

**The most powerful tool you have to change your brain and your health is your fork.**

Food is not just calories or energy. Food contains information that talks to your genes, turning them on or off and affecting their function moment to moment. Food is the fastest-acting and most powerful medicine you can take to change your life. We call this nutrigenomics.

Think of your genes as the software that runs everything in your body. Just like your computer software, your genes only do what you instruct them to do with the stroke of your keyboard. The foods you eat are the keystrokes that send messages to your genes telling them what to do – creating health or disease.

Among my favourite disease-fighting and health promoting foods are plant foods such

as sprouts, which are so nutrient dense that they provide your body with the best medicine. I tell my patients to include sprouts in their meals because they are such a great source of nutrients like vitamin C, vitamin K and fibre plus a plethora of other nutrients that are enhanced by this food-preparation method, which are really important for overall health.

This way of eating has a broad range of benefits for our health and beneficially affects our entire physiology, reducing inflammation, boosting detoxification, balancing hormones, and provide powerful antioxidant protection – all things that fix the underlying causes of disease.