
Review of Cavin Balaster's
HOW TO FEED A BRAIN

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SUMMARY:

Introduction. While falling 20 feet from a rooftop water tower, Cavin Balaster hit his head both on a steel beam on the way down and on the concrete at the bottom. He was said to have a 90% chance of not waking up. When he woke up, he did not accept the similarly dismal prognosis and searched for other options. He has made a most remarkable recovery and it appears that he has gained back most of his function. He does plenty of outdoor activities, for example.

A major theme of Mr. Balaster's book *How to Feed a Brain* is not to focus on the brain itself but to focus on healing and sealing the gut. And this point is even more emphasized now in the consultation work he does since the time the book was written. Without having learned about the GAPS diet at the time of writing the book, it appears, Mr. Balaster adapts and very frequently uses the work of Terry Wahls MD, the doc who healed herself of multiple sclerosis. This is encouraging because the great diversity of diets that attempt to do this (GAPS, Body Ecology Diet, Autoimmune Paleo Diet, Plant Paradox Diet, etc.) and their frequent reports of great success tell us that practitioners are reaching a similar conclusion independently: a leaky gut is able to cause many diseases and healing it is able to cure many diseases. I would say it seems reasonable to think Dr. Wahls also was able to heal and seal her own gut with her Wahls Protocol as part of the healing from MS and I will say the diet she developed does bear some resemblance to the WAPF diet. Generally, he uses her diet here. Mr. Balaster also focuses on the three synaptogenic nutrients recommended by a Dr. Wurtman: DHA, choline, and uridine. And WAPF people won't be greatly surprised to know that the WAPF diet (perhaps with extra beets, we might say) has a lot of these three nutrients. Though I know Mr. Balaster is aware of WAPF today, he did not seem to be thoroughly familiar back at the time of writing the book. For this reason, there are some places where I would differ with what is written there.

Points of disagreement. I disagree with a statement in the book that seems to say a little soy yogurt might be okay and also with the general trend in this book towards using olive and avocado oils for just about everything, to such an extent that the animal fats are much harder to find in this book though they are said to be healthy. Further, the very extreme problem of olive oil fraud and the problem of avocado oil fraud are not mentioned in this book. Since they're not mentioned, one would expect about 75% to 80% of the olive oil users reading his book would be swallowing the dreaded "Brain Killer" (deadly industrial seed oils/vegetable oils) if the olive oil fraud numbers are still as bad today as they were in the May 2015 report that revealed the extent of olive oil fraud, which is nothing new but has been rampant and severe (see my TBI report for more). That is no small point for a book dedicated to saving the brains of TBI victims (or for anyone trying to improve the health of any human or animal) and it has to be

changed/emphasized in an updated edition. (One of the chapters in *Deep Nutrition* by Cate Shanahan MD about vegetable oils is called “Brain Killer.”)

Side point: Restrictive nutrition protocols for healing and sealing the gut will be obsolete.

One important point with all of these nutritional protocols for healing and sealing the gut is that all of them but one involve some level of temporary restriction of certain foods. The reader might be thinking I'm referring to the WAPF diet, which is not restrictive but instead focuses on traditional preparation methods for making foods (especially plant foods) nontoxic and absorbable. Well, I'm actually not referring to the WAPF diet this time. Without rejecting any of the WAPF nutritional principles I would like to point out that there is, in fact, a nonrestrictive protocol for healing and sealing the gut, though I haven't necessarily heard it characterized that way. I'm referring, of course, to growing all of one's own produce in the type of garden that was used in the Garden of Eden rather than working hard to fail by tilling the soil with backbreaking labor to produce masses of weeds (scab plants) and working directly against design G-d put into nature.

In my experience, only humble people who believe in G-d (or are willing to believe in G-d) have been able to understand this method of growing food and it only takes 5 or 10 minutes for them to understand it. It also can help for the person to be severely ill or desperate for answers, but that's not a requirement. There appears to be something like a synaptic disconnect (but really at the level of the person's soul, not the brain cells) for those who seem incapable of understanding that original method of growing food. Anyone who does understand this method is very blessed and should be very grateful.

As explained in Chapter 3 of my book manuscript (which is free on my website), this method of growing food is such that people who hate a particular type of produce will love it and even eat in raw when it's grown in this type of garden. The paleo/hunter-gatherer diet movement, the New Age movement, and the like are all so thoroughly refuted by this method of growing food. This is something that people can taste and then immediately understand that we human beings truly started in the Garden, not in a cave. By way of contrasting with food from tilled soil, this bursts with juice and flavor instead of being tough, bitter, fibrous, and (relatively) flavorless. The documentary that popularized this method just over 10 years ago has been seen by tens of millions worldwide. Since it was originally a Christian film, I left the New Age phase I was in over the course of the film, becoming a Christian within about two hours; later, a friend of mine recommended Rabbi Tovia Singer's book *Let's Get Biblical!* and that proved to me conclusively (as it would for any expert or non-expert, scholar or non-scholar) that Christianity was only ever made possible by the very most obvious Bible-tampering that is easily exposed by any Orthodox rabbi. I don't recommend idolatry, not even the unintentional variety.

But the specific relevance of this method of growing food to healing and sealing the gut is this: many have reported their food allergies have gone away when they have eaten their produce only from this type of garden. I don't doubt that any familiar with the restrictive protocols mentioned above for healing and sealing the gut lining will understand what this means: it means that it heals and seals the gut. And that makes sense. When the plants are no longer full of plant toxins, they don't cause harm. When you see a man eat a raw zucchini—potentially one of the most bitter foods in the garden—and say, “Paul, that's better than an apple,” you can't unlearn what you've learned. When the asparagus haters and the cilantro haters and the beet haters are eating the foods they hate and liking them (yes, even raw asparagus and raw beets) and often asking for more you know that it's not any exaggeration to say that food is tender and sweet, not

tough and bitter like most of us are used to. Another example is what happened with the cucumber hater: “This is not a cucumber. May I have another?” For the asparagus hater eating the asparagus and asked if he would cook it, the common response is: “Why?”

The author's overnight broth recovery. Now back to this book. Particularly amazing is the author's account of the painful leg neuropathy he had after his TBI getting mostly better overnight after drinking large amounts of homemade broth on the previous day. The story is familiar to WAPF people: he made the broth that day and loved it and just kept having more and more of it throughout the day because it was so obvious how much he needed it to heal. And when he woke up the next day, the painful neuropathy and tingling in his legs was mostly gone, though it had plagued him every day for some time after he woke up from his two comas. As stated below, it would be worth it to buy this book if there were nothing else helpful in it aside from the author's account of what happened when he drank broth. The quote is going in my TBI report.

Ketogenic diet for TBI? Mr. Balaster does claim that a ketogenic diet is good for TBI and he has some references to support that claim. My question: Is the benefit of ketogenic metabolism for TBI actually because of a complete switch to nearly no carbohydrates or is it really because of such severe deprivation of fuel in the brain cells that may be operating with damaged metabolism/may be less able to use glucose? Clearly, the book shows on page 52 that low blood sugar leads to neuronal death. Does it stand to reason that we should supply both types of fuel (fats and carbohydrates) at once rather than severely limiting carbs? The book doesn't appear to severely limit carbs, anyway, so this question is more about the rationale than about the practices outlined in the book. Giving coconut stimulates ketone production even without severe carbohydrate restriction. As the author makes clear, there are exogenous ketone supplements, too. WAPF people know severe carb restriction can be a big problem.

Miscellaneous. See my notes about pages 69–70 on the probable hazards of the high water intake recommended in this book.

I will be most interested to see what the result is of the collision of Dr. Raymond Peat's nutritional school of thought with that of WAPF. Mr. Balaster's recommending a high intake of fish oil in this book. I also see that cod liver oil is, to some extent, not recommended in *How to Feed a Brain*, but it is part of his website. (And neither would be acceptable to Dr. Peat.)

This book describes the same reaction to lactofermented vegetables in those naive to them as observed by the GAPS diet.

My notes for page 96 on olive oil content of canned fish are important and also, I think, not emphasized enough by WAPF yet. Olive oil fraud is still dangerous if that olive oil is used to pack canned fish.

The use of the patient's own saliva in the tube feeding is so funny and lines up with the practice of the mother prechewing liver as a first food for baby (as recommended by WAPF).

Letter to clinicians. Mr. Balaster's letter (<https://feedabrain.com/clinicianletter/>) to clinicians in this book (also available free at his website) is such that it will unlock locked doors. Yes, it's true that the need for such a letter to be written so diplomatically for patients to beg for their right to do the right thing goes to show how far our nation got from the Creator to be under this type of boot. But still it's a powerful letter and has been written well. Not only that, but the use of the master's thesis by Laura Schoenfeld RD MPH (a WAPF chapter leader) and the 2014 paper in

Practical Gastroenterology called “Blenderized Tube Feeding: Suggested Guidelines to Clinicians” will both help lend the credibility needed if there are any docs who mistakenly believe the scientific literature is not corrupted. So the patient may need both the letter and these two PDFs (available at his site) in their arsenal when kindly reaching out to doctors of a TBI patient.

Blenderized nutrition for TBI patients. The book focuses on a variety of blended recipes for tube feeding and teaches how this must be done with a high-powered blender in order to prevent clogging. There is a flowchart for making sure the patient is a candidate for blended tube feeding recipes and the usefulness of having this all compiled in one place cannot be overstated.

Pre-made shake products. I understand that it is out of necessity that Mr. Balaster has included Feed a Brain-approved tube feeding formulations (<https://feedabrain.com/feeds/>) that are premade and a packaged bone broth (these are on his site). The packaged broth in a bag is actually shipped frozen and it looks like it's probably pretty decent stuff. A shake on that page is not made with the very best ingredients and might even be harmful based on what I've learned from WAPF over the years about protein powders. A statement by WAPF President SFM comes to mind: “We've had many letters from people saying they have had severe health problems including cancers and autoimmune disorders they attribute to taking protein powders.” (This is a paraphrase rather than an exact quote, but it's close.) That certainly calls very much into question the use of even the best raw, grass-fed whey powders, etc. That being said, it is clear the makers of that shake made an effort to formulate this one (not from raw dairy, unfortunately) with less harmful ingredients. The ingredients for one shake I see on his site is better, clearly, than the standard enteral feeding formulations. However, the website of the manufacturer is far from modest and certainly not recommended for men and boys! I simply don't know how someone would be able to keep even the high-oleic sunflower oil in that shake from going rancid immediately. Still, it is much, much better than the standard enteral feeding formulations described in my TBI report and a reformulation to use only better ingredients than are being used now (or a switch to a different brand with better ingredients) would be a further upgrade. I don't have a recommendation at this time. It's clear that Mr. Balaster believes it is unacceptable to not do the blended recipes over a shake for the tube feeding and I hope everyone will take that to heart.

In addition to the shake, there is also a brand of gastric feed pouches full of food and many of these feature as their fats: olive oil (likely fraudulent but we don't know for sure), grapeseed oil (a deadly industrial seed oil), flaxseed oil (almost certainly rancid shortly after pressing). One such pouch is made primarily of quinoa, kale, and hemp, not the kind of food for someone with a suspected leaky gut problem (a TBI patient, that is); some are a bit better than that. All of these pouches of blenderized food are shelf-stable, meaning they are essentially canned though they are in a pouch; and they all contain plant foods. For this reason, we may expect them to contain plenty of methanol, wood alcohol, just as would be the case for any plant foods in a can or a Tetra Pak-type of box (the methanol content reaches its maximum at 6 months of storage time for canned plant matter, according to Dr. Monte). Aside from this methanol problem, which is hard to weigh against the other harms of standard enteral formulations, all of the feeds recommended at <https://feedabrain.com/feeds/> are better than standard enteral formulations, but they all have very serious problems. None of them are good and none are even acceptable. For instance, they all have fats that are suspected of going rancid quickly and that is enough to disqualify all of them. Each of them could be reformulated to be improved until acceptable.

As hard as Mr. Balaster has tried to find better feeds, and as much as he has, in fact, done a good job finding feeds that are better than the standard ones available, the ingredients of all of them make it very clear that none are acceptable. The patient must have real food prepared by a caring family member or friend for this purpose. I'll also say that such a person should be eating what they make to put in the blender or else they are likely to burn out and not be healthy enough to help the TBI patient for very long, anyway. Even though it would be good if someone came up with truly healthy tube feed formulations or modified these existing ones to be acceptable, we should assume that the synergistic effects of real food prepared fresh will always be vastly better and that we cannot, in any show of human pride, measure in a lab and replicate all the goodness and assistance G-d built into nature just for us.

Conclusion. The book will need to thoroughly address the very extremely common problem of olive oil fraud (and avocado oil fraud, to whatever unknown extent that is common today) and, I think, promote greater use of animal fats because of their nutritional value. It will need to address the topic of raw milk which could be an avenue for greater healing of TBI patients if experience shows that it works (and if not, I would expect that any Certified GAPS Practitioner would say they know the reason why)...

I also would like to see other items that are mentioned my own TBI report addressed in any updated edition of Mr. Balaster's book. The great success of mineral expert Tim Marshall PhD with lithium supplementation (when combined with magnesium, selenium, and zinc) is one very important example. No TBI patient should be unaware of Dr. Marshall's work and deprived of the great effect on stem cells and growth factors that lithium has (and the neuroregeneration this can help achieve).

Overall, Mr. Balaster's book is absolutely indispensable for the TBI patient/family of the TBI patient and will need some modifications and updates. It is a very big blessing that someone was able to teach himself so much and then bring this to the world. Assuming the points in this review are addressed, I would also give a wholehearted recommendation that TBI patients and their families and doctors should consult not only with Tim Marshall PhD (for his most unique mineral expertise in this field) but also with Cavin Ballaster, who is living proof that far more regeneration is possible than what the standard allopathic approach has led people to believe.

NOTES BY PAGE NUMBER:

9-10, Reference 8: Blindness reversed as described in a book called *The Brain That Changes Itself*, but I don't know in what context.

24-7: This part of the book is in a way nodding slightly to veganism even though the author isn't recommending it. The author obviously has one thing very right here: there are elements of the truth mixed into what vee-gans are making an effort at trying to do. And that is a good place to start: make concession statements about the true things they do believe in. But veganism has to be fully renounced. Veganism is an invention of the globalists and its purpose is to prevent people from having children. And if you want any kids that may still result to have braces and wisdom tooth extraction and C-sections, veganism is a great way to do that. Dr. Wallach always challenges people to show him any "third-generation colonies of vee-gans with hundreds of giggling children." If you want them to have naturally straight teeth and no need for interventions in birth

so they can use midwives for the whole process, WAPF is a great way to do that. For those who think they want to be vee-gans or vegeterriers for religious reasons (e.g. they believe that Adam and Eve must have eaten only plant foods), they just haven't asked for help from an Orthodox rabbi and that is the source of their confusion. If they had asked, they would know that Adam actually was given meat in the Garden of Eden that was roasted for him by angels. Mankind wasn't given permission to kill animals for food until the days of Noah. Chapter 3 of my book (which is available for free online) does go into the details about the method of growing food that was used in the Garden of Eden, a method that obviously has been rediscovered in our time. No one can believably say I have no interest in that topic. But the fact is that animal foods are healthy and very important for having children and they were certainly not given to us to kill us. They are also very good for the environment and the animals should not be mistreated in the slightest (including castration, confinement feeding, etc.). My book goes into this topic. The main purpose, again, of veganism is to prevent Americans from having children. You should be fruitful and multiply and have as many children as possible (and as many as possible doesn't mean as many as seems convenient to the human mind).

Trans fats are slammed here. But there is no excuse for eating deadly industrial seed oils (vegetable oils); they're roughly at least as bad as the trans fats and, according to the book *Deep Nutrition*, their oxidized forms actually multiply themselves in the human body. A recent interview with Dr. Mercola reveals that they have a 2-year half life in the body and aren't fully removed until 7 years after they have been removed from the diet.

The highly estrogenic soy and soy milk must not be promoted as they are in this part of the book. Infants on soy formula receive the estrogenic equivalent of five birth control pills per day, according to a study found by WAPF. WAPF has also been involved in the soy prison lawsuits for years because prisoners have been given enormous amounts of soy to sterilize them. It should be plain as day to anyone that soy is being used as an anti-fertility technology by the globalists and that it goes hand in hand with vee-gans and their veganism. It also is safe to say it goes hand in hand with the promotion of gender mutilation surgeries for children, drugging children with hormones, and also corrupting them and conspicuously grooming them for pedophilia with their sexual education in public schools, the last of which has been reported on generously by Parents' Right in Education (PRIE).

32, ¶1: Almond, cashew yogurt probably not good idea if student of WAPF.

32: Intestinal permeability study (University of Maryland) about gliadin: See page 401 of *Deep Nutrition* "Gluten, Zonulin, and the Myth of Harm to Healthy People." This is an interesting point which seems to argue from the other side of what you're saying here in this discussion. In any case, I do believe that growing food with the method from the Garden of Eden will entirely solve all of our plant toxin problems. No reason to abandon traditional preparation methods then. I'm just saying that it is a great understatement for me to say the plants are not tough and bitter as they are when grown in tilled soil. It's a whole world of difference.

35, top of page: It seems the author has not yet had the opportunity or a reason, particularly, to learn about the astounding health benefits of "moo-shine"/raw milk. So now's the time! It is now more available than ever and this is in large part due to the efforts of the Weston A. Price

Foundation which has worked so hard to make it widely available in all 50 states. All the more so, it is a product of G-d's mercy that Americans have increasingly been allowed to see the great healing properties of the powerful medicine called raw milk. I consider this a free gift from G-d rather than something America has fully earned, and I expect it will be temporary if our country doesn't become deserving of greater freedom. America will have second Holocaust if it keeps going on the same trajectory, G-d forbid. The germ theory of disease transmission is at least greatly overblown, but the sin theory of dictatorship is the right one. Heat treatment of milk makes it a very allergenic food. A lot of people have cured allergies and asthma with raw milk, not to mention many other diseases. I have certainly been the beneficiary of raw milk especially in halting and reversing tooth decay. In the later stages of the GAPS diet (one which Mr. Balaster and Dr. Wahls seem to have partially reconstructed without knowing about it, lending credibility to our cause with independent verification), fermented raw milk in the form of 24-hour yogurt and 24-hour kefir is added in. It is a great disservice to the readers to not know about raw milk. Babies start with a leaky gut and then have raw colostrum and then raw milk. Maybe this will work for adults drinking raw milk from cows and goats.

37: If there were nothing else good in the whole book, it would be worth buying the book just for this personal account by the author of his use of homemade bone broth to reverse neuropathy after his TBI. The amazing overnight results are nothing short of astounding. The quote is going into my TBI report.

39: 12 hours broth simmering time recommended by the author here. But I would point out that long-simmered broth certainly would not be for the acute stage of TBI because of free glutamate.

40-1: These spices and the use of a 450-degree oven might be inflammatory for TBI patients in acute stage. Drippings would be a source of free glutamate. My own migraine headaches 24/7 due to neurological injury from 2009 Swine Flu shot have shown me that certain spices are not for people with severe migraines. Maybe some of these spices also would be problematic/too excitatory for acute stage of TBI.

43: B₉ (folate) useful for myelin. Retinol useful for optic nerve of TBI patients.

44-6: The author needs the work of Greg Nigh, ND, LAc on the topic of his low-sulfur protocol. It seems possible that some of the TBI patients out there would have the same kind of sulfur metabolism issues and may need to be dealt with accordingly.

46: Mushrooms are kept out of the gastric feed formulations because some don't tolerate them. I'll point out they are also a source of glutamate.

48 ¶1: Very important ¶; quote it.

52 ¶1: Low blood sugar → neuronal death; high blood sugar → glycation.

53 ¶2: I took a look at the glucometer recommended on the Feed a Brain website. It appeared not to be wireless, but I wasn't able to fully verify that. I don't know where it is made. Whenever possible (I didn't say whenever convenient), we should not buy anything from China because they

have over 1 million people in concentration camps there. I was thoroughly convinced by the chapter “The Transformation of Diabetes” in *The Invisible Rainbow* that the main cause of blood sugar problems today is EMR. Therefore we are obviously watching as people are moving towards a model where they have their blood sugar and other things monitored by their “smart” phone while the EMR is the primary cause of their problem. The same company does explicitly offer a wireless glucometer so I think it is likely the one recommended on his site is not wireless. Dr. Wallach's book *Hell's Kitchen: Cause, Prevention And Cure Of Obesity, Diabetes & Metabolic Syndrome* was always the first thing I recommended whenever giving advice to someone with blood sugar problems and it is not any less relevant. It's a huge discovery. Essential nutrients must be had every single day. I'm only saying that the EMR is more immediate cause of the blood sugar problems people are having.

53: The author talks about avoiding carbohydrates at breakfast time because of the high cortisol levels in the morning. Yet hormone expert Raymond Peat PhD would say that this is actually why he recommends orange juice first thing in the morning because low blood sugar was the cause of the high cortisol levels after a night of fasting.

54: Canned or boxed juice, however, will contain methanol (wood alcohol), which is known to cause blindness, color blindness, and multiple sclerosis. Here is a list of methanol foods: <http://whilesciencesleeps.com/files/Monte%20Diet.pdf>

58: I believe I remember WAPF doesn't allow algae oils.

58 ¶3: The author says that whether a fat is healthy has little to do with whether it is saturated or unsaturated. I wonder in what sense he means that. Broadly speaking, though, a saturated fat is very healthy and a polyunsaturated fat can only be safely eaten in small amounts.

58, last ¶–59: Here there is an explanation given that it is believed by the author that using fat as fuel was an adaptation of people to northern locations like the Eskimos lived in. But Eskimos would have eaten more land animals if available. See *Nourishing Fats* by WAPF president Sally Fallon-Morell. It is very possible (and even easy) to over-eat fish fats and I do believe that some people are much more sensitive to them. And large amounts of polyunsaturates are clearly harmful.

59 ¶1: Myth of evolution promoted by author. Same on page 60: “hundreds of thousands of years”; page 61: “evolve.” Search entire manuscript for “hundreds” so you can find any instances of “hundreds of thousands of years.” See the chapter in my book called “Dr. Dino.”

59 ¶2: References 297–301 talk about ketogenic diet for TBI.

61: Apparently, the horrendous problem of olive oil fraud is so far unknown to the author. See my TBI report for an explanation. And even avocado oil has been known to be fraudulent, too, and I do not know if this is more or less frequent than with olive oil.

64 ¶3: Cold pressed seed oils is a misleading term here because earlier the author was talking about coconut, avocado, and olive. It is clear he does not mean cold-pressed sunflower oil, which

is something he's (correctly) not recommending in this book. Another term would be better, then. Something like “non-fraudulent tropical plant oils” might do the job.

66 ¶1: Cholesterol important in synaptogenesis. Great!

67 ¶3-4: Analogy was used here by the author about trucks on a 6- or 7-lane highway as lipoproteins carrying cholesterol in the blood. He said that taking some of them off the road with a statin wasn't the right approach. But this analogy might need to be modified because the lipoproteins in the blood are not a problem at all but a repair mechanism. Maybe if he calls them firetrucks it would be an upgrade because he already used the firemen analogy earlier which is also used by WAPF in the context of coronary artery disease (blaming the firemen for the fire because they always seem to be there).

68: Here is a hot drink recipe given by the author. Canned coconut milk might be a source of methanol since it is a plant food. Simmering it with an open lid on the stove for some time would drive the methanol away. Dr. Monte says that this takes 3 hours of simmering tomatoes with an open lid to eliminate all methanol.

Here it sounds like the author might be talking about canned bone broth but I know that is not the case. So I would add the word *homemade* there.

Turmeric, as I understand, should be cooked gently into a paste. I do this in bulk and freeze it.

Dr. Peat says no avocados because of polyunsaturates. I don't know if he's right.

Blender for hot liquid is a dangerous idea because of hot plastic. I know that one brand called Waring Pro makes a glass blender. It would be worth it to check and see if they make it so there is even no contact by plastic gaskets with the food. Air tools for the kitchen and the construction site appear to be the EMR-free way of the future, so if you can find a way to power a glass blender (of any brand so long as it's not made in China) with compressed air, that's perfect.

69-70: The author is recommending drinking about a gallon of water per day. So he should buy (not pirate) the audio presentation *Dead Athletes Don't Lie* (an offshoot of *Dead Doctor's Don't Lie*) by Dr. Joel Wallach DVM ND. Sweating or drinking lots of water accomplish the same thing: they dilute out our minerals (and he contends we need 60 and has a lot of research to back that up). The same is true for watering plants too much. The result will be relatively flavorless, mineral-deficient plants. WAPF recommends at least 1.5 tsp/day of salt to prevent “salt starvation” for adults, but with that level of water intake I would think the amount should be much higher. And that's only for Na and Cl! In Doc Wallach's book *Dead Doctor's Don't Lie* (there is a book and a radio show by that same name) he explains that the heat wave in the 1990s that killed so many people in the USA was deadly not because people lacked air conditioning; many died even though they had air conditioning! It was because the doctors recommended such a low-salt diet.

71: In response to the chart on this page: Eating extra protein for weight loss or blood sugar problems is actually a bad idea. Dr. Tom Cowan MD, vice president of WAPF, says in his WAPF diabetes article that diabetics should favor the yolks over the whites. That's not eating extra protein. And this is the right paradigm. Similarly, WAPF President Sally Fallon Morell frequently has said: “The Eskimos had one food combining rule: they never ate lean meat. They knew it would make them sick. When they dried meat [jerky], they would spread it with the fat like butter

on bread.” “The fastest way to deplete your body of vitamin A is to eat a high-protein, low-fat diet.” “The darling of the modern dietitian is the boneless, skinless chicken breast.” (These quotations may be paraphrased but they are very close if not exact.)

73-4: There is a nice roasted vegetables recipe here but actually we don't want any fraudulent olive oil or fraudulent avocado oil. Why not use beef fat here?

75: Almond oil is very high in polyunsaturates and Dr. Peat would not approve of this oil. I don't think WAPF would, either.

76: Coffee: Dr. Peat's take on coffee is that blood sugar must be sufficient to drink it and it must not be first thing in the morning when cortisol is high. WAPF's take is it must never be consumed.

77: Mindfulness and meditation. These terms are thrown around a lot in the alternative health world. At first, it sounds harmless. “Oh, I should do some breathing exercises and focus on the present moment. That sounds harmless and it sounds like it would be great for reducing stress and making life better and improving health.” I don't recommend meditation because it is part of yoga, an utterly demonic practice. One need only familiarize himself with what happened to Rabbi Gutman Locks, author of *Coming Back to Earth*. He was first a successful businessman, then a hippie, then a student of a magical guru in India, then a guru himself (and he became the famous “Central Park Guru” and there were people worshipping him in NYC and trying to build some type of commune). Eventually, he found his way to the true faith and even went further than he had to and became an Orthodox rabbi. The presentation “Been There, Done That. Thank G-d, I'm Here Now.” (26:45) shows just how far someone can go into “meditation” and why it is a severe mistake. Brave Browser blocks immodest advertisements that appear in the sidebar of the YouTube: www.youtube.com/watch?v=YuQzBvhjZes&t=0s

For those who might be thinking they just want some stress relief or they want to empty their minds or improve their health, I also do not recommend this. It would be easy for people to think they don't want to become a guru but they just want some lowered blood pressure or something. So what harm could there be in that? For one thing, being empty-headed is not something to aspire to. We should be thinking about G-d's wisdom, not trying to clear our minds or ungratefully escape from the world in defiance of Divine Providence. There is even a very, very popular, so-called “secular” medical meditation program that was developed in the USA in the 1970s that is said to be good for reducing stress and has been studied at a university, but that audio tape is actually designed to cause what's called a “kundalini awakening,” which is actually an evil, demonic attack on the person doing the meditation. A lot of people have been in mental hospitals because of suffering from kundalini attacks. So if people think they are going to reduce their stress with a medically approved meditation tape, they might want to think twice! I was a New Age person. I thought I wanted to meditate my way to “enlightenment.” I was certainly wrong. That false Nirvana actually entails because cut off from G-d. And the Talmud explains that a person who does not bow to G-d will have his spine turn into a snake.

78: Wurtman MD: Uridine, choline, and DHA are the three most important nutrients for synaptogenesis. This is a theme of the whole book. Dr. Wurtman says that uridine is usually only in mother's milk. Does that also mean raw milk would be a good source of it?

79: Citicoline supplement information is on this page. He recommends this in addition to eating choline-rich foods. Note: IOM, from which the upper limit of supplement dosages are originating on this page, is a vaccine promoter even though they know better/know about the harms. Just ask NVIC, the group which reviews their reviews.

79: Take quotes from the last ¶, especially s2.

80: That's probably too much polyunsaturated fat. Dr. Peat says 4 grams/day is associated with increased cancer. Also, Dr. Shanahan in *Deep Nutrition* says most fish oil is rancid.

81: Uridine sources! UMP supplement. Ratey MD quote important. Ref 377 is important.

87: Liver intake should not be so limited. I do not know if the author is getting this advice from the Wahls Protocol or some other source. But essentially what we are looking at here is the result of the government scaring people away from liver by saying that they are going to get toxic amounts of vitamin A. The truth, as WAPF has presented, is that vitamins D and K₂ are working in concert with vitamin A. So if someone is getting lots of vitamin A they are not going to have a problem unless they are not also getting plenty of vitamin D from their food (I'm really not joking when I say I'm talking about from their food, not from a supplement). Again, vitamin K₂ is also part of the picture. Vitamin A, according to WAPF President SFM is not toxic even in the hundreds of thousands of units when there is adequate vitamin D. And of course we are talking about retinol, the real animal form of vitamin A, not supplemental forms. We should also be aware that there are full-spectrum forms of vitamins A and D found in real animal foods and that WAPF doesn't recommend vitamin D supplementation because of the health problems known to be caused by taking D₃. The fats of pigs and birds raised on pasture are WAPF-approved sources of vitamin D and wild seafood has full-spectrum vitamin D. Bird livers are also approved by WAPF and they have A, D, and K. Beef livers might not have much in the way of vitamin D. So WAPF stresses that the Hungarian peasants had a practice of always cooking their beef liver in lard. When asked why, they would say they thought it was otherwise missing something. This traditional practice was a way of balancing intake of A and D in one meal. WAPF President SFM ate liver pate ever single day for lunch for quite a long time when traveling decades ago and said that this was something that was healthy. There is no question WAPF would strongly disagree with the statement that liver intake needs to be limited as much as stated on this page of *How to Feed a Brain*.

87 ¶4 s2: Internal commas here need to be replaced with ;

88 ¶1: Liver is best source of copper when it's in the soil that feeds the plants that feed the animals. So I doubt it will cause an iron problem even though it's very rich in iron. As explained in my TBI report, copper and vitamin A basically are the mechanism for mobilized stored iron. Liver really has both. I hope I'll also find time to make an iron report. You see, there are a lot of food combinations that could be used strategically for blocking iron such as white grapes for increasing absorption and red ones for blocking Fe absorption; egg yolks for blocking Fe absorption; and much more.

88: Clams and oysters have lots of Cu, so maybe there won't be an iron problem from them. It is very interesting that the foods highest in iron (clams, oysters, and liver) are also the highest in iron-balancing copper. G-d designed it perfectly.

89: There is a potentially useful trick here of making one's own liver "pills" but just cutting up and freezing small chunks of liver to be swallowed later. I wonder how this works without any chewing, even though liver is very tender compared to muscle meat. Assuming it gets digested well, a knife trick that might be useful for this page for cutting frozen liver or other organs is to thaw about halfway and then use a bread knife with the scalloped serrations (these are much less sharp). There is less danger this way and it cuts frozen meat better than a standard knife blade. But any serrated knife will be safer than standard blades.

90: Gastric feeding information box is a repeat of the one on the previous page, but this is probably intentional because not everyone is familiar with blended liver and it's worth repeating that they should do this.

90: Not all fermentation uses both yeast and bacteria, to the best of my knowledge. Not all fermentation is in the absence of oxygen. Submersion in liquid does not stop oxygen. The best fermentation education resource I know of is the Foundation for Functional Fermented Food. They teach how to do real, mold-free, therapeutic-grade fermentation with vessels that do not allow oxygen to permeate them. This is in stark contrast to the many books and online articles that have fake recipes that say it's okay to have mold in the ferment and that it's okay to use an open mason jar with no airlock system and just scrap the mold off the top when you're done. No, folks. You must not do that. You're going to make something that isn't fit to eat and tastes bad if you eat it. If you follow these guidelines, however, you'll learn about the very narrow window of salt concentration/why you need to weigh your salt; why you must have a container truly impermeable to oxygen (whether you use their brand of container or not); why you must keep the ferment away from light and at a certain temperature; why you must not eat the ferment too early (the later stages of fermentation eliminate histamine which is certainly important for migraines and may be important for TBI, especially in the acute stage); and many more points that are also very important. Yes, their classes are available in person or through recordings. But there are also free resources. At their product page (probioticjar.com) you can go to the tab called How To Ferment in the menu at the top of the homepage and select the Quick Start Guide and then later the Expanded Guide. These free instructions give an idea of what they teach. I was trying to do things the wrong way for years with many failed batches of fermented foods, an expensive and wasteful time of experimenting with the horribly wrong recipes available in so many books and on so many websites. This is literally one of the only things WAPF has changed in well over 20 years since they started: they don't recommend fermenting sauerkraut or beet kvass in an open mason jar exposed to the air, and they don't recommend starting a beginning stage vegetable ferment (like beet kvass) with an end-stage dairy ferment (like raw liquid whey)! So that is one of the only things WAPF has changed since *Nourishing Traditions* came out.

90: Soy yogurt? No! Almond yogurt? Probably not. WAPF isn't likely to recommend it. I have also heard that kombucha is not for everyone. It is a histamine source. It's a WAPF beverage but I'm just saying it's probably not for everyone.

91: This part of the book is describing exactly the same reaction to fermented foods as described in the nutritional protocol called the GAPS Diet. Dr. Natasha Campbell-McBride does recommend a very similar method of gradually introducing the fermented foods.

92-3: Seaweed is recommended in this part of the book. I'd caution that it has a couple of problems associated with it. In these forms it would counter the author's efforts at healing and sealing the gut lining. It might be an exaggeration to say it is like razor blades to the gut. One supplement I know of called Modifilan seeks to avoid this problem by extracting the gel from the seaweed so only that is used. Reportedly it takes 4 lbs. of seaweed to make 1 lb. of this stuff. A common practice of simmering seaweed in soup would, I imagine, probably do the same (and maybe use a strainer or tea ball if it's the kind that's going to fall apart). Seaweed is a glutamate source, so it obviously can't be for the acute phase of TBI. Broth from bones and heads of non-oily fish, though, should probably serve a similar purpose to seaweed and not be a high source of free glutamate. The South American proverb quoted in your book actually refers specifically to fish broth as it is written out in *Nourishing Traditions*.

96: Canned fish frequently is made with olive oil (most olive oil is fraudulent when on the shelf in a bottle—when canned it also seems very likely there would be fraud going on). However, canned animal foods are not a source of methanol like canned plant foods are. I question whether the fragile fatty acids are not rancid in canned fish.

98-9: A useful means of checking for egg reactions is described here. Yolks are introduced first. This goes along with what was said earlier in the book about elimination diets, not allergy testing, being the best way to discover food sensitivity problems.

102: His food label chart here is hilarious and very useful. The funniest part is the very honest, hand-drawn explanation of what egg labels really mean. WAPF people would love to see that.

103 ¶2: “Natural” on a food label must be explained, said FDA at the time this book came out.

108: WAPF doesn't recommend grass-fed beef because it's lean, and they don't recommend it because of omega-3s in the beef. They recommend it because of the fat-soluble activators (primarily). Earlier in the book is a discussion of some plant foods that contain vitamin K₁ and there is no distinction made between this and vitamin K₂. Of course I have to explain that it would be the position of the Weston A. Price Foundation that it's completely essential to get lots of pre-formed K₂ from the special animal foods we eat.

110 last ¶: “...the most important...” omega-3s

110-1: Here the author describes that a blenderized tube feed was not approved by the hospital or doctors but an omega-3 supplement approved. This means the doctor-patient relationship is reversed, backwards, or inverted. The author designed a letter to request doctors to allow supplementation. He did a really nice job. The existence of such a letter proves that many patients have been begging permission from their doctor rather than firing him in a free medical market! This absolutely proves that our country turned its back on G-d and thereby came under the boot of tyrants.

111: Laura Schoenfeld's master's thesis in Ref 431 is very important, and so is Ref 432! These are available as PDFs at his site. He recommends printing and sharing them with the medical team taking care of the TBI patient.

112: Here he mentions the approved shakes and feeds.

113: It's a mistake to think only cooked meats should go in the feeding tube. You already said raw liver smoothies (and these are consistent with the basic idea of the Pottenger liver cocktail). So this chart should be modified to allow for raw liver.

115 ¶2: These are the website resources.

116: Chart here recommends an RD for oversight of the tube feeding process. I once met an RD who knew WAPF, GAPS, and the work of Dr. Joel Wallach DVM ND. My impression, however, is that this is not their standard training (!). So why condition use of real food on their oversight? If someone is not cooperating, they can be excused. But the real issue here is that if people are not connected to G-d then they will be doing all kinds of strange things and will not even have the freedom to make their own medical decisions.

117-9: This is an outstanding letter to clinicians (also available at his site), assuming that Dr. Peat is mistaken about omega-3 being nonessential or assuming a conditional essentiality after TBI due to impaired metabolism. We should remember at this time some things Dr. Price Said. He saw people come back from death's door giving alternating drops of cod liver oil and high-vitamin butter oil. But this did not work if only one or the other was given. And we should remember he said that 1 teaspoon of cod liver oil can be given per day without injury. I think that means without the cod liver oil causing injury to the patient, and I do think it is safe to say he meant the polyunsaturates, not the A/D combination. 6 grams/day is a lot of fish oil even if perfectly fresh and not rancid.

120-1: Added digestive enzymes or, better yet, one's own saliva from putting bitters in the mouth and spitting out into your tube feeding creation. This is a good idea and so funny. Chewing on kale or mustard greens is suggested here by the author as another means of making lots of saliva to go into the tube-feeding creation. Dr. Terry Wahls's name is on this procedure here, too, so it's not only Mr. Balaster recommending it. And it also goes in line with the pre-chewed liver method WAPF is always talking about for babies (a method that should be even better than using a blender or the like because the saliva will start to digest it for the baby).

124: Why does Dr. Wurtman say only human breast milk has uridine if it's in those other foods, too? I don't understand. Is he just saying that it's the readiest source?

125: The restaurant lunch described on this page carries a most severe risk of the eater being the victim of olive oil fraud. Why would there be a vegan dinner? If someone is not wanting to eat some kind of meat in a particular meal because of eating a lot of it for the other two meals, then he should at least have some broth and some butter and some raw milk, and melted butter makes for a very good base for salad dressing.

125-6: There is a problem with the meals described here. They are missing some of the basic WAPF nutrition principles. The meals are probably largely, by calories, mostly extra virgin olive oil and avocado oil. From reading these two pages that would even seem to be most of what the author eats. Where are the animal fats? There should also be lots of broth explicitly mentioned here in this meal plan section because it is mentioned earlier that it's always going in the author's kitchen but it should be mentioned here so the readers know you're having it every day, often multiple times per day.

Q: Is there truly a need to use ghee instead of butter for that length of time? Pasteurized butter has a burnt flavor, all the more so ghee. Raw butter is amazing and terrific. Reminder: Once the gut is healed, Russian neurologist Dr. Natasha Campbell-McBride (inventor of The GAPS Diet) has the patients reintroduce fermented raw dairy. Now you should be aware that I don't recommend people try the GAPS Diet without a Certified GAPS Practitioner because it's actually extremely challenging to try to properly implement the diet on your own! People will be much more efficient if they do this with a Certified GAPS Practitioner.

129: How would minerals be lost from broth during processing to can it? I could certainly imagine other negative changes.

130: Boxed, canned, or powdered broth should not be recommended because it contains free glutamate similar to MSG (and forms of free glutamate go by 60 to 70 different names on food labels). Powdered gelatin should be low in free glutamate, though.

132: I would caution that butter only has CLA if 100% grass fed. Many grass-fed butters are not 100% grass fed. Is this really how to make clarified butter? I thought a certain amount of heating beyond melting the butter was done before pouring it through layers of cheesecloth.

135: Jerky is recommended here, so I'll reiterate that we have to be careful to never eat it lean, so we must spread it with the beef fat like butter on bread. Jerky has to be lean to dry properly, but the fat can be spread onto it later when it's time to eat.

[You also should write up a Q&A for a Wise Traditions Podcast interview w/ Dr. Ray Peat]