

The Real Food Revolution

Heather Sandison, ND
with **Ocean Robbins**



Heather Sandison, ND

Welcome back to this episode of the Reverse Alzheimer's Summit. I'm thrilled to have Ocean Robbins here today with us. He is the co-founder and CEO of the 700,000-member Food Revolution Network. He is also the author of the bestseller 31-Day Food Revolution: Heal Your Body, Feel Great, and Transform Your World. Ocean founded the Youth for Environmental Sanity, YES, at age 16 —so impressive— and directed it for the next 20 years. He has spoken in person to more than 200,000 people, organized online seminars and events, reached more than a million people, and facilitated leadership development events for leaders from 65 countries. Welcome to the show, Ocean. Thanks for coming.

Ocean Robbins

So great to be with you. Thanks for having me on.

Heather Sandison, ND

So food and environment are two of the things that you have been working on for decades. How are those connected to brain health?

Ocean Robbins

Well, food is incredibly connected to brain health and so is our environment. Let's take those one at a time. So, your brain is actually, essentially a vascular organ. It consumes up to a third of the oxygen supply in your entire body. So when your heart is pumping blood through your body, the most important place that blood is going is sending oxygen to your brain. So, the brain is constantly consuming oxygen and needs a lot of blood flow. There are so many circuitries of blood going to your brain. We talk about heart disease and cardiovascular disease, and it is pretty well recognized nowadays that cardiovascular disease is essentially a lifestyle-induced illness.

We have the Ornish program showing us that 80% of heart disease can be reversed with changes to diet and lifestyle. We have other research showing us that up to 90% can be prevented from ever happening in the first place with changes to diet and lifestyle. What we are now learning is that the brain follows the exact same course, that the same things that are good for your heart health are also good for your brain health. It is well recognized that strokes are directly linked to cardiovascular health but now we are learning that so is Alzheimer's, so is

dementia, and so is foggy brain, in fact. That when the blood is flowing in, the oxygen is flowing, and the nutrients are getting where they need to go, then your brain works better. And when things are clogged through excessive deposits of fat or hardening of the arteries and the flow cannot go as well, then that is going to affect your brain in the short term with things like brain fog and in the long term with the increased risk of things like Alzheimer's and other forms of dementia. So, that is the really high-level piece and then we can get into the specific foods.

It takes a while to see the data on Alzheimer's but you can now see we have been researching for long enough that we can start to look at trends. When we follow a population of people of 50,000, 100,000 people over the course of 50 years, we start to look at what do they eat, how do they live, and what are their rates of Alzheimer's and dementia, as well as other conditions over the course of their years? I think the really heartening thing is that, depending on who you ask, you could get anywhere from 50% to 90% of Alzheimer's cases could be prevented with changes to diet and lifestyle. Now, environmental factors are functionally similar in that they also affect the whole body. What is bad for your heart, what is bad for your kidneys, and what is bad for your liver is also going to be bad for your brain at the end of the day.

We live in a toxic world, increasingly with pesticides and all sorts of chemicals around us, in our homes, in our air, in our water, in our environment, in our soil, and in our bodies, microplastics, all sorts of endocrine disrupting compounds and it is getting increasingly well-known that a lot of these are factors in precipitating cancer or causing cancer cells to go unchecked in the body because the body does not have the defense mechanisms in place. We all get cancer. The question is, do we have the ability to cut off the blood supply to them and keep them in balance? What happens is that when the body is out of whack because of environmental contaminants or lifestyle or diet factors that cause us to not be at our best, we cease to be able to respond effectively.

So the same is true with brain health, that toxins in our environment can cause us to not function well in our bodies, which ultimately impacts the flow of nutrients to the brain and the ability of it to do well. Also, there are specific compounds that can build up in the brain that can cause serious disturbances. We see, even with kids, that things like ADHD are directly linked to sugar and processed foods, particularly chemical flavorings, and preservatives. All the chemicals that are in a lot of that candies, junk foods, and processed foods today are directly linked to increased risk of hyperactivity and behavioral problems, difficulty learning in school, etc. Spread that out over the course of a lifetime and those same factors can contribute to things like Alzheimer's and dementia and more irreversible problems. This is another piece that I want to let folks know is that for all the things we can do to prevent Alzheimer's and dementia, which are many, there is no known ability at this point, once full-blown symptoms have emerged to do anything other than at best, slow the progression. We do not know any way to reverse it.

Heather Sandison, ND

We see it over and over and over again in my clinic. We have a clinical trial that we will be publishing. So, we definitely see reversal of cognitive decline now. It is not a cure. I would never use that word and there is no pharmaceutical intervention that reverses cognitive decline or Alzheimer's. However, there are lifestyle interventions and there are many, many things that we can do to enhance cognitive function even after it is pretty severely declined. I say that with so much love for the patients who have shown me what is possible, because there are people I had no hope for, who I watched reverse their Alzheimer's, and now they might not be going back to work but their experience in the world is very, very different when they can tell someone that they are hungry, or they are cold, or that they need to move, or that they need to go to the bathroom after having been nonverbal. So, I will just say that it is possible.

Ocean Robbins

That is fantastic and I'm sure throughout the course of this summit, people are hearing lots and lots of those stories. I just want to just distinguish between cognitive decline and full-blown Alzheimer's and say that we do not have knowledge of people who were properly diagnosed with Alzheimer's and later reversed the diagnosis in any more than a few outlier cases. But I think that we absolutely have a lot of knowledge of people who have improved in their cognitive function, including at the place where they were experiencing symptoms of cognitive decline. The fact that some of those people have been diagnosed with Alzheimer's per se and are getting benefits is wonderful and I'm so, so happy to hear that. Of course, that is fabulous. I think my main point, though, is that you do not want to wait for a bad diagnosis to start making changes, because for some people at that point, it is too late and the same is true with heart disease.

We call it the silent killer because a lot of people just keel over and die of a heart attack out of seemingly nowhere. But the truth is, the ground for that was being laid for years, if not decades before, and the same is true with Alzheimer's. The actual groundwork for Alzheimer's starts 20, to 30 years before symptoms develop, typically. So, the point is that wherever you are in the journey, now is the time to take action. They say the best time to plant a fruit tree is 20 years ago, but the next best time is today. So whatever you can do, you are in the right place to learn how to take action for your health. If you are already having symptoms, absolutely, if you can understand what we are talking about right now, then you get it and you can improve and you can build on your capacity and make it better. So, let's just remember, this is urgent and it is important and the results are profound.

Heather Sandison, ND

You mentioned that 50 to 90% of dementia can be prevented and Alzheimer's can be prevented. There's a Lancet article about a very conventional medicine coming out of the UK, there was a 2020 commission report on Alzheimer's and dementia, and they said that 40% of worldwide dementias can be prevented. So, this is a big number of people who are suffering unnecessarily. So, from what you have learned, what do we do? What do we eat? What kind of environment do we create? How do we prevent and potentially reverse cognitive decline?

Ocean Robbins

So, the major pillars are: you want to nourish your body with awesome healthy foods, which also include reducing your consumption of saturated fat in particular. We talk about cardiovascular health and the link, so it seems that saturated fat tends to have a clogging effect on blood flow in the body. There is controversy about that. I'm fully aware but the purpose of data seems to lead in that direction. It is at least as true for brain health as it is for heart health. So, reducing saturated fat consumption in general, Omega-3s is very important. So, you do want to get your Omega-3s. Flax and chia seeds are great sources. You have to grind them up a little bit so they do not go in one end and out the other. You also want to get your DHA and EPA. So, either if you do not consume fish, then you want to take an algae-based supplement. That is where the fish get it from originally, but EPA and DHA are also important.

Then you want to eat lots of brain-boosting superfoods like cruciferous vegetables. In one study from the Chicago Health and Aging Project, researchers found that when people eat green cruciferous vegetables regularly, they added 11 more years of healthy brain function. The likelihood of them getting Alzheimer's if they were going to get it, was 11 years later if they ate cruciferous vegetables regularly. Just that one simple thing. Berries are amazing. Regular consumption of blueberries has been linked to an extra two years of healthy brain function. Turmeric is amazing as an anti-inflammatory and it supports brain health, therefore. So people consume turmeric regularly, and this may be one of the reasons why in India, rates of Alzheimer's are a fraction of what they are in the United States, even after adjusting for life expectancy, it is partly maybe because the population is about half vegetarian in India, but it is also because they consume about a teaspoon a day of turmeric, typically with some black pepper, which increases bioavailability. So, some form of turmeric, or a curcumin supplement, or what have you, can definitely be beneficial. Then, mushrooms are helpful, avoiding excess salt that can have a corrosive effect. Salt can also increase blood pressure, which is not necessarily good for brain health and there are a few compounds that are sort of controversial. As some people say, you need MCTs, medium-chain triglycerides.

There is some evidence that it may be beneficial to consume MCT oil, but there are not a lot of it and it is a saturated fat. So, there is a little controversy about that and therefore about coconut, which goes with that. What is not controversial is coffee, it is associated with significant improvements in brain health. So interestingly, green tea and decaffeinated coffee seem to have benefits as well. So it is not just the caffeine, but the caffeine seems to be helpful. We have a lot of studies showing that coffee is beneficial for cardiovascular and brain health. Now, to be clear, it is not for everybody. Some people get jittery. Some people feel like it is bad for their nervous system. Some people cannot sleep. Not everyone processes caffeine well, and you can absolutely go for decaf or find other beverages. It is not a must, but the research is pretty clear that for most people, coffee consumption is associated with better brain health long term. So that is good news for the coffee lovers of the world. This sounds crazy to me, but actually, the studies have shown that up to five cups a day are linked to better brain health and cardiovascular health, and

life expectancy outcomes. I would not do that. I do not think I could sleep but it is interesting that it seems like from an overall health perspective, if your nervous system can handle it, sort of the sky is the limit on that one. Now, there are downsides to coffee that are also needed to be factored in.

It can be acidic. So for myself, when I drink coffee, I make a cold brew and I drink it half and half with unsweetened soy milk. So, I'm getting a little bit of fat to help balance the intensity of that experience. You reduce the acidity by 50% or more when you do a cold brew instead of a hot brew. Also, reduce some of the potentially carcinogenic compounds that can be in there. Those are a few things that are beneficial from the nutrition side. Then you also want to unwind or practice stress reduction. The brain needs on and off, it needs up and down. It needs to be super used and it also needs to settle. So, making sure that you sleep well is really important. Sleep is hugely important to brain health. Getting a good sleep at night means turning off the blue light and a lot of your activities, at least a couple of hours before bedtime, and going to bed on a slightly empty stomach. Do not eat right up to bedtime. Turn off the food world by six or seven p.m. perhaps if you can, and then you have a few hours before you go to bed. We sleep better when we are not also digesting heavily and then obviously, doing our best to practice stress reduction, maybe some meditation. Then in the morning get up and go. If you can get some sunlight on your body early in the day or get some exercise, early morning exercise is most beneficial for brain health. Exercise anytime is awesome though, and that is the next piece—exercise. Then you also want to use your brain. You have to optimize it by putting it into action. So, use it or lose it situation. Anything that is challenging you to learn new things, especially cross-hemispherical, you can literally build new neural connections at any age of life. So learning how to play musical instruments, singing, and especially if there are multiple parts, learn a new language. All of these things are incredibly good for brain health.

The interesting thing is that the more neural connections you build, the more you have to lose, which means that you could have some atrophy at some point and you would still be awesomely functional because you have built so many neural connections. It is like your insurance policy against future brain deterioration. So, using up those neural connections is powerful. Literally two neurons can have one connection between them or they could have 15,000. You have practically an exponential capacity for growth in terms of your neural connection skill set. Things that challenge you, that get you thinking in new and creative ways, that get your right and your left brain interacting, these are all really powerful. That is the prescription, if you will, for optimal brain health.

Heather Sandison, ND

I love it. Then environment. What are some considerations if someone is concerned about cognitive function, what are things that you recommend people think about when it comes to their environment, whether it is their home environment, work environment, or outdoor environment?

Ocean Robbins

Yeah. Well, one piece is that you want to reduce bad stress. Bad stress is the things that happen consistently and chronically that you have no control over and that sap your life force. So there is also good stress. I want to be really clear and a lot of people think, oh, I'm just going to take it easy. If we just took it easy, we lay on the couch all day and have an IV hooked up for food and we would deteriorate and die and be miserable. So, we actually need stress to cultivate creativity and ingenuity, and innovation. So, you want the right kinds of stress. If you have bad stress that you cannot do anything about, you can turn it into good stress by rewiring your relationship to it. For example, let us suppose you have a really annoying boss who just keeps being mean and does not see your greatness, does not respect you, and you cannot change that. I mean, you might want to change jobs or talk to their manager and say, "Hey, I'm not being treated right. I do not think it is bringing out the best in me". There are steps you could take to try to address it but let us suppose you cannot. Let's suppose it is totally out of your control and you need the job. Then you remember what your greater purpose is. You want to feed your family. You want to grow in your career path. You want to have the stability of income so you can do the things you love. Then you frame it in that context and you realize, "Oh my gosh, this is a hard thing to be a part of a great thing. It is like putting one brick on top of another, you could be really stressed but remember, if you are building a cathedral, that is what you are doing, right? So reframing it in the larger context of what your life is about can turn bad stress into good stress. So environmentally, that is one of the first things that comes up is where are we having stressors on us and how do we create healthy stress and get rid of the bad stress and fear constantly thinking, "Oh my gosh, I do not like this, I hate this, I hate myself. My life sucks". Those are spots where those kinds of thoughts, any thought you think more than about ten times in a day that is not positive is a place to pay attention and ask, "Okay, how do I reframe this, rewire this, or change the circumstances that I'm in so that this fits better with the life that I want" because that saps energy and it is demoralizing to your psyche and brain.

Heather Sandison, ND

Mindset is so important. Right now, I'm reading this book by Becca Levy that has a lot to do with this conversation. It is called Breaking the Age Code. What she proposes is that our mindset about aging and if we have these negative associations with aging, actually decreases our lifespan by seven years and that we can completely negate, completely get rid of any risk associated with a belief in positive status, by having positive associations with aging. So, what you are describing is positive and negative things and re-associating, rewiring around stressful events. But even ageism in our society can be stressful. If we can make it, I think of channeling Betty White and Helen Mirren and imagine that our life is only going to get better and better and better which actually shifts our health.

Ocean Robbins

It does. It totally does. Another thing with the environment is to drink clean water and breathe clean air. So a water filter is a really good idea to not be drinking disposable plastic bottles all day long because that plastic can leach into your body and it is bad for the environment and it is a

waste of money. But getting a good water filter that you can trust and then refilling it in stainless steel bottles and carrying those with you and drinking a lot of water that you can trust is really important.

Heather Sandison, ND

What filter do you recommend?

Ocean Robbins

We use the aqua true. If you go to food revolution dot org slash water, I believe you can find out more they have different models and that is a reverse osmosis type model that can fit on your kitchen countertop so it does not take installation. They also have an under-sink version, but it is the most economical way to get really healthy water that I am aware of. Then there are also air filters. I'm a big fan of the air doctor because they are also, again, for a really high-quality air filter, they are really affordable for the consumer. I think it is food revolution dot org slash air doctor. You can find out about that. I like that there are other options you can also open windows but the key thing to remember is that for most people, indoor air is more polluted than outdoor air. You do not want to be breathing air that is loaded with carcinogens and brain-damaging chemicals. A lot of our home appliances have plastics and outgassing materials, our couches, our carpets, and our walls are, all sorts of materials, that are loaded with carcinogens and compounds that are bad for our health. When you have a good air filter, you can sort of clear that out so that what you are breathing in is good for you. It is a really nice settling feeling to know that your family's breathing good air when you are in the home.

So air filters, water filters, getting rid of plastic dishware, and plastic food storage containers. We replaced all of our plastic food storage containers with glass that have plastic snap-on lids, and then we use some stainless steel as well for anything that might be hot or need to be transported because you can use these stainless steel with snap-on lids that have silicone seals and those are good for schlepping food around. When go to a restaurant, I will have some reusable containers in the car, so if there are leftovers, we can bring them home in things that are safe. These are all really helpful steps you can take that reduce your exposure to toxins. Then, of course, if you can live in an environment that is safe, that is great, but not everyone can afford to. So we just do the best we can with the resources that we have to live in a place that is as safe and clean as possible so that we are minimizing our toxic load. Your body's resilience, it is forgiving and it is resourceful and it can do an amazing job detoxifying and cleaning up from the sins of the past. So remember that and also remember that every step you take to help your body out will pay off manyfold in the future. An ounce of prevention is worth a pound of cure.

Heather Sandison, ND

Right, and you mentioned what we have control over again this stress with this whole conversation, it can feel highly stressful and we do not have a lot of control. What we want to do is not focus on the freeway and things that we cannot change, but on the decisions that we make day to day, about what we eat, about whether or not we drink out of plastic water bottles,

potentially, especially this comes up with women, but our personal care products, cleaning products, those kinds of things that we do have control over, where we can just make a slightly different decision and have a reduction in how much we are exposed to that. It is going to be meaningful, especially over the course of a lifetime. So, you hosted a brain event recently and I am sure you learned a ton. You have been learning about health for decades and have quite a community. It is always changing as well. We are always learning. So, I'm wondering if there was anything that surprised you or stood out that you want to share with our audience.

Ocean Robbins

Yeah, well, I got to work with Dr. Dean and Ayesha Sherzai, who are two of the top neurologists on the planet. They started the Alzheimer's prevention program at Loma Linda University. They wrote the book, *The Alzheimer's Solution*. They are researchers through and through and they have been studying the data and then conducting their own research. Here is a fascinating data point. Let's look at Loma Linda, California, for a moment. It is the only blue zone in the United States. So, people in Loma Linda live about eight years longer than the average American. It is the only place like that in the country and the reason is that the population of Loma Linda, California, is predominantly Seventh-Day Adventist people, and three-quarters or so, I think, in the population in that city and the Seventh-Day Adventist community as a whole really values health and healthy lifestyle a lot. About half of them are vegetarians and another significant cross-section are vegans. Then some are also PESCO vegans. What is interesting is this is a community that all shares a common faith context. So, they all and they all get a similar amount of exercise, which is quite a bit by most American standards. They all have a fairly homogenous class context. So Loma Linda is fairly middle class and you do not have the extreme swings of poverty and wealth that you get in other places because people sort of take care of each other and they are a very connected community within this Adventist world.

What is fascinating is that we can study this population of people and see how the differences in their lifestyles play out. Among a common backdrop, the problem with most epidemiological studies is you could say, "Oh, my gosh, people who eat mushrooms are healthier", but you do not ask, "What else are the mushroom eaters doing differently?" Maybe people who eat more mushrooms also do more wild foraging and spend more time in nature. Correlation is not causation, right? So, epidemiological studies have that as an inherent weakness, which is why we tend to try to balance them. In fact, after adjusting for all these factors, then what does the data show and adjusting means that suppose some people exercise more than others, we quantify what we know about exercise to life expectancy or Alzheimer's risk, and then we say, "Okay, well, they are exercising more and that creates a 40% reduction in risk, therefore will balance that". Then we have to look at the other factors with that but it gets a little messy, right? Because there are so many different variables. But with the Adventists who have been studied for the last 50 years or so, if populations of about, I think, 60,000 people, it has been a major study that keeps going on and looking further, we get a lot of those variables removed. So, we can really look at the different dietary patterns, which is a fascinating subgroup. So, what I will say, first of all, about

the Adventist Health Study is that it is showing us that the Adventist community as a whole, they are living about eight years longer than the average American.

The people who live the longest within that community are the PESCO vegans and the vegans, and vegetarians are next. Then the omnivores are at the bottom of that sort of hierarchy of life expectancy. We can also see that the PESCO vegans and the vegans have lower rates of heart disease and Alzheimer's, Cancer, Type 2 Diabetes, and all the major chronic illnesses that are besetting us today. Not only do they have longer life expectancy, but they have longer health expectancy. This is true in the Adventist population in general because a lot of people I know would not want to live eight more years in a wheelchair, blind, and deaf but that is not what we are talking about. We are talking about people who actually are robust and healthy and vibrant. Then basically, they have a steep drop-off right at the end of the day, rather than sort of dying slowly for 10 or 15 or 20 years, which is what we see all around us in the modern world.

So the other interesting thing, though, is that the Sherazais have been practicing in Loma Linda and they have been seeing people from the Loma Linda Adventist community and the wider region because it is a premiere center for Alzheimer's, they have diagnosed 3,000 Alzheimer's cases over the course of the last 20 years. Of those 3,000, they are working in a community that is 50% vegetarian, and they are also working with a larger population, not everybody is part of Loma Linda, but still, they are going to have a skewed population reference point at Loma Linda Alzheimer's Center. That is going to tend toward more vegetarians than the mainstream population. Of the 3,000 people that they have diagnosed with Alzheimer's, I believe the number of them that were plant-based was like 11, so based on their research, that is kind of stunning in a community that's 50% vegetarian.

That just adds to the sort of anecdotally, in a sense, that the plural of anecdotal is data and their conclusion, based on all the research they have been doing and the work they have been doing is they say 90% of Alzheimer's cases can be prevented with changes to diet and lifestyle, not 100%, but 90%. The other 10% is actually environmental is part of it. Then, of course, there is some that is genetic for sure, but it is a very small percentage. Yes, some people have a predisposition towards Alzheimer's. They have genes that make it more likely. But if genes load the gun, lifestyle pulls the trigger and you do not have to pull the trigger.

Heather Sandison, ND

So, if you could wave a magic wand and create a society where the future of aging was really compelling for people, what would it look like?

Ocean Robbins

Well, I would say that we want a future where we grow into our wisdom years with pleasure and satisfaction. Our elders have done something, they have given something. If they have lived in a meaningful way, they have also learned something and our society needs the elders. It needs that wisdom. My goodness, we cannot afford to keep making the same mistakes. We are

running out of time as a species. If we do not learn from the past, we are destined to repeat it. Our elders are essential to our ability to learn from our history. So, we as a society need our elders in tip-top shape with all of the wisdom and all of the creativity. Elders also need humility to never stop learning, and to never stop discovering. The moment you think you have everything figured out, pride goeth before the fall.

So, we always need to be learning and growing, but we also need to be sharing what we have learned, not in a way that tells other people to do it just the way we did it but that hopefully helps them learn from our mistakes as well as our discoveries. Then I want to see us re-envision our picture of aging because so often what you focus on is what you get. I remember when I was learning to ride a bike, I saw a pothole ahead of me and I was like, "Do not hit the pothole, do not hit the pothole, do not hit the pothole", and guess where my bike went as I'm staring at the pothole? Right into the pothole. The next day I rode on the other side of the street and it took a while to realize I had to actually look away from the pothole if I wanted to go somewhere else.

So, when you look at aging, you think, "Oh, I may have more and more pain, more and more aches, more and more suffering, less and less mental clarity, less and less joy, less and less sexual vitality, less and less pleasure, less and less mobility. I'm going to be a basket case someday" if that is what you think, then that is what you are looking at on your bike as you head towards your pothole. But are you willing to have another possibility where you say, "Oh my goodness, my wisdom years are going to be my best years ever? I might have more satisfaction, more peace, more pleasure, more friendliness, and more space and time to do the things I love because I'm less caught up in the busybody world. I will have more space to do things efficiently because I have learned so much about how to be optimally efficient. I will have a better sense of priority".

Younger people sort of do everything as we figure everything out. Older people learn to prioritize and focus and learn the value of focus. So, your wisdom years could be your best years ever. One of the key things is to use it or lose it, stimulate your brain and use your body and think of food as medicine. You want to eat to live, not live to eat. Of course, you should have pleasure in your food but let's find healthy pleasure in healthy food. Let's turn to love foods that love us back. I was talking to somebody yesterday who was talking about how she did not like vegetables. I was thinking, and she said, "What is your advice?" and I said, "Well, either learn to like vegetables or live close to a good hospital" because that is the truth of it. That can sound kind of glib, but the truth is that there is so much pain we are setting ourselves up for if we do not make the right choices now. If you are growing up, you brush your teeth in the morning or at night and you do not say, "Oh, do I want to brush my teeth?" You just do it, right? Because it is the right thing to do. Hopefully, you find as much pleasure as you can in it. You learn to have it be a self-care ritual and you find some toothpaste you like.

But at the end of the day, you're not doing it because it is fun. Let's be honest about it. You are doing it because you do not want to have cavities that are a lot less fun. You want to keep your teeth, right? So thinking of food the same way, let's learn to bring as much pleasure as we can to

it. But first and foremost, food is about nourishing your life so you can have pleasure in everything you do so that your tastebuds are not the only pleasure you have left. That is what I want for all of us. I want our aging to be a maturation, and a ripening, and a wisening, and a deepening so we can look back in our lives with satisfaction and look forward to whatever remains of our lives with pleasure and enthusiasm.

Heather Sandison, ND

We are so aligned in that vision and I love hearing you articulate it. I had a patient yesterday I was talking to, it was the first time I met him, he's 70 years old and he said, "Man, I wish I knew in my twenties that the sex was just going to keep getting better and better as I got older". That is awesome.

Ocean Robbins

Yeah.

Heather Sandison, ND

There is so much potential to reframe this and I think as a society we absolutely owe it to our future generations to incorporate the wisdom and experience of our elders for that intergenerational wisdom transfer to happen. I do not know if you know that I created Marama, which is an experiential space, a residential care facility for the elderly, where we aim to create the most brain-healing environment. My goal is to make those types of places obsolete. I think that society has gotten it wrong and what we really need is to support prevention so that all of our elders can stay in that fabric of society, in their communities, at work if they want to. They can be contributing to the next generation, transferring that wisdom so that we can create solutions to the many, many problems that the world is facing these days. We need them. They are a squandered resource. So, thank you so much for sharing that vision with me. There is so much alignment in your work and mine and it is just really funny to be having these conversations and knowing that there is a shift happening and that we are catalyzing and hopefully, there are many, many people who will not need to suffer with this torturous disease.

Ocean, I want to make sure everyone knows how to find out more about you. You mentioned your website and some of the products. What else can they use to discover more about what you have to share?

Ocean Robbins

Yeah. So, if you go to Food Revolution dot org, you can find lots and lots of articles. We have, I think, over 1200 recipes posted and over a thousand articles on critical food and health topics, all completely free. You can also get my book, The 31-Day Food Revolution: Heal Your Body, Feel Great, and Transform Your World, available online or perhaps in bookstores. You can also go to brain dot food revolution dot org if you want to check out the free masterclass that I created with Dr. Dean and Ayesha Sherzai. Again, that is brain dot food revolution dot org, where we share a

lot of the tips and a lot of their brilliant wisdom on Alzheimer's prevention and peak brain performance.

Really, you find us any time in your own heart when you choose real food over processed junk. Every time you say yes to foods that help you thrive and that are part of the world you want to create. That is the other piece I want to just briefly touch on is that food is super personal, every bite literally becomes you. It is also somewhat political. It shapes the policies and practices around the globe. We now know that cows impact our climate more than cars. We now know that 80% of the world's agricultural land is being used for animal agriculture, to produce 18% of the world's calories. If just theoretically, the entire world went vegan tomorrow, not that that is going to happen, but if you just play with me for a second, if everyone did, we would free up an area of land equivalent to all of the United States, European Union, Australia, and China combined in one fell swoop. That is how much land would be freed up, which could instantly be used to go back to forests for regenerative purposes or to grow abundant organic food for future generations. If, just theoretically, we turned all of our lawns in the United States into gardens, we could triple our vegetable production in the United States just with that one move.

So, by moving away from a meat-centered diet and turning lawns into gardens, and getting more community gardens going, there are so many ways that we can contribute to building a healthier food culture and a healthier food economy, and a more sustainable planet for future generations. By the way, most of our genetically engineered crops, are for those who are concerned about that. Most of our pesticides are actually being sprayed on land or being used to grow food for cattle and other livestock. So, even if you are worried about the impact of soy plantations on tropical rainforests, remember this, most of that soy is not going to tofu, it is going to livestock. So, in fact, if you want to have less impact on the earth, there are a few things you can do that are more potent and eat lower on the food chain. The benefit of that, of course, is that it also contributes, when you do it right, you get more phytonutrients and more beneficial compounds that are good for fighting Alzheimer's, peak brain performance, and so much else. The plant kingdom offers us, such an abundance of vitamins, minerals, antioxidants, and nutrients of all kinds that stimulate our brain and help us to function well and that are anti-inflammatory and that are beneficial for overall wellness. So, eating lower on the food chain, and eating more from the plant kingdom can be powerful steps you can take to benefit yourself and your planet.

Heather Sandison, ND

This is so empowering. Ocean, thank you so much for being here. It has been an absolute pleasure. I learned a ton and I know our guests have as well. Thank you again.

Ocean Robbins

Absolutely. It is my pleasure. Thank you so much. To everyone watching, thank you for being a part of this learning journey, this movement of people who are rediscovering what is possible. You are part of the solution on this planet.