Dr. Dharma

THE DR. DHARMA LIBRARY · NO. III



The

BRAIN KITCHEN

Food is the first medicine.

DHARMA SINGH KHALSA, M.D.

DRDHARMA.COM

BEFORE YOU COOK

Long before a pill, there is a plate.

Clean your blood to clear your head.

Dharma Singh Khalsa, M.D., has spent more than thirty years studying how the way we live shapes the aging mind. In *Brain Longevity*, the book he published in 1997, he gave food a chapter of its own. His reasoning is simple. The brain depends on good circulation to bring it oxygen and nutrients, and what we eat decides how well that blood can flow. Clean your blood, he says, to clear your head.

He does not believe in rigid diets built on denial. He believes in understanding, and in the self-control that comes from it, because that is the only kind of change that lasts. So this book does not hand you a list of forbidden foods. It gives you four simple shifts, the reasons behind them, and a few recipes from his own table.

Try one shift this week. Add a second next week. He teaches that it takes about forty days for a new habit to settle into who you are, so be patient with yourself and keep going.

> *"Your work in the field of memory loss should now be considered mainstream."*
>
> RICHARD H. CARMONA, M.D., M.P.H., FACS
> 17th Surgeon General of the United States, in a letter to Dr. Dharma

KITCHEN SHIFT ONE

01 Eat the rainbow

Color on the plate is protection for your cells.

Every day, the simple work of living creates unstable molecules called free radicals. Left unchecked, they wear on our cells, the way a cut apple browns on the counter. Your body has its own defenses, and the most delicious way to support them is waiting in the produce aisle.

Deeply colored plants are rich in antioxidants. Each color brings a different family of them, so the more colors you eat across a week, the broader the protection. Dark leafy greens, blueberries and other deep berries, beets, red cabbage, peppers and carrots all belong on your plate.

> *Make color the goal, not a chore.*

BRING IT TO THE TABLE

- Fill half your plate with colorful vegetables at lunch and dinner.
- A handful of blueberries or other deep berries every day.
- Dark leafy greens most days, raw or lightly steamed.
- Each week, add one color you have been missing.

FROM HIS FORMULAS

Super Rejuvenation ›

Antioxidant nutrients in every serving: **resveratrol (300 mg)**, **alpha lipoic acid**, **quercetin** and **vitamin E**.

Memory Caps ›

195 mg of blueberry in every capsule, alongside the botanicals he chose for memory.

KITCHEN SHIFT TWO

02 Choose your fats with care

A healthy heart makes a healthy brain.

Dr. Dharma teaches that good circulation is critical for both the heart and the brain. Heavy, saturated fats from fatty meats, butter and cheese thicken the blood and make that circulation harder. So his *Brain Longevity* plan keeps fat modest, at about 15 to 20 percent of daily calories.

The fat you do eat should be the right kind. Choose monounsaturated fats like olive oil, nuts and flaxseed, and the omega-3s in fish such as salmon and sardines. The brain uses omega-3 DHA in the membranes of its cells, so a little of the right fat goes a long way.

> *Less fat overall. Better fat always.*

BRING IT TO THE TABLE

- Cook with a little extra-virgin olive oil in place of butter.
- Have fish such as salmon or sardines twice a week.
- A spoonful of ground flaxseed or a few walnuts each day.
- Make meat a side, not the center of the plate.

FROM HIS FORMULAS

Brain Caps ›

Vegan DHA from algae (50 mg), the omega-3 in brain cell membranes, with **ginkgo biloba (80 mg)**, known for supporting healthy circulation, and **phosphatidylserine (100 mg)**.

KITCHEN SHIFT THREE

03 Keep your energy steady

A brain that runs low cannot think clearly.

The brain runs almost entirely on glucose, and it does not store much. When blood sugar drops, from skipping meals or from a sugary snack that spikes and then crashes, it is common to feel irritable or unable to focus. Dr. Dharma calls avoiding those dips one of the pillars of his diet.

The fix is steady fuel. Eat regular meals built on complex carbohydrates, like vegetables, beans, lentils and whole grains, and pair them with protein. Ease back on sugar and white flour. And finish your last meal three to four hours before bed, so your body can rest overnight.

> *Steady meals make a steady mind.*

BRING IT TO THE TABLE

- Eat three real meals. Do not skip breakfast.
- Pair every carbohydrate with some protein.
- Swap one sweet snack a day for fruit and a few nuts.
- Finish dinner three to four hours before bed.

FROM HIS FORMULAS

Gold Multi-Vitamin ›

200 mcg of chromium, a mineral the body uses to handle blood sugar, plus a full B-complex, **1,000 IU of vitamin D3** and **200 mg of magnesium** in each day's serving.

KITCHEN SHIFT FOUR

04 Spice it with gold

Your spice rack is a pharmacy you already own.

Turmeric is the golden spice behind a good curry, treasured in Ayurvedic kitchens for thousands of years. Its key compound is curcumin. Dr. Dharma pairs turmeric the way tradition does, with a pinch of black pepper and a little oil or ghee, because together they help the body take up curcumin.

Ginger and garlic earn their place too, and so does cooking from scratch more often. You do not need to overhaul your kitchen. Lean on the spices, buy more from the outer aisles of the store, and the recipes on the next pages will show you how easy it is.

> *Turmeric, black pepper and a little good oil. Always together.*

BRING IT TO THE TABLE

- Add turmeric to soups, rice, eggs and roasted vegetables.
- Always add a pinch of black pepper with it.
- Use fresh ginger and garlic generously.
- Cook one meal from scratch this week. Kitchari is a good start.

FROM HIS FORMULAS

Inner Healing ›

Turmeric (200 mg, 95% curcuminoids) with **milk thistle (200 mg)** and **N-acetyl L-cysteine (200 mg)** in every capsule. Turmeric as part of your day, beyond the kitchen.

FROM HIS KITCHEN

Dr. Dharma's Kitchari

Kitchari is a simple porridge of mung beans and rice, part of Ayurvedic kitchens for thousands of years. Dr. Dharma has cooked it, taught it and eaten it for decades. Because it is cooked slowly until soft, it is gentle and easy to digest. He often eats it on its own for a few days as a quiet reset.

MAKES ABOUT 8 SERVINGS · SOAK THE BEANS OVERNIGHT

THE BASE

- 1 cup mung beans, soaked overnight
- 1 cup basmati rice
- 9 cups water
- 2 bay leaves
- 1-inch piece of kombu seaweed (optional)

THE VEGETABLES

- 4 to 6 cups chopped vegetables, such as carrots, celery, zucchini and broccoli

THE GOLDEN BASE

- 2 tbsp extra-virgin olive oil
- 2 onions, chopped
- 1/3 cup fresh ginger, minced
- 3 to 4 cloves garlic, minced

THE SPICES

- 1 heaping tsp turmeric
- 1/2 tsp black pepper
- 1 heaping tsp garam masala
- 1 tsp crushed red chiles (optional)
- 1 tbsp dried sweet basil
- Seeds of 5 cardamom pods
- Sea salt or Bragg Liquid Aminos

METHOD

1. Rinse the soaked beans. Rinse the rice at least three times.
2. Bring the water to a boil. Add the beans, bay leaves and kombu. Boil over medium-high heat until the beans are soft, about 40 to 50 minutes.
3. Add the rice, lower to a simmer and cook 20 minutes more.
4. Stir in the vegetables and simmer another 15 minutes.
5. Meanwhile, warm the olive oil in a large pan. Sauté the onion, ginger and garlic until golden. Add the turmeric, pepper, garam masala and chiles.
6. Stir the spiced mixture into the pot. Add the basil, cardamom seeds and salt or Bragg.
7. Simmer 10 to 15 minutes more, stirring often, until thick, soft and soup-like.
8. Serve warm, with a spoonful of plain yogurt if you like.

His notes. Soak ahead, so the beans are easier to digest. Never skip the pepper and oil, because together with the turmeric they help your body take up curcumin.

FROM HIS KITCHEN

Two more for every day

The Simpler Kitchari

MAKES ABOUT 8 SERVINGS · A PLAIN, EASY BOWL

- 1/2 cup mung beans, soaked overnight
- 1/2 cup white basmati rice
- 1-inch piece of kombu seaweed
- 9 cups water
- Sea salt or Bragg Liquid Aminos
- 1 tsp ghee or olive oil per person (optional)

1. Rinse the beans and rice. Bring the water to a boil.
2. Add the beans and kombu. Boil over medium-high heat 45 to 50 minutes, until soft.
3. Add the rice and simmer 20 to 25 minutes, until well cooked.
4. Stir in salt or Bragg and a little ghee or oil before serving.

Golden Breeze Smoothie

SERVES 1 · FIVE MINUTES

- 1 medium orange, peeled and quartered
- 1/2 lemon, peeled
- 1/2 cup frozen pineapple chunks
- 1 tbsp chia seeds
- 1/2 tbsp minced fresh ginger
- 1 cup ice

1. Put everything in a blender.
2. Blend until smooth, pour and enjoy.

Why it helps. Citrus is rich in vitamin C, which the body uses to make acetylcholine, a messenger important to memory. Stress uses up vitamin C and the body does not store it, so a daily source matters. Chia adds fiber and plant omega-3s.

FROM HIS KITCHEN

A sweet you can feel good about

Pumpkin Spice Energy Balls

MAKES ABOUT 15 · NO BAKING

- 10 soft dates (soak 10 minutes if stiff)
- 1 level cup rolled oats
- 3 tbsp cashew butter
- 3 tbsp pumpkin purée
- 1 tsp pumpkin spice, or cinnamon, nutmeg and ginger
- 2 tbsp sunflower seeds
- 1 tbsp chia or flax seeds
- 2 tbsp agave
- 1 tsp vanilla extract
- Crushed pecans, for coating (optional)

1. Blend everything in a food processor until it forms a dough.
2. Roll into small balls.
3. Roll them in crushed pecans if you like.
4. Chill until firm.

Keeping. About a week in the refrigerator, or up to three months in the freezer. The grandchildren can help roll them.

Your week in the Brain Kitchen. Make a pot of kitchari on Sunday and eat from it for lunch through Wednesday. Have the smoothie on two busy mornings. Keep a batch of energy balls in the refrigerator for the afternoon slump, in place of a cookie. Count the colors on your dinner plate every night. That is the whole plan.

Dr. Dharma

THE WAY HE TAKES THEM

His Regimen

Five formulas, paired the way Dr. Dharma takes them himself every day.

Patients used to arrive at his office carrying bags of bottles. A dozen brands, no plan. He made his formulas to be the opposite. Five of them, every ingredient and amount printed on the label, no proprietary blends. He has taken them every day since 2002. Begin with the Core Regimen.



Core Regimen

Brain Caps + Memory Caps. His foundation pair.

$85.95

or $79.95 a month
about $2.67 a day

Free bottle of Inner Healing in your first box

HIS CHOICE



Dr. Dharma's Regimen

Brain Caps + Memory Caps + Super Rejuvenation. The three he takes each morning.

$149.95

or $139.95 a month
about $4.67 a day

Free bottle of Inner Healing in your first box



The Complete Regimen

All five formulas, including Gold Multi-Vitamin.

$254.95

or $232.95 a month

Free bottle of Inner Healing in your first box

- ✓ Free shipping on every Regimen
- ✓ No proprietary blends
- ✓ 60 days to decide. Return the bottle, even empty, for a full refund
- ✓ Monthly delivery you can change or cancel anytime
- ✓ Made in the USA, GMP certified
- ✓ 2% of profits fund brain research

★★★★★ *"I have been taking Dr Dharma supplements for at least 15 years and I wouldn't go without them."*

Diane S., verified buyer. Quoted word for word from Judge.me.

Start with the Core Regimen

drdharma.com/products/core-regimen

Rather talk it over?

(800) 651-5650

A person answers, Mon to Fri, 9 to 5 Pacific

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Keep reading

The Brain Kitchen is number three in a small library of free guides from Dr. Dharma. Each one takes a single part of his work and makes it practical.

NO. I

The Four Foundations of a Sharp Mind

His whole-person method: nourish it, calm it, train it, and nourish the spirit.

NO. II

Your Brain Is Still Changing

Lessons from a lifetime in brain medicine.

Find them all at drdharma.com.

Dharma Singh Khalsa, M.D. · Board-certified anesthesiologist · Chief resident at UC San Francisco
Author of *Brain Longevity*, *Meditation as Medicine* and *Food as Medicine*

A note from David, Customer Care. I look after Dr. Dharma's customers, and I read every reply. If you have a question about this guide or his formulas, write back to any of my emails or call me at (800) 651-5650. I am glad you are here.

Please read. This book is for education only and is not a substitute for advice from your own doctor. Please talk with your healthcare provider before starting any supplement or changing your diet, especially if you are pregnant or nursing, take medication, or have a medical condition. Memory Caps is not for women who are pregnant, may become pregnant, or are nursing. If you take a blood thinner or a medicine that affects acetylcholine, or have surgery scheduled, check with your doctor before using it.

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