

Subject: Re: Tips for brain health

From: Hanh Cao Yu <hanh.cao.yu@stanfordalumni.org>

Date: 9/2/2022, 1:31 PM

To: Mark Cao <mark.cao@gmail.com>

CC: Thanh Xuan Huynh <Thanhxhuynh2003@yahoo.com>

Thanks Huy!

On Fri, Sep 2, 2022, 1:14 PM Mark Cao <mark.cao@gmail.com> wrote:

Mom & Hanh,

I came across a couple of very good health tips recently.

For mom:

* To increase insulin sensitivity, after exercising, wait as long as possible before eating carbs (mainly, sugar and fructose). For example, after a walk, do not have a smoothie right away. If you let your body stay in the "after exercise" (low blood-sugar state) until morning, then it can use all that time to increase insulin sensitivity. (Source: Dr. Ben Bikman.)

For Hanh:

* For doing long intermittent fasting and getting into autophagy, let your last meal of the day be in the morning or early afternoon for maximum brain benefit. The reason is that 14-16 hours into a fast, CMA (Chaperone Mediated Autophagy) is activated. For strong brain benefit, the brain should be in a low activity state while CMA is taking place. For more info, see <https://www.youtube.com/watch?v=aotXZIKjG7c> around 32:10 when Dr. Mobeen talks about Chaperone Mediated Autophagy.

Huy