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The Top 5 Secrets of Ancestral Diets which Optimize the 2nd Brain

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STATEMENT OF THE PROBLEM: Rates of neurological diseases are skyrocketing in this country. Most Americans routinely address these issues through neurological, psychiatric, or psychological therapies, missing the importance of the “2nd Brain.” **BACKGROUND:** In 470 BC, Hippocrates determined that “All diseases begin in the gut.” Decades ago, America was already in the midst of an “epidemic of epidemics of digestive disorders”. Neurological conditions have also skyrocketed. The US has one of the highest autism rates in the world. Autism spectrum disorders doubled from 2004 to 2014. Astonishing! What can we do? **THE PURPOSE OF THIS STUDY** is to address the correlation between gastrointestinal health and neurological health, giving concrete strategies to improve both. **FINDINGS:** In the 1930’s, Dr Weston A. Price travelled the world to decipher common traits of ancestral diets which yielded outstanding health in their populations. Implementing these strategies, Dr Natasha Campbell-McBride documents her success improving both gastrointestinal and neurological health in her book Gut and Psychology Syndrome. **METHODOLOGY & THEORETICAL ORIENTATION:** The enteric nervous system is commonly referred to as the 2nd brain. Addressing the delicate nature of the gut lining, due deference will be given to the wisdom of traditionally prepared foods, specifically identifying 5 strategies which optimized brain health. **CONCLUSION & SIGNIFICANCE:** Acupuncturists can enhance outcomes for many of their neurologically challenged patients by emphasizing nutrient-dense foods that have sustained human life for generations. This anthropological perspective provides a bedrock for understanding the basics of human nutrition. Support is available through the Weston A. Price Foundation’s brochures, podcasts, website, quarterly journals, and memberships. WAPF promotes wise traditions in food, farming, and healing arts.

Biography

Shannon Rossi is a Holistic Health Consultant and founder of Powerful Health Strategies. She also serves as Chapter Leader for the Weston A. Price Foundation (WAPF) in St Joseph County, Indiana. (Founded in 1999, WAPF is non-profit organization dedicated to restoring nutrient-dense foods to American tables through education, research and activism.) Shannon initially served as a Captain in the US Air Force, then continued service as a commander’s spouse during her husband’s 30-year career. Extensive overseas experience fueled her interest in traditional wellness strategies, leading her to study Acupuncture at the World Medicine Institute in Honolulu, Hawaii. She further explored multiple homeopathy (Floralive), nutritional (Brimhall), and kinesiology seminars (Brain Gym and AK). She was especially intrigued by neurological rehabilitation strategies (Blomberg Rhythmic Movement, Masgutova Method, and Institute for the Achievement of Human Potential). She also completed two Robbins-Madanis Strategic Intervention Programs (Core 100 and Total Breakthrough).

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