

THE Nrf2 DIET INFORMATION

The Nrf2 gene plays a key role in the body's antioxidant stress response, which may reduce the risk of neurodegenerative conditions like ALS/MND, as well as cancer, diabetes and aging. Antioxidants help combat oxidative stress which can cause cell death or apoptosis. While the Nrf2 diet is not guaranteed to improve symptoms, it may provide some relief.

The Nrf2 gene activates the production of an antioxidant called glutathione, which preserves and protects the neurons that become vulnerable in ALS. ALS mice with the Nrf2 gene exhibited longer life spans and later onset of the disease.

Because procedures for gene therapy have not yet been refined, the Nrf2 Diet offers an opportunity to enhance the Nrf2 gene naturally. It consists of various forms of flavonoids which can be obtained from common food sources such as berries, green and white teas, chocolate, grapes, apples, citrus, onions and soybeans. Most of these ingredients can be crushed, ground or blended; as a result, they can be ingested through a feeding tube or added to a nutritional supplement.

Common Sources of Nutrients

Here are some of the common food sources containing nutrients in the Nrf2 Diet:

Fruits: Red, blue and purple berries; red and purple grapes; apples; citrus fruits and juices (particularly oranges, grapefruits and lemons)

Red wine

Teas: green, white, black and oolong

Chocolate

Vegetables: yellow onions, scallions; kale; broccoli; celery; hot peppers; green beans

Herbs: parsley, thyme

Legumes: soy beans and other soy products; green beans; chick peas; mung beans