not something that should be a secret. I'm going to share it with other people. If you think that the podcast is helpful, please share it please like it on iTunes. Please subscribe to follow to get all the updates, I try and release one episode a week and come across to recoveryafterstroke.com and check out the content on my actual website and maybe consider becoming somebody who wants to join the recovery after stroke community where you'll get coaching by me to support you in your recovery, and you'll be able to take hopefully, your recovery to the next

level. It's Bill from recoveryafterstroke.com. Thanks so much for watching and listening and remember, Quit Sugar Heal The Brain.