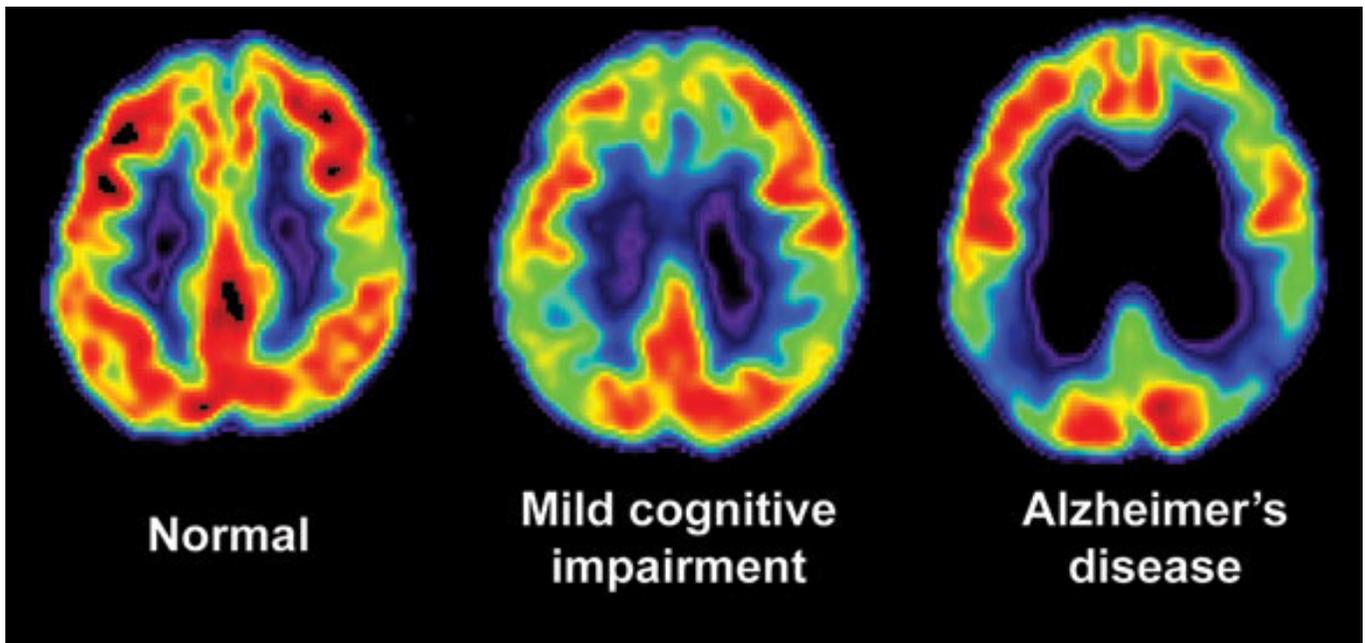




## ALZHEIMER'S DISEASE A.K.A. "TYPE-3 DIABETES"



**LIFELONG LEARNING, MINDFULNESS, AND ACTIVITY ARE KEY TO KEEPING ALZHEIMER'S AT BAY**

**From a recent Alzheimer's Study:**

**"But those whose personalities were meticulous, self-disciplined and productive tended to remain disease free. In fact the participants with the highest scores in conscientiousness ... were found to have an 89% lower chance of developing Alzheimer's disease ..."**

**When exercise and intellectual engagement were taken into account the participants still showed a 54% lower incidence of developing the disease.**

Alzheimer's disease has been linked to amyloid plaques and neurofibrillary tangles in the brain, **but in this study there were as many plaques and protein tangles in the**

**brains of those who scored high in the self-discipline tests as those who scored low.**

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**See also:**                    **Diabetes**  
**Vitamin B-12**  
**DHA and EPA**  
**Ginkgo Biloba**  
**Vitamin D**  
**Coconut Oil**  
**Fish Oil (Phamaceutical Grade)**  
**Acetyl-L-Carnitine**  
**HyperLearning with David Rainoshek, M.A.**

**Books:**                    **[Alzheimer's Disease, What if There Was A Cure?](#)**  
**by Mary T. Newport M.D.**  
**[Mind Boosters](#) by Dr. Ray Sahelia**

**Articles:**

**Websites:**

**Audio/Video:**

**Publications:**

**Organizations:**

**People:**                    **Mary T. Newport**

**Integral Nutrition:**        **Lifelong Learner**  
**Social/Cultural Involvement**  
**Vitamin B-12 (Methylcobalamin)**  
**Acetyl-L-Carnitine (500 – 2,000 mg / day divided into two doses)**

DHA and EPA  
Ginkgo Biloba  
Daily Exercise  
Vitamin D – 5000 IU per day  
Alpha Lipoic Acid (ALA) 600 mg/day  
Grass-Fed, Grass Finished Organic Beef

**Conventional:** Sugar – High Processed Sugar Diet  
Grains  
GMO Soy  
Lack of Exercise  
Lack of Learning and Personal Growth  
Prescription and OTC Drugs  
Statin Drugs  
Sleep Aids  
Pain Relievers  
“Anticholinergics”  
Conventional Industrialized  
Animal Products

**Terms:**

## **ALZHEIMER'S IS REALLY JUST 'TYPE-3' DIABETES, NEW RESEARCH SHOWS**

Source: Monday, August 06, 2012 by: Jonathan Benson, staff writer

[http://www.naturalnews.com/036708\\_Alzheimers\\_type-3\\_diabetes\\_brain\\_disease.html](http://www.naturalnews.com/036708_Alzheimers_type-3_diabetes_brain_disease.html)

(NaturalNews) Emerging research on the widespread degenerative brain disease known as Alzheimer's suggests that this prevalent form of dementia is actually a type of diabetes. Published in the *Journal of Alzheimer's Disease*, a recent study out of *Rhode Island Hospital* (RIH) confirms that Alzheimer's is marked by brain insulin resistance and corresponding inflammation, a condition that some researchers are now referring to as type-3 diabetes.

Dr. Suzanne de la Monte from RIH is the one responsible for making this fascinating connection, having found in her research that diabetes is closely associated with several key neuronal factors implicated in dementia. **It turns out that Alzheimer's progresses as a result of the brain developing resistance to insulin, which in turn prevents proper lipid (fat) metabolism. Over time, these lipids build up in the brain rather than properly absorb, which results in increased stress and inflammation, as well as the symptoms commonly associated with dementia.**

"This study points out that once AD (Alzheimer's Disease) is established, therapeutic efforts should target several different pathways -- not just one," says Dr. de la Monte. "The reason is that a positive feedback loop gets going, making AD progress. We have to break the vicious cycle. Restoring insulin

responsiveness and insulin depletion will help, but we need to reduce brain stress and repair the metabolic problems that cause the brain to produce toxins."

## **Eating more healthy saturated fats like coconut oil can help prevent, cure Alzheimer's**

Since many elderly individuals that have been diagnosed with [Alzheimer's](#) take **statin drugs** to lower their cholesterol levels, the first logical step would be to stop taking these drugs. **Not only have statins been shown to cause and exacerbate Alzheimer's, they have also been shown to cause diabetes. So taking them, as many elderly dementia patients do, runs contrary to common sense, and will only make the problem worse.**

As we covered recently here at *NaturalNews*, the human body needs cholesterol in order to stay healthy. If your cholesterol levels are too high, or if cholesterol is clogging your arteries, it means that your body has an inflammation problem that is preventing the proper absorption and use of cholesterol. Cholesterol is not the problem, in other words -- your body's chronic inflammation is the problem. (<http://www.naturalnews.com>)

**Consuming more healthy saturated fats like coconut oil can not only help repair the inflammation problem that promotes the progression of Alzheimer's, but it can also increase the absorption of cholesterol in the brain, which in turn promotes healthy neuronal function.** (<http://www.naturalnews.com>) Such advice runs contrary to the mainstream medical system's misguided philosophies about health, but science actually shows that the human body requires saturated fats and cholesterol, and that these fats are vital for maintaining optimal [brain](#) health.

"[W]hile it is positive to see studies like this help us understand some of the causes of Alzheimer's Disease, turning to drugs to treat these symptoms is heading in the wrong direction," says *Health Impact News* (HIN) about the RIH study.

**"Type-2 and type-3 diabetes is a lifestyle issue, and can be controlled or even prevented by dietary choices and avoiding too many drugs. There has also been tremendous success in controlling and eliminating diabetes through a low-carb and high-fat diet."**

### **Sources for this article include:**

<http://www.rhodeislandhospital.org/wtn/Page.asp?PageID=WTN000249>

<http://healthimpactnews.com>

### **DR. MERCOLA'S COMMENTS ON COCONUT OIL**

Source: <http://articles.mercola.com/sites/articles/archive/2010/12/13/can-this-natural-food-cure-or-prevent-alzheimers.aspx>

Dr. Mary Newport writes about ketone bodies, an alternative fuel for your brain which your body makes when digesting coconut oil, and how coconut oil may offer *profound* benefits in the fight against Alzheimer's disease.

If her theory is accurate, this could be one of the greatest natural health discoveries in a long time. **Backing up her claims is the remarkable recovery of her own husband.**

Bear in mind however that contrary to Dr. Newport, I personally do NOT support using drugs to treat Alzheimer's, and based on his condition believe enrolling him in a vaccine study is completely contraindicated and ill advised.

That said, I believe Dr. Newport may have stumbled upon a powerful natural strategy to help prevent and treat Alzheimer's, and that's what I want to address here.

### **"Brain Starvation" is a Hallmark of Alzheimer's Disease**

One of the primary fuels your brain needs is glucose, which is converted into energy.

The mechanism for glucose uptake in your brain has only recently begun to be studied, and what has been learned is that [your brain actually manufactures its own insulin](#) to convert glucose in your blood stream into the food it needs to survive.

As you may already know, diabetes is the condition where your body's response to insulin is weakened until your body eventually stops producing the insulin necessary to regulate blood sugar, and your body's ability to regulate (or process) blood sugar into energy becomes essentially broken.

**Now, when your brain's production of insulin decreases, your brain literally begins to starve, as it's deprived of the glucose-converted energy it needs to function normally.**

This is what happens to Alzheimer's patients -- portions of their brain start to atrophy, or starve, leading to impaired functioning and eventual loss of memory, speech, movement and personality.

**In effect, your brain can begin to atrophy from starvation if it becomes insulin resistant and loses its ability to convert glucose into energy.**

**It is now also known that diabetics have a 65 percent increased risk of also being diagnosed with Alzheimer's disease**, and there appears to be a potent link between the two diseases, even though the exact mechanisms have yet to be determined.

It seems quite clear however that both are related to insulin resistance – in your body, and in your brain.

### **Alternate Brain Food Can Stop Brain Atrophy in its Tracks**

Fortunately, your brain is able to run on more than one type of energy supply, and this is where coconut oil enters the picture.

**There's another substance that can feed your brain and prevent brain atrophy. It may even restore and renew neuron and nerve function in your brain after damage has set in.**

**The substance in question is called ketone bodies, or ketoacids.**

Ketones are what your body produces when it converts *fat* (as opposed to glucose) into energy. And a primary source of ketone bodies are the medium chain triglycerides (MCT) found in coconut oil!

Coconut oil contains about 66 percent MCTs.

The benefits of ketone bodies may also extend to a number of other health conditions, [according to Dr. Newport](#):

*"Further, this is a potential treatment for Parkinson's disease, Huntington's disease, multiple sclerosis and amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease), drug resistant epilepsy, brittle type I diabetes, and diabetes type II, where there is insulin resistance.*

*Ketone bodies may help the brain recover after a loss of oxygen in newborns through adults, may help the heart recover after an acute attack, and may shrink cancerous tumors."*

Medium chain triglycerides (MCT) are fats that are not processed by your body in the same manner as long chain triglycerides. Normally, a fat taken into your body must be mixed with bile released from your gallbladder before it can be broken down in your digestive system.

**But medium chain triglycerides go directly to your liver, which naturally converts the oil into ketones, bypassing the bile entirely. Your liver then immediately releases the ketones into your bloodstream where they are transported to your brain to be used as fuel.**

**In fact, ketones appear to be the preferred source of brain food in patients affected by diabetes or Alzheimer's.**

*"In Alzheimer's disease, the neurons in certain areas of the brain are unable to take in glucose due to insulin resistance and slowly die off, a process that appears to happen one or more decades before the symptoms become apparent," [Dr. Newport states in her article](#).*

*"If these cells had access to ketone bodies, they could potentially stay alive and continue to function."*

## **The Ketonic Diet – Why Avoiding Grains Also Protects against Neurodegeneration**

**Another way to increase ketone production in your body is by restricting carbohydrates.**

This is what happens when you go on a high fat, high protein, low carbohydrate diet: Your body begins to run on fats instead of carbohydrates, and the name for this is ketosis.

This is also why you don't starve to death when you restrict food for weeks at a time, because your body is able to convert stored fat into ketones that are used as fuel instead of glucose.

**Consuming medium chain triglycerides such as coconut oil is a better option, however, because the ketones produced by ketosis are not concentrated in your bloodstream, but are instead mostly excreted in your urine.**

## **MCTs and Alzheimer's Research**

The mechanism of this MCT-ketone metabolism appears to be that your body treats MCTs as a carbohydrate and not a fat. This allows the ketone energy to hit your blood stream without the normal insulin spike associated with carbohydrates entering your bloodstream.

***So in effect coconut oil is a fat that acts like a carbohydrate when it comes to brain fuel.***

**Therapeutic levels of MCTs have been studied at 20 grams per day. According to Dr. Newport's calculations, just over two tablespoons of coconut oil (about 35 ml or 7 level teaspoons) would supply you with the equivalent of 20 grams of MCT, which is indicated as either a preventative measure against degenerative neurological diseases, or as a treatment for an already established case.**

**Remember though that people tolerate coconut oil differently, and you may have to start slowly and build up to these therapeutic levels. My recommendation is to start with one teaspoon, taken with food in the mornings. Gradually add more coconut oil every few days until you are able to tolerate four tablespoons.**

Coconut oil is best taken with food, to avoid upsetting your stomach.

## **You Also Need Dietary B12 for Optimal Brain Health**

**According to a small Finnish study recently published in the journal Neurology, people who consume foods rich in B12 may also reduce their risk of Alzheimer's in their later years.** For each unit increase in the marker of vitamin B12 (holotranscobalamin) the risk of developing Alzheimer's was reduced by 2 percent.

However, I strongly disagree with the dietary advice published by CNN Health on this topic, which included fish and fortified cereals.

Fortified cereals are most definitely **NOT** a good source of dietary B vitamins. They also have inorganic iron added. This is the worst type of iron to use as a supplement and it will raise already elevated iron in those that don't need it, like most adult men and postmenopausal women.

Elevated iron levels will actually increase your risk of Alzheimer's

Additionally, most fish are today so contaminated, I cannot recommend increasing consumption of fish either. One exception would be sardines, which are high in B12 and small enough to typically be less contaminated, compared to larger fish.

Instead, your ideal dietary sources of B12 vitamins would include:

- Liver from organic calf
- Wild caught salmon
- Organic, grass-fed beef
- Lamb (which are typically grass-fed even if not specified as organic)
- Organic, free-range eggs

Vitamin B12 is present *in natural form* only in animal sources of food, which is one of the reasons I advise against a strict vegetarian or vegan diet. The few plant foods that are sources of B12 are actually B12 analogs. An analog is a substance that blocks the uptake of true B12, so your body's need for the nutrient actually increases.

There are many well-documented cases of [brain abnormalities](#) in strict vegetarians, resulting from [vitamin B12 deficiency](#).

## **Foods to AVOID to Keep Your Mind Sharp**

Meanwhile, besides incorporating ketone therapy (coconut oil), as either a preventative step or as a treatment, there are other steps you can take to help minimize your risk of developing Alzheimer's disease decades from now.

For instance, it's important to know what foods to avoid, in order to protect the health of your brain.

These four foods in particular can be pinpointed as enemies of optimal brain health:

1. **Sugars, especially fructose** -- Excessive sugar and grain consumption are the driving factors behind insulin resistance, and the strategies that protect your brain are very similar to those for avoiding diabetes.

There is simply no question that insulin resistance is one of the most pervasive influences on brain damage, as it contributes massively to inflammation, which will prematurely degenerate your brain.

Ideally, you'll want to restrict your total fructose consumption to below 25 grams a day. This includes refraining from eating too many fruits, if you normally eat a lot of them. If you consume more than 25 grams a day of fructose you can damage your cells by creating insulin and leptin resistance and raising your uric acid levels.

Berries tend to be lower in fructose, and wild blueberries, for example, are also high in anthocyanin and antioxidants, and are well known for being beneficial against Alzheimer's and other neurological diseases.

2. **Grains** – Even whole, organic grains will convert to sugar in your body and spike your insulin levels.

Ideally you'll want to devise a nutritional plan geared to your specific nutritional type to maximize your health benefits, as grain carbs are far more detrimental to some than others. I believe this is essential to everyone's health, and I'm very pleased to now be able to offer the

[full online nutritional typing program for free](#). We've previously charged \$29 for this test, so please do [take advantage of this free offer](#).

3. **Artificial sweeteners** – [Aspartame](#), for example, is an excitotoxin that can literally destroy your brain cells. There are [many studies showing the dangers of aspartame](#). For example, one [study published in 2000](#) found that aspartame shortens the memory response, impairs memory retention and damages hypothalamic neurons in mice.

And the results from a [2002 study published in the journal Nature](#) suggest that aspartame may cause mental retardation, although the mechanism by which it does that is still unknown.

Other [animal studies have linked aspartame to brain damage and brain tumors](#), even in low doses. I believe aspartame and other artificial sweeteners are dangerous to your health in so many ways, I even wrote an entire book on this topic called [Sweet Deception](#).

4. **Soy** -- Unfermented [soy](#) products are another common food that should be avoided if you want to maintain healthy brain function.

One well-designed epidemiological study linked tofu consumption with exaggerated brain aging. Men who ate [tofu](#) at least twice weekly had more cognitive impairment, compared with those who rarely or never ate the soybean curd, and their cognitive test results were about equivalent to what they would have been if they were five years older than their current age.

What's more, higher midlife tofu consumption was also associated with low brain weight. Shrinkage does occur naturally with age, but for the men who had consumed more tofu showed an exaggeration of the usual patterns you typically see in aging.

Dr. Kaayla Daniel has written an excellent book, [The Whole Soy Story](#), which covers the health dangers of soy in great depth and I highly recommend it to anyone still under the illusion that soy is a health food.

## **Additional Guidelines to Prevent Alzheimer's Disease While Combating Diabetes at the Same Time**

Clearly, the best-known "treatment" for Alzheimer's disease is prevention, [not drugs](#).

There is no question that insulin resistance is one of the most pervasive influences on brain damage as it contributes massively to inflammation, which will prematurely degenerate your brain -- just as it destroys the rest of your body and contributes to degenerative and chronic diseases of all kinds.

As a general rule for optimal physical and mental health, you'll want to keep your fasting insulin levels below 3.

Interestingly, normalizing your body's insulin and leptin levels will typically help *raise* your production of brain insulin, which is a good thing.

In addition to the dietary recommendations already discussed above, the following seven guidelines can further help you prevent Alzheimer's disease and keep your mind sharp as you age:

1. **Optimize your vitamin D levels** through safe sun exposure, a safe tanning bed and/or vitamin D3 supplements.
2. **Take a high-quality animal-based omega-3 fat.** I recommend consuming high quality [krill oil](#) to meet the optimal amount of omega-3 fats needed to achieve good health and fight Alzheimer's. I recently did an [interview with Dr. Rudi Moerck](#), an industry expert, which goes into great detail as to why I am strongly recommending krill.
3. **Exercise.** You probably know that [exercise is good for your cardiovascular system](#), but studies have found that [exercise can also protect your brain](#), thereby warding off Alzheimer's and other forms of dementia.

[According to one study](#), the odds of developing Alzheimer's were nearly quadrupled in people who were less active during their leisure time, between the ages of 20 and 60, compared with their peers.

Similar to a healthy diet, regular physical activity is one of those actions that can significantly improve many aspects of your physical and emotional health. For the elderly, simple activities such as [walking](#) and lightweight training would likely provide benefits. For those who are younger, more strenuous exercise will radically improve the benefits.

4. **Avoid and remove mercury from your body.** Even trace amounts of mercury can cause the type of damage to nerves that is characteristic of the damage found in Alzheimer's disease.

[Dental amalgam fillings](#) are one of the major sources of mercury, however you should be healthy prior to having them removed. Once you have adjusted to your improved diet, you can follow [my mercury detox protocol](#) and then find a [biological dentist](#) to have your amalgams removed.

Other sources of mercury include [most seafood](#), [thimerosal-containing vaccinations](#) and [flu shots](#), which contain both mercury and aluminum.

5. **Avoid aluminum.** Aluminum has been widely associated with Alzheimer's disease. Your main sources of exposure are likely through drinking [water](#) and [antiperspirants](#).

Aluminum cookware may also be a source of exposure. Although aluminum pots are probably less problematic than the sources mentioned above, I personally would not use aluminum cookware.

6. **Challenge your mind.** [Mental stimulation](#), such as traveling, learning to play an instrument or doing crossword puzzles, is associated with a decreased risk of Alzheimer's. Researchers suspect that mental challenge helps to build up your brain, making it less susceptible to the lesions associated with Alzheimer's disease.
7. **Avoid anticholinergic drugs.** Drugs that block acetylcholine, a nervous system neurotransmitter, have been shown to increase your risk of dementia. These drugs include certain night-time pain relievers, antihistamines, sleep aids, certain antidepressants, medications to control incontinence, and certain narcotic pain relievers.

A recent study found that those who took one drug classified as a 'definite anticholinergics' had a **four times higher incidence of cognitive impairment**. Regularly taking two of these drugs further increased the risk of cognitive impairment.

## **Final Thoughts on Combating Alzheimer's with Coconut Oil**

The damage done to your brain from the wrong foods and from unbalanced insulin and leptin levels actually begins decades before you show any of the telltale signs of Alzheimer's. So it's vitally important to make healthy decisions now, before you unwittingly do decades of damage to your brain and nerves that you may not be able to reverse.

If you undertake a coconut oil or MCTs therapy protocol, be sure to start slow with the oil, and always take it with food to minimize stomach discomfort.

**If it takes you a few weeks to work up to the four tablespoons of coconut oil required for a therapeutic dose, that's normal. Not everyone can tolerate so much coconut oil in a single dose right from the start.**

The coconut oil or MCTs should also be taken in the morning, as it takes a minimum of three hours for the oil to convert to ketones and reach your brain.

**Repeating the dose of four tablespoons of coconut oil twice a day may be beneficial for those already suffering from pre-Alzheimer's or Alzheimer's conditions.**

With 15 million cases of Alzheimer's predicted in the United States by the year 2050, you can help ensure you are not one of the victims of this tragic disease by taking steps now to take charge of your health.

## **FRUIT, VEGGIE JUICES MAY CUT ALZHEIMER'S RISK ANTIOXIDANTS MAY BE THE KEY, SAY RESEARCHERS**

Source: <http://my.webmd.com/content/Article/107/108607.htm>

By [Miranda Hitti](#)  
WebMD Medical News

Reviewed By [Michael Smith, MD](#)  
on Monday, June 20, 2005

June 20, 2005 -- New research highlights the possibility that antioxidants in fruit and vegetable juices may lower the risk of Alzheimer's disease.

However, it doesn't prove that the juices can definitely help dodge Alzheimer's, the most common form of mental decline in older adults. Scientists do not yet have iron-clad recommendations to prevent Alzheimer's.

The finding was presented in Washington, at the Alzheimer's Association International Conference on Prevention of Dementia. The researchers included Amy Borenstein, PhD, MPH, an epidemiology professor at the University of South Florida.

"These findings suggest that something as simple as incorporating more fruit and vegetable juices into our diet may have a significant impact on our brain health," says Borenstein, in a news release.

## Long-Term Study

The results came from the Kame Project, a long-term study of more than 1,800 Japanese-Americans in the Seattle area. When the study started in 1992-1994, no participants had dementia. They were about 71 years old, on average.

At the beginning of the study, participants completed surveys about the foods and drinks they typically consumed. Smoking, alcohol, daily calories, physical activity, body mass index (BMI), vitamin supplements, and other health problems (such as diabetes and cancer) were also noted.

## Food Survey Results

The group was followed through 2001. During that time, 81 cases of probable Alzheimer's disease were diagnosed in participants who had completed the food surveys.

The most frequent juice drinkers were the least likely to have developed Alzheimer's. **Those who reported drinking fruit or vegetable juices at least three times per week were 73% less likely to have developed Alzheimer's** as those who drank juice less than once a week.

**[David Rainoshek Comment: This is probably most related to the LACK of PROCESSED foods in the diet... which would also go along with the likelihood of a LIFESTYLE that would prevent Alzheimer's Disease...]**

Those who drank juice once or twice a week also had a possible advantage, but the effect wasn't strong enough to know for sure.

No associations were seen with intake of any vitamin supplement or dietary intake of antioxidants, including vitamin E, vitamin C, or beta-carotene, say researchers.

## Antioxidant Advantage?

"Certain polyphenols abundant in fruit and vegetable juices may play an important role in delaying Alzheimer's onset," say Borenstein and colleagues.

Polyphenols are antioxidants, naturally occurring chemicals found in many plants. Antioxidants have attracted scientific attention for their possible effects against cancer and heart disease.

Animal studies have found that a number of polyphenols from juices may protect brain cells against oxidation more than vitamin E and C, say the researchers. "These results may lead to a new avenue of inquiry in the prevention of Alzheimer's disease," they write.

Borenstein and colleagues did not report any ties to commercial interests (such as juice companies). No particular juices were singled out. Juices were not directly tested for any health benefits. It's always possible that self-reported food surveys may be inaccurate, or that participants' habits changed over time.

SOURCES: Alzheimer's Association International Conference on Prevention of Dementia, Washington, June 18-21, 2005. News release, Alzheimer's Association. WebMD Medical Reference from Healthwise, "Alzheimer's Disease -- Topic Overview." WebMD Medical Reference from Healthwise, "Antioxidants -- Topic Overview."

## **RESEARCHERS: JUICE COULD PREVENT ALZHEIMER'S DISEASE**

Source: <http://www.theindychannel.com/health/4635757/detail.html>

POSTED: 4:15 pm EST June 21, 2005

Juice consumption could prevent the onset of Alzheimer's disease, researchers said this month at an Alzheimer's conference in Washington, D.C.

A study found that **people who drank fruit and vegetable juices at least three times a week were 75 percent less likely to develop the mind-robbing disease than those who didn't drink that much**, [RTV6's Stacia Matthews](#) reported.

Dr. Robert Alonso, a physician with Indianapolis' Methodist Hospital, told RTV6 that juices have many things, including a chemical called polyphenol, that may help protect people from Alzheimer's.

**Interacting with family members and friends, doing crossword puzzles and proper oral hygiene also can protect against Alzheimer's, researchers say.**

## **ALZHEIMER'S RISK DIMINISHED BY BEHAVIORAL TRAIT**

Source: by Laura Weldon <http://www.newstarget.com/022171.html>

(NewsTarget) A study of nearly 1,000 people found that certain personality traits appeared to be a significant factor in reducing the risk of Alzheimer's disease. Even when mental stimulation and exercise were accounted for by researchers the link remained strong. The trait? Conscientiousness.

A Rush University Medical Center study followed 997 Catholic nuns, priests and monks from 1994 to 2006. Participants were given neurological exams, cognitive tests and personality surveys. The personality test determined self-discipline based on answers to such questions as, "I am a productive

person who always gets the job done.” The average score on this test was 34 points on a scale from 0 to 48.

Eventually 176 of these volunteers developed Alzheimer’s disease. **But those whose personalities were meticulous, self-disciplined and productive tended to remain disease free. In fact the participants with the highest scores in conscientiousness, 40 points or more, were found to have an 89% lower chance of developing Alzheimer’s disease** than those who scored 28 or lower.

**When exercise and intellectual engagement were taken into account the participants still showed a 54% lower incidence of developing the disease.**

Alzheimer’s disease has been linked to amyloid plaques and neurofibrillary tangles in [the brain](#), **but in this study there were as many plaques and protein tangles in the brains of those who scored high in the self-discipline tests as those who scored low.** This adds to the mystery of this now common disease.

There are many complex factors which remain unknown about Alzheimer’s disease. Scientists may never determine exactly how environmental toxins, dietary choices, exercise, behavior and other variables interact to cause the disease. Reducing risk should be a priority, especially now that researchers at the Johns Hopkins Bloomberg School of Public Health call Alzheimer’s disease an [epidemic](#). They predict that in little over 40 years 1 in 85 persons worldwide could suffer the irreversible dementia characterizing the disease.

Report in *New Scientist* of Alzheimer’s disease linked to conscientious behavior <http://www.newscientist.com/channel/health/dn12717-selfdiscipline-may-reduce-alzheimers-risk.html>

Johns Hopkins Public Health Magazine forecasting Alzheimer’s epidemic

[http://magazine.jhsph.edu/2007/Spring/features/aging\\_health/?page=3](http://magazine.jhsph.edu/2007/Spring/features/aging_health/?page=3)

### **About the author**

Laura Weldon is a writer with a book called Free Range Learning coming out in 2008. She lives on an organic farm and believes in bliss.

## **HOW ACETYL-L-CARNITINE PREVENTS ALZHEIMER'S DISEASE AND DEMENTIA WHILE BOOSTING BRAIN FUNCTION**

**Source:** Wednesday, December 07, 2005 by: Dani Veracity

[http://www.naturalnews.com/015553\\_mental\\_health\\_Alzheimers.html](http://www.naturalnews.com/015553_mental_health_Alzheimers.html)

Acetyl-L-carnitine may offer unprecedented hope for people suffering from Alzheimer's disease or the aftereffects of a stroke. The human brain is uniquely powerful and complex, but it is sometimes difficult for it to fully recover from damage. People who have been affected by stroke, traumatic brain damage or age-associated dementia know this all too well. **Fortunately, research studies suggest**

**that the vitamin-like nutrient L-carnitine may be able to slow down, or even reverse, brain deterioration.** Plus, it may give people the ability to think clearer and remember things like, "Where did I put my keys?"

If you're worried about developing [Alzheimer's disease](#), Parkinson's disease or age-associated [dementia](#), studies suggest that acetyl-L-carnitine (ALC) may delay the onset of the [disease](#), according to *Prescription for Dietary Wellness* by Phyllis A. Balch. Furthermore, if you've already been diagnosed with [Alzheimer's](#), ALC can help slow down its progression and improve your mental functioning. **In fact, experimental and clinical studies demonstrate that ALC may have a "significant capacity to slow, and even reverse, the effects of aging on the brain,"** writes Dr. Russell L. Blaylock in *Health and Nutrition Secrets*.

So, how exactly does ALC work? *Mind Boosters* author Dr. Ray Sahelia believes that Alzheimer's [patients](#) may benefit from ALC in three ways: **It is able to travel through the blood-brain barrier, where it then helps form the brain chemical acetylcholine; it keeps mitochondria working efficiently by clearing them of toxic fatty-acid metabolites; and it helps regenerate neurons damaged by free radicals.**

The results of numerous [research](#) studies support Dr. Sahelia's theory, including electron microscope analysis of the hippocampus region of the brain, which demonstrated ALC's ability to reverse the age-related deterioration of mitochondria. Furthermore, according to Professor Gary Null, autopsies show that people who had Alzheimer's experienced 25 to 40 percent less ALC transferase activity than people without Alzheimer's. In other words, **perhaps the reason why ALC supplementation is so beneficial to Alzheimer's patients is because they are deficient in L-carnitine in the first place.**

Of course, the [benefits](#) of ALC's ability to regenerate lost [brain function](#) extends far beyond Alzheimer's disease, making it a promising [treatment](#) for victims of stroke as well. **If it is administered to stroke victims soon after the stroke occurs, ALC may actually reduce the level of brain damage caused by the interrupted blood flow,** according to an Italian animal study reported in Dr. Russell L. Blaylock's *Health and Nutrition Secrets*. But even if it was not possible to give a patient ALC soon after the stroke first occurred, ALC supplementation may help the patient improve [memory](#), task performance and cognition during his or her road to recovery.

Furthermore, **ALC may even be able to help people with Down's Syndrome**, even though it is a congenital disease, rather than an age- or trauma-related one. **In one 90-day study, ALC supplementation improved both the visual memory and attention of test subjects with Down's Syndrome.** Further research into this scope of ALC's benefits should be promising.

## Can Acetyl-L-Carnitine boost brain function?

If ALC [supplements](#) can help normalize the mental activity of people with neurological damage or deterioration, can it boost the brainpower of anyone? Many [experts](#) have asked the same question.

In *Mind Boosters*, Dr. Sahelia writes: **"Acetyl-L-carnitine is an antioxidant involved in energy utilization within cells. A dose of 500 mg in the morning before breakfast works within two to three hours to induce a pleasant visual and mental clarity."**

Similarly, Bottom Line Personnel's *2004 Bottom Line Yearbook* reports that ALC can "jump-start" the brain, and Dr. Blaylock believes that ALC improves spatial [learning](#), long-term memory and discriminatory learning.

Given the fact that the acetyl component of ALC is an important neurotransmitter and L-carnitine itself helps increase cell [energy](#), it isn't illogical to believe that ALC may offer mental-boosting effects, but experts' opinions are not unanimous. For example, *Textbook of Natural Medicine* authors Joseph E. Pizzorno and Michael T. Murray report that ALC supplementation may only be beneficial to people who are actually deficient in L-carnitine, such as people with age-associated mental deterioration.

Because [scientists](#) do not know the long-term [health](#) effects of ALC in large doses, Dr. Elson Haas cautions, **"This is basically safe and can be taken over an extended period, although it probably should be stopped for one week each month, until its long-term safety as a supplement is more clearly established."** Based on the opinions of Dr. Haas and other experts, this may be a safe way to see if ALC works for you.

So, how much ALC should you take? According to the *PDR for Nutritional Supplements*, **a typical dose is 500 milligrams to two grams, taken daily in two divided doses. If you currently suffer from age-associated mental impairment, such as poor memory, Professor Null recommends that you take one to two grams of ALC daily for no more than 90 days** in order to see improvement without any possible long-term health risks. When taken in these controlled doses, ALC supplementation may prove helpful, especially if you are currently experiencing dementia or even just "brain fog." Vitamin guru Earl Mindell says, "[ALC supplements] will not make you an Einstein, but they can help you remember where you put your [car](#) keys."

**The experts speak on acetyl-L-carnitine's brain-boosting and repairing abilities:**

### **ALC and Alzheimer's / age-associated dementia**

*The [results](#) of using acetyl-carnitine to delay the progression of Alzheimer's disease have been outstanding.*

***Encyclopedia of Natural Medicine*  
by Michael T Murray MD Joseph L Pizzorno ND, page 222**

*L-carnitine was able to reverse much of the damage inflicted to [brain cells](#) by free radicals, which is typical of the kind of damage seen in the [brains](#) of Alzheimer's patients.*

***Earl Mindell's Supplement Bible*  
by Earl Mindell RPh PhD, page 86**

*Electron microscopic studies in the hippocampus region of the brain showed that acetyl-L-carnitine and [lipoic acid](#) reversed age-associated mitochondrial structural decay.*

***Disease Prevention and Treatment*  
by Life Extension Foundation, page 21**

Another nutrient that can aid in the battle with Alzheimer's disease is acetyl-L-carnitine. This versatile nutrient is able to transport itself through the blood/brain barrier, and serves to stimulate and fortify the nerve cells within the brain.

**Complete Encyclopedia of Natural Healing  
by Gary Null PhD, page 29**

Acetyl-L-carnitine is an amino acid produced by every cell in the [body](#) and, according to European studies, appears to slow down the mental deterioration that accompanies Alzheimer's.

**Secret Remedies  
by Earl Mindell RPh PhD, page 36**

Acetyl-L-carnitine also may stave off the [protein](#) deposits that develop in the brains of early-stage Alzheimer's patients.

**Bottom Line Yearbook 2004  
by Bottom Line Personnel, page 17**

L-carnitine is an amino acid produced by every cell in the body and, according to European studies, appears to slow down the mental deterioration that accompanies Alzheimer's.

**Earl Mindells Secret Remedies  
by Earl Mindell RPh PhD, page 36**

A great deal of research has been conducted over the last decade with L-acetylcarnitine (LAC) in the treatment of Alzheimer's disease, senile [depression](#), and age-related memory defects. LAC is composed of acetic acid and L-carnitine bound together.

**Textbook of Natural Medicine Volumes 1-2  
by Joseph E Pizzorno and Michael T Murray, page 1074**

A different form of [carnitine](#) known as acetyl-L-carnitine (ALC) has been shown in studies to be valuable in the treatment of Alzheimer's disease, senile depression, and memory loss associated with [aging](#). ALC occurs naturally in the body.

**Natural Physicians Healing Therapies  
by Mark Stengler ND, page 302**

For Alzheimer's disease and brain effects, it appears that L-carnitine is, however, the most widely available, least expensive, and best studied form of carnitine.

**Encyclopedia Nutritional Supplements  
by Michael T Murray ND, page 286 L-carnitine**

Always be sure that the form being used is L-carnitine alone or bound to either acetic or propionic acid. For Alzheimer's disease and brain effects, it appears that Acetyl-L-carnitine (LAC) may provide the greatest benefit.

**Textbook of Natural Medicine Volumes 1-2**  
**by Joseph E Pizzorno and Michael T Murray, page 637**

Other examples of pro-drugs are alpha-lipoic acid and acetyl-L-carnitine. Research shows it can augment the body's [healing](#) mechanisms, as well as prevent and improve symptoms and disease for a wide range of [conditions](#), including diabetes, neuropathy ([nerve damage](#)), liver disease, hypertension, hearing loss, and nerve damage in the brain associated with conditions such as [Parkinson's](#) disease.

**Ultra [prevention](#)**  
**by Mark Hyman MD and Mark Laponis MD, page 87**

Those [elderly](#) subjects with the highest depression scores are usually the ones who benefit the most from acetyl-L-carnitine.

**Textbook of Natural Medicine Volumes 1-2**  
**by Joseph E Pizzorno and Michael T Murray, page 640**

Results of this study showed that acetyl-L-carnitine may be effective in ameliorating receptor functionality in the aging rat brain due to its ability to preserve the receptor-mediated functional Ach release response.

**The Clinician's Handbook of Natural Healing**  
**by Gary Null PhD, page 852**

Acetyl-L-carnitine is unique in its ability to provide a number of important protective functions. It has been shown to reduce the amount of an age pigment in the brain called lipofuscin.

**Health and Nutrition Secrets**  
**by Russell L Blaylock MD, page 323**

ALC has become one of the most studied compounds for its anti-aging effects, particularly with regard to degeneration of the brain and nervous system.

**Prescription for Nutritional Healing**  
**by Phyllis A Balch CNC and James F Balch MD, page 46**

Results of this double-blind, placebo-controlled study showed that acetyl-L-carnitine had significant positive effects on memory and cognitive performance tasks in [elderly patients](#) with cerebrovascular insufficiency.

**The Clinician's Handbook of Natural Healing**  
**by Gary Null PhD, page 12**

The second study published by the National Academy of Sciences showed that supplementation with acetyl-L-carnitine and lipoic acid resulted in improved memory in old [rats](#).

**Disease Prevention and Treatment**  
**by Life Extension Foundation, page 1257**

The nutrient acetyl-L-carnitine can help improve memory, says Alan Brauer, M.D., founder and director of the Total Care Medical Center in Palo Alto, California. Scientists theorize that it boosts energy production in the brain, improves function in the brain's glutamate receptors, which are responsible for learning, and may stop the formation of lipofucian, a kind of "age spot" of the neurons that can interfere with memory.

**Alternative Cures  
by Bill Gottlieb, page 437**

Studies indicate that acetyl-L-carnitine can slow neurological aging. As discussed earlier in this protocol, supplemental acetyl-L-carnitine and lipoic acid have been shown to reverse certain parameters of brain aging in rats.

**Disease Prevention and Treatment  
by Life Extension Foundation, page 21**

In addition, acetyl-L-carnitine reduces the receptor loss associated with aging of the brain and significantly improves learning and memory in aged [animals](#) and humans.

**Excitotoxins  
by Russell L Blaylock MD, page 25**

Studies suggest that mental deterioration in Alzheimer's patients can be slowed by supplementation of iron, [vitamins](#) B6 and B12, coenzyme Q10, and acetyl-L-carnitine.

**Woman's Encyclopedia Of Natural Healing  
by Dr Gary Null, page 32**

Acetyl-L-carnitine has proven helpful toward restoring short-term memory in Alzheimer's disease, as we discussed in the previous chapter.

**Power Aging  
by Gary Null, page 93**

Among some Alzheimer's researchers, interest is brewing in a [natural](#) substance called acetyl-L-carnitine, which resembles [amino acids](#) found in dairy foods, kidney beans, eggs, and red meats.

**New Foods for Healing  
by Selene Yeager, page 568**

Treatment with acetyl-L-carnitine slowed deterioration in Mini-mental Status and Alzheimer's Disease Assessment Scales, and normalized high-energy phosphate levels in a study of 5 probable Alzheimer's patients and 21 controls.

**Woman's Encyclopedia of Natural Healing  
by Dr Gary Null, page 36**

**ALC and stroke victims**

Acetyl-L-carnitine has also been shown to regenerate nerves (Fernandez et al. 1997); provide protection against glutamate and ammonia-induced [toxicity](#) to the brain (Rao et al. 1999); and to reverse the effects of heart aging in animals (Paradies et al. 1999).

**Disease Prevention and Treatment  
by Life Extension Foundation, page 1001**

Results of this study involving a canine model of global cerebral ischemia and reperfusion showed that the postischemic administration of acetyl-L-carnitine potentiated the normalization of brain energy metabolites and produced marked improvements in neurological outcome.

**The Clinician's Handbook of Natural Healing  
by Gary Null PhD, page 11**

Acetyl-L-carnitine administered to stroke patients brought improvements in memory, cognition, and task performance.

**Power Aging  
by Gary Null, page 93**

## **ALC and Down's Syndrome**

Results of this study showed significant improvement in visual memory and attention in Down's Syndrome patients relative to controls following treatment with acetyl-L-carnitine for 90 days.

**The Clinician's Handbook of Natural Healing  
by Gary Null PhD, page 10**

## **Can ALC boost anyone's brain power?**

With L-carnitine, people have a resource that helps them fight fatigue and improve mental performance.

**Natural Physician's Healing Therapies  
by Mark Stengler ND, page 303**

The acetyl component of acetyl-L-carnitine provides for the formation of the neurotransmitter acetylcholine.

**PDR for Nutritional Supplements  
by Sheldon Saul Hendle and David Rorvik, page 10**

L-carnitine is a vitamin-like nutrient that is found in the heart, brain and skeletal muscles. Its primary job is to transport fatty acids across the cell wall to the mitochondria, the powerhouse of the cell, providing heart and skeletal cells with energy.

**Earl Mindell's Supplement Bible  
by Earl Mindell RPh PhD, page 85**

Acetyl-L-carnitine crosses the blood brain barrier and provides the brain with more energy.

**Get Healthy Now**  
**by Gary Null, page 218**

*This study examined the effects of acetyl-L-carnitine on brain adenylate cyclase activity in rats. Results showed that the treatment enhanced receptor-stimulated AC response in the frontal cortex of rats of all ages.*

**The Clinician's Handbook of Natural Healing**  
**by Gary Null PhD, page 854**

*Acetyl-L-carnitine (ALC), co-enzyme Q10 ([CoQ10](#)), and lipoic acid. When used properly, these nutrients enhance [mental function](#).*

**Mind Boosters**  
**by Dr Ray Sahelia MD, page 127**

*Anything that increases brain energy production will reduce excitotoxicity. This includes alpha-lipoic acid, CoQ10, niacin amide, all of the B vitamins, acetyl-L-carnitine, and creatine monohydrate.*

**Health and Nutrition Secrets**  
**by Russell L Blaylock MD, page 199**

*Results of this study showed that acetyl-L-carnitine administered at high levels can have positive effects on the release of amino acids as well as neurotransmitters such as dopamine and acetylcholine in the brain of rats.*

**The Clinician's Handbook of Natural Healing**  
**by Gary Null PhD, page 12**

*Acetyl-L-Carnitine is a derivative of the amino acid, carnitine. It helps with neurotransmitter metabolism, and is necessary for normal neuron and brain function.*

**Building Wellness with DMG**  
**by Roger V Kendall PhD, page 94**

*Acetyl-L-carnitine is a natural substance found in the body. It too can act as an antioxidant in the brain and protect the cell's energy factories, the mitochondria.*

**Graedons' Best Medicine**  
**by Joe Graedon & Dr Terasa Graedon, page 232**

*Acetyl-L-carnitine (ALCAR), also a naturally occurring substance, has shown clinical benefits when used to treat a variety of conditions. Like alpha-lipoic acid, ALCAR has a protective effect on brain neurons and the [liver](#).*

**Ultra-Prevention**  
**by Mark Hyman MD and Mark Liponis MD, page 87**

Acetyl-L-carnitine was shown to protect neurons from the detrimental effects of beta-amyloid in the cortex of rats (Virmani et al. 2001).

**Disease Prevention and Treatment  
by Life Extension Foundation, page 62**

There are several additional [nutrients](#) that are involved in energy production within brain cells, including coenzyme Q10, acetyl-L-carnitine (ALC), and lipoic acid.

**Mind Boosters  
by Dr Ray Sahelia MD, page 218**

A massive body of published scientific research indicates that one can take steps to boost cognitive function today, while simultaneously reducing the [risk](#) of Alzheimer's disease, stroke, and other degenerative brain diseases by taking CoQ10, acetyl-L-carnitine, and ginkgo.

**Disease Prevention and Treatment  
by Life Extension Foundation, page 32**

Acetyl-L-Carnitine (ALC): This amino acid (protein building block) enhances brain energy, helping to improve mood and reduce the effects of age-associated memory impairment.

**Alternative Medicine  
by Burton Goldberg, page 528**

Acetyl-L-carnitine and alpha-lipoic acid in testing memory they found that both nutrients improved memory, but the combination of both was the most effective.

**Power Aging  
by Gary Null, page 167**

Acetyl-L-carnitine can aid in the formation of the neurotransmitter acetylcholine, which we know plays a vital role in memory.

**Health and Nutrition Secrets  
by Russell L Blaylock MD, page 323**

**So, how much ALC should you take?**

Acetyl-L-carnitine is a powerful anti-aging nutrient that is beneficial for mild mental impairment; practitioners recommend 1,000 to 2,000 mg a day for up to ninety days.

**Power Aging  
by Gary Null, page 192**

Results of this double-blind, placebo-controlled study found that treatment with 2 g of acetyl-L-carnitine per day for 24 weeks had beneficial short-term memory effects on patients with Alzheimer-type dementia.

***The Clinician's Handbook of Natural Healing***  
**by Gary Null PhD, page 711**

*Several major studies have shown that daily supplementation with ALC significantly slows the progression of Alzheimer's disease, resulting in less deterioration in memory, attention and language, and spatial abilities.*

***Prescription for Nutritional Healing***  
**by Phyllis a Balch CNC and James F Balch MD, page 46**

*Results of this double-blind, placebo-controlled study showed that the administration of 2g per day of acetyl-L-carnitine for three months led to significant improvements in elderly patients suffering from mental impairment.*

***The Clinician's Handbook of Natural Healing***  
**by Gary Null PhD, page 854**

*Elderly patients receiving acetyl-L-carnitine at doses of 1,000 to 2,000 mg a day for up to ninety days found relief from mild mental impairments such as slow memory.*

***Power Aging***  
**by Gary Null, page 93**

*Results of this double-blind, placebo-controlled study indicated that the administration of 1500 mg per day of acetyl-L-carnitine to elderly patients with mild mental impairments proved to be beneficial against cognitive and emotional-affective mental impairment.*

***The Clinician's Handbook of Natural Healing***  
**by Gary Null PhD, page 706**

**TINY PARTICLES MAY OPEN NEW WAYS TO STUDY  
CALCIFICATION**

Source: [http://www.nasa.gov/centers/johnson/home/jsc\\_McKay\\_nanobacteria.html](http://www.nasa.gov/centers/johnson/home/jsc_McKay_nanobacteria.html)

A research team from NASA and Nanobac Pharmaceuticals has found that tiny nanoparticles may provide huge insights into the causes of certain health issues.

The team found that **submicron particles readily form a mineral coating or structure much like bone**. Some researchers think these particles may be a good model for studying bone-like calcification mechanisms that cause human health problems.

The team, made up of microbiologists, astrobiologists, geologists and physicians, did its research at NASA's Johnson Space Center in Houston and at the University of Kuopio in Finland. Results are

reported in a paper in the *Journal of Investigative Medicine*. The findings are important for both medical and space science.

**Recently discovered nanobacteria (NB), also called calcifying nanoparticles, behave as a microbe and show a correlation with calcification-related health problems such as arterial heart disease, Alzheimer's disease, kidney stone formation, gallstones and malignant tumors.** They have unique properties including extremely small size—no larger than 300 nanometers across. A nanometer is a billionth of a meter.

"I first became interested in nanobacteria because I and others, particularly Robert Folk of the University of Texas at Austin, have seen similar forms in both Martian meteorites and in deposits from lakes and springs on Earth," said David McKay, NASA chief scientist for astrobiology at JSC and co-author of the paper. "Could these features be a previously undescribed life form which is present in both natural environmental settings and in the human body?"

Half-a-dozen papers published in the *Journal* resulted from a symposium that assembled, for the first time, experts from biology, medicine and geology to debate **three possible causes of calcification: chemical crystallization, cell-mediated crystallization and potentially infectious calcifying nanoparticles.**

One conclusion from the symposium attendees: Although infection is just one of three potential causes of calcification, based on new evidence, it deserves increased focus as a chronic disease trigger.

The scientific community has long debated whether these minute particles are alive and might trigger pathological calcification. A condition known as calcification occurs in most diseases on the leading cause of death list and in illnesses such as kidney, gallbladder and prostate stones.

Whether these particles are bacteria, viruses or other living or nonliving forms is immaterial, the authors conclude. Their properties of promoting ready crystallization and growth of calcium minerals are well established.

## **FIVE THINGS YOU CAN DO TO GUARD AGAINST ALZHEIMERS**

Source: [http://www.naturalnews.com/035983\\_Alzheimers\\_prevention\\_coconut\\_oil.html](http://www.naturalnews.com/035983_Alzheimers_prevention_coconut_oil.html)

(NaturalNews) A study led by Dr. Patricia Boyle of Rush University Center in Chicago has concluded that people with greater life purpose maintained cognitive ability better than those who weren't leading a purposeful life.

Dr. Boyle and her team wanted to establish a strategy for avoiding Alzheimer's consequences rather than attempting to find a way of keeping brain plaques and tangles from accumulating.

After following 246 senior citizens -- with up to ten years of annual cognitive exams and neurological testing -- and quizzing them about life missions and then doing brain autopsies after their deaths, they reached a conclusion.

- (1) **Life purpose/activity:** As people age, they're prone to getting brain plaques and tangles. But if they have a life purpose zestfully pursued, they avoid dementia despite those physical impairments.

There are many real life examples of people managing well as they keenly continue to pursue their life adventures, especially adventures that require mental focus and activity.

Many experts also agree that engaging in mental activities which are new or challenging as one ages also helps retain mental acuity. Walking briskly in nature a mile or so four days a week also helps maintain one's cognitive abilities.

#### Four specific nutritional approaches

- (2) **Coconut oil:** After failing to get her dementia addled husband into an Alzheimer drug trial because they were no longer accepting volunteers, Dr. Mary Newport discovered the active ingredient in the formula tested was a *synthetic medium chain triglyceride* (MCT).

Getting patent rights for big bucks requires the creation of synthetic drugs. Synthetic drugs always produce side effects and their PR exceeds their efficacy.

Dr. Newport discovered that coconut oil contained natural MCT. Her husband had entered the darker side of dementia with his late stage Alzheimer's. Yet after around a month and a half he was almost completely recovered after taking a tablespoon of coconut oil twice daily. Metabolizing MCTs produces *ketones*, which dissolve brain plaques and tangles.

An Australian shared his escape from early stage Alzheimer's on YouTube using both coconut oil and niacin (B3), a supplement pioneered in orthomolecular psychiatry for many mental issues. Both episodes are here ([http://www.naturalnews.com/034082\\_dementia\\_drugs\\_side\\_effects.html](http://www.naturalnews.com/034082_dementia_drugs_side_effects.html)).

- (3) **Vitamin D3 and curcumin:** The synergy of combining curcumin with vitamin D3 to prevent or reverse Alzheimer's is a recent development. Each substance alone has shown efficacy on dementia, so why wouldn't combining the two create a powerful synergy?

This has been recently proven to be effective without side effects ([http://www.naturalnews.com/035328\\_vitamin\\_D3\\_curcumin\\_Alzheimers.html](http://www.naturalnews.com/035328_vitamin_D3_curcumin_Alzheimers.html)).

- (4) **Eliminate aluminum:** Avoid aluminum cooking utensils and underarm deodorants containing aluminum. Vaccines contain aluminum that goes right into your bloodstream. Aluminum bypasses the blood brain barrier and accumulates in soft tissue cells that regenerate less often than other tissues, creating plaque.

The brain is an organ that is made of cells that recycle more slowly than most other organ tissue cells. **Silica** is ideal for removing aluminum from soft tissue and eliminating through the urine. The herb horsetail contains a lot of silica and can be made into a tincture to provide constant silica dosing.

There are also supplements and mineral waters sold commercially that are high in silica

([http://www.naturalnews.com/034756\\_silica\\_anti-aging\\_heavy\\_metals.html](http://www.naturalnews.com/034756_silica_anti-aging_heavy_metals.html)).

**(5) Alpha Lipoic Acid (ALA): Alpha lipoic acid has demonstrated stopping the progression of dementia from early stage into late stage Alzheimer's with a daily 600 mg dose.**

ALA's oxidative ability is coupled, reducing brain inflammation along with the some metal chelating activity for heavy metals, including lead and mercury

([http://www.naturalnews.com/025722\\_supplement\\_brain\\_memory.html](http://www.naturalnews.com/025722_supplement_brain_memory.html)).

Dietary advice includes reducing fructose of all types and eliminating processed simple carbs. Brain cells are cholesterol based. Reducing fats for any reason is not a good idea (<http://www.naturalnews.com>).

**Sources for this article include:**

<http://www.dailymail.co.uk>

<http://www.alzheimersreadingroom.com>

<http://theconsciouslife.com>

<http://www.anh-usa.org/coconut-oil-and-alzheimer%E2%80%99s-disease/>