

## Maintaining a Healthy Neuro-Electrical Grid

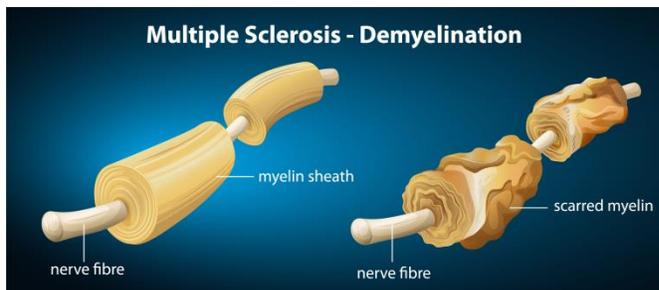
By David Christopher MH

If our country's electrical and communications grid were knocked out, modern life as we know it would come to a standstill. Our nervous system is no different. A simple diffusion of potassium and sodium generates electricity in our bodies and powers our nervous system. Maintaining this electrical grid is essential for life as we know it.

Just as insulated electrical wires efficiently transport electricity from the grid to our homes, our insulated nerve structure delivers electric signals to all the cells of our body. This insulation is called the myelin sheath. This insulating sheath is constantly repaired and maintained through proper nutrition. It can be damaged from constant inflammation, viruses, liver damage from alcohol and chemical abuse, and inadequate blood supply. A lack of oxygen, nutrients and proper waste removal is a consequence of inadequate blood supply and causes demyelination. This demyelination can cause depression, Bi-polar disorder, obsessive-compulsive disorder, Tourette's syndrome, and schizophrenia. Certain auto-immune diseases, such as Multiple sclerosis, attack and remove this valuable sheath.



A natural lifestyle can repair and maintain the myelin sheath. Researchers found that myelin-



forming cells or OPCs (oligodendrocyte precursor cells ) increased the most during deep sleep (REM), which is dependent on your body's sleep hormone (melatonin)(1).

Two herbs that promote myelination are Hops (2, 3) and Ginkgo (4).

Research shows that a deficiency of zinc results in a reduction in myelin formation and a presence of zinc results in myelin recovery (5). The mineral lithium stimulates the expression of myelin genes, restores the myelin structure, and promotes re-myelination (6). Both of these minerals are found in capsicum (7) and all members of the Solanaceae (nightshade) family including potatoes, peppers and tomatoes which demonstrate a remarkable tolerance to lithium and can reach a lithium content of up to 1,000 mcg per gram.

Studies show that low iron levels lead to a reduction in myelination and normal iron levels support the formation of myelin and increase myelin (8). The best and tastiest food to get high levels of iron is raw cacao.

Other super foods to protect myelin would include: flavonoid rich produce (including onions and citrus), foods high in omega-3 fatty acids (including salmon and flax seeds), and foods high in Vitamin B-complex as well as vitamin K and choline (including broccoli, cauliflower, cabbage, green leafy vegetables, nuts grains and legumes).

Expose your skin to the sun for a good supply of Vitamin D. Do not take Statin drugs because you need cholesterol to make myelin.

Finally, since your nervous system runs on electricity stay away from Electromagnetic Fields (EMFs) and get grounded by walking barefoot in the grass. Remember that your body is repairable.

- (1) <https://www.ncbi.nlm.nih.gov/pubmed/20856166>
- (2) <https://www.ncbi.nlm.nih.gov/pubmed/24835269>
- (3) <http://wurtmanlab.mit.edu/static/pdf/1037.pdf>
- (4) <https://www.ncbi.nlm.nih.gov/pubmed/15381788>
- (5) <https://www.ncbi.nlm.nih.gov/pubmed/1382522>
- (6) <https://www.ncbi.nlm.nih.gov/pubmed/22355115>
- (7) Dr. Duke's Phytochemical and Ethnobotanical Databases
- (8) <https://www.ncbi.nlm.nih.gov/pubmed/18837051>

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