**The Swank Diet**

Dr. Ray Swank, professor of neurology University of Oregon Medical School

* A saturated fat intake of no more than 10 grams/day
* A daily intake of 40 to 50 grams of polyunsaturated oils
* At least 1 tsp of fish oil daily and flax oil
* The consumption of fish 3 or more times / week
* A normal allowance of protein
* Protein sources include legumes, whole grains and vegetables- meat consumption is contraindicated
* Fresh whole foods
* Polyunsaturated oils (sunflower, safflower, olive oil, flax
* Fish oils are important in maintaining normal neural function and myelin production
* Nonsteroidal anti inflammatories should be avoided
* Vitamin E and Selenium
* Vitamin B12
* Pancreatic enzymes
* Ginkgo Biloba
* Magnesium
* Exercise