

THE JORDAN HARBINGER SHOW

Worksheet for Max Lugavere | Prevent Dementia and Eat Like a Genius (Episode 7)

Many of us grow up believing that neurodegenerative conditions like Parkinson's disease and Alzheimer's disease only afflict the elderly, but science is increasingly telling us that the choices we make decades before first symptoms arrive can keep them at bay.

[*Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life*](#) co-author and [Bread Head](#) documentary filmmaker Max Lugavere joins us for [episode 7](#) to explain what these choices are and how the benefits of making good choices go far beyond securing a better future to be enjoyed in our elder years.

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The Myth of Food Diversity

Our grocery stores today are filled with an amazing array of diverse options, but Max Lugavere tells us this “food diversity” is not a good thing. Most options are food-like products, not foods. While not a medical doctor, Max’s experiences have created a keen interest in being health literate.

How intentional are you about your health literacy? In what ways do you feel you need to be more educated about the food you eat? How often do you question bad advice or science and take the time to understand the available information for yourself?

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What Makes It Home Makes It to Your Mouth

Following that thread, Jordan and Jason joke that they're going to clean out their kitchen and make an immediate trip to the grocery store in response to Max's advice about food products that should be eliminated.

In what ways can you be more intentional about bringing home less food-like products and more food?



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Do you rationalize choosing more budget-friendly options that may be sacrificing your long-term health?

Jot down a few action steps to refer to during your next trip to the grocery store that will help you make better in-the-moment decisions.

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Little Decisions Matter, Too

Everything you eat is a decision. Jordan observes how it can be all too easy to allow one bad thing you eat to snowball into multiple bad consecutive food choices.

Max references the following quote from the movie Vanilla Sky: “Every passing minute is another chance to turn it all around.”

Think about the ways this observation can apply to other areas of your life. How often do you allow one small bad decision to cause you to lose sight of the fact that subsequent decisions can often compound the problem?

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Do you allow it to become a slippery slope, or are you able to stay on track?

Write down a few ways that you can remain mindful of your inclinations in the moment, and a few ways in which you can leverage that mindfulness to be more disciplined about the seemingly small, day-to-day decisions.

Full show notes and resources for this episode [can be found here](#).

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About



Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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