



MEAT, POULTRY & EGGS



Eggs & Brain Health!

Eggs are a rich source of *choline*, which has been identified as one key nutrient affecting major brain processes, including function of neurotransmitters and neurogenesis (the production of new brain cells).

Ref: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7352907/>

Neurotransmitter Production

Meat, poultry and eggs are a rich source of protein, which breakdown into amino acids when digested. Amino acids are the building blocks of neurotransmitters.

Neurotransmitters are the chemical messengers in the brain that make us feel happy, focused, alert, certain ones can help us sleep, where others, in excess, can make us wired and anxious.

An 'essential' amino acid means we cannot make it our self, and we must source it from food. One such amino acid is tryptophan, which comes from sources such as poultry.

Tryptophan, once consumed, crosses the blood brain barrier (with the help of insulin) and gets manufactured into serotonin - the 'feel good' neurotransmitter. When evening time comes, serotonin gets converted into melatonin, which helps us sleep.

Phenylalanine/ Tyrosine: Another amino acid, tyrosine, (made from the essential amino acid phenylalanine) comes from meat and cheese. Once it crosses the blood brain barrier, it is converted into dopamine, which is important for emotions, concentration and movement.

As a result, ensuring adequate amounts of good quality protein is a vital for mood and also sleep.

Top Tips

- The quality of your meat is very important when it comes to nourishing your brain. Poorly raised poultry or cattle will provide unwanted pro-inflammatory messengers to your brain. However, well raised, organic Irish meats and poultry will provide health benefits as they contain less stress hormones and toxins in their fat that will be passed on to you. Grass fed ruminants are superior and contain a higher ratio of omega 3.
- Eat only organic or free range chicken (direct from farmer at the market or ask at your butcher)
- You can order online from <http://www.organicmeat.ie/> (Coolanowle - Irish farm). Check for local farmer's markets in your area.
- Aim for your local butcher who has locally sourced the meat. Or go to the local farmers market where you can buy direct from the farmer.
- Lamb is usually a safe bet in Ireland, however avoid or minimize pork, unless it is from a local farmer, where you know they are free range.
- Enjoy nutrient dense meats such as liver and all organ meats.
- Ask your butcher for bones and simmer them over night for a fantastic healing stock / bone broth. Drink daily or use as a base for soups, chicken curry or for cooking quinoa or rice.