

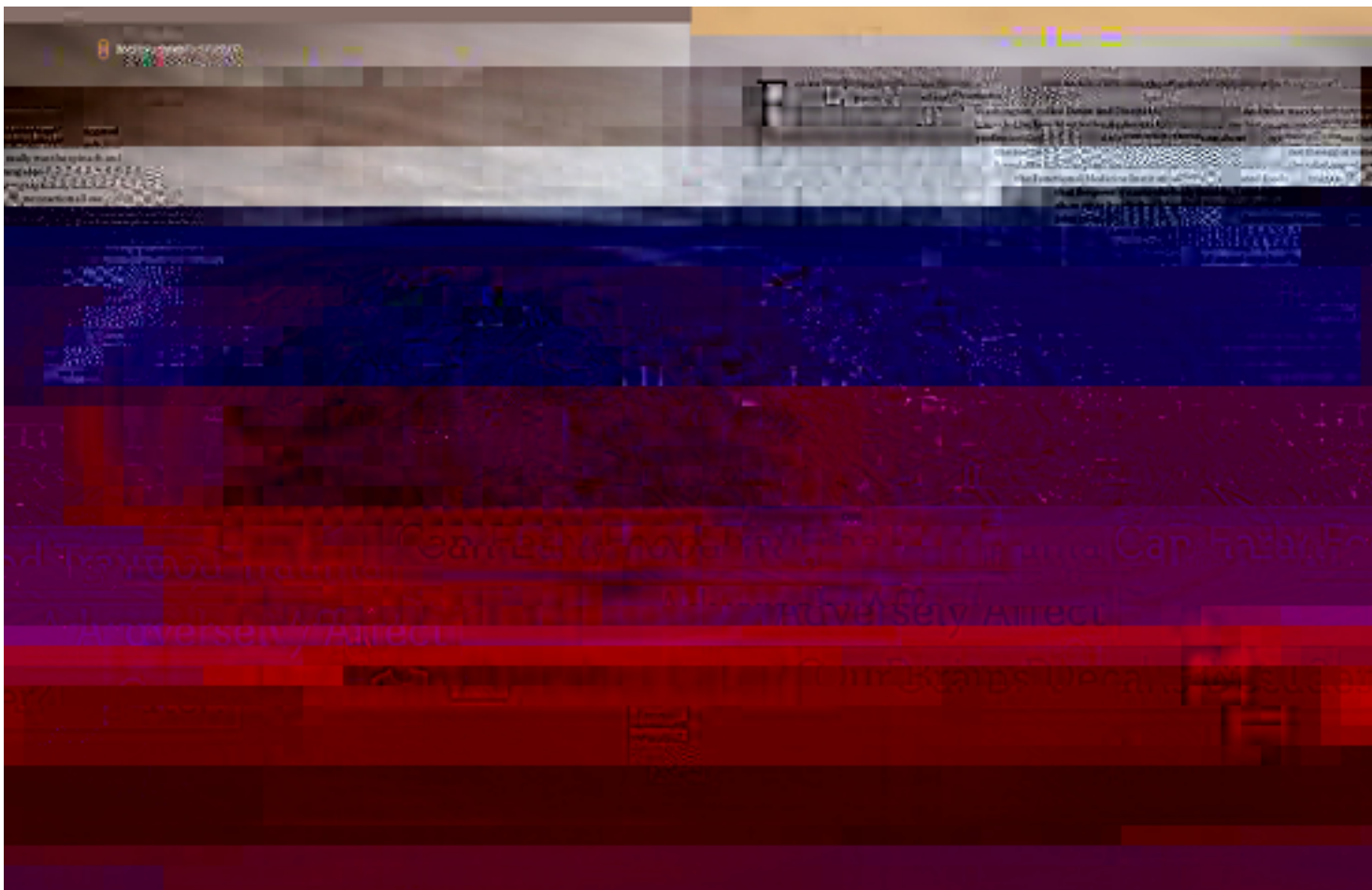
## Can Early Food Trauma Adversely Affect Our Brains Decades Later?

Written by Mark Brady, Ph.D.

Wednesday, 01 June 2016 00:00 - Last Updated Friday, 15 September 2017 07:28

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For six weeks this summer, my wife and I participated in a program on Whidbey Island, Washington, called Detox and Discovery. It was led by Toni Marthaller-Andersen, a professional nurse-practitioner who is passionate about the role of nourishment in health. For three weeks, based on meal plans formulated and researched by the Functional Medicine Institute, we eliminated foods that frequently cause the body trouble. Trouble can show up as headaches, bloating, heaviness, diarrhea, joint aches, or any number of other adverse conditions. After the three weeks of elimination, one by one I began reintroducing my favorite foods, paying special attention to how my body felt shortly after ingestion.



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something else in the salad, I ate each of the salad ingredients separately later. Indeed, the spinach triggered the histamine reaction all over again. In fact, simply writing about this now has my nose running!)

When I think of how traumatic memories get formed and stored unconsciously in implicit association memory networks in the brain, it begins to make total sense that my body would react adversely to spinach. The triggering cue is the taste along with the setting (dinner at a

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