Artificial Sweeteners
IN ADDITION TO ALZHEIMER’S DISEASE, CURCUMIN CAN HELP PROTECT AGAINST DIABETES
Got Milk... with Aspartame?

• Dairy industry has petitioned FDA to add aspartame to milk

• If approved, artificial sweeteners can be added to many dairy products WITHOUT being listed on the label

• Aspartame
  – Artificial sweetener, sugar substitute (brand names: NutraSweet, Equal)
  – Americans consume over **5,000 tons of aspartame** a year; 86% of this is from **diet soda**
Artificial Sweeteners

• Other sugar substitutes you may have encountered are saccharin and sucralose (Splenda®)

• Aspartame is responsible for 75% of adverse reactions (caused by food additives) reported to the FDA

• Disorders directly connected to aspartame:
  – Epileptic seizures
  – Headaches and migraines
  – Anxiety
  – Personality disorders
  – Memory loss
  – Hyperactivity
  – Irreversible brain damage
  – Cancer

• Did you know that one diet soda a day increases your risk of leukemia by 46%
Alternatives

- **Agave Nectar**
  - Carbohydrate in nectar lows glycemic index (provides sweetness without the unpleasant "sugar rush" and unhealthful blood sugar spike)

- **Raw Honey**
  - Has not been heated, pasteurized, or processed in any way
  - Has anti-viral, anti-bacterial, and anti-fungal properties

- **Stevia**
NEW NEWS ON ALZHEIMER’S
Breaking News

• Study published this week finds that the death rate from Alzheimer’s has risen 40% in the last 10 years

• 1 in 3 Americans now dies with Alzheimer’s or other form of dementia (NOTE: They are not all dying FROM dementia, but they HAVE dementia when they die).
  – Even if it doesn’t kill you, dementia speeds aging by interfering with care for other chronic diseases such as heart disease or cancer
Did You Know?

• Another case of Alzheimer’s disease is diagnosed **every 70 seconds**

• By 2050, a new case will be diagnosed **every 33 seconds**

• Chances of developing Alzheimer’s is projected to double to 13.8 million by 2050 due to baby boom generation

2010 Alzheimer’s Disease Facts and Figures.
http://www.alz.org/documents_custom/ALZ_FF_Wisconsin.pdf?type=interior_map
Curcumin Protects Your Brain

• Reduces oxidative damage and inflammation
• Reduces amyloid accumulation and promotes amyloid destruction
• In one week, curcumin reduced the average size of beta-amyloid plaques by 30% (animal model of Alzheimer’s disease)¹

Curcumin effectively passes the blood-brain barrier and binds to beta amyloid.

Curcumin is more effective in inhibiting formation of beta amyloid protein fragments than many other drugs being tested as Alzheimer's treatments!
Olive Oil and Alzheimer’s Disease

• People in the Mediterranean consume large amounts of olive oil and have lower rates of Alzheimer’s disease than people in other areas of the world

• Why? New research finds that extra virgin olive oil helps increase levels of proteins and enzymes which clear beta amyloid from the brain

• Conclusion: extra virgin olive oil can reduce your risk of developing Alzheimer’s disease
Other Tips for Preserving Your Brain

• Get your Vitamin D!
  – Low D levels are associated with a 42% increased risk of dementia
    • **Severe deficiency** increases risk of dementia by 342%

• Fill up omega-3 fatty acids
  – Increasing your omega-3 intake even a little bit (the equivalent of ½ of a salmon fillet a week) can lower beta amyloid levels (the protein linked to Alzheimer’s disease) by 30-40%
  – Fish are “brain food” because of the omega fatty acids – but fish are often contaminated with toxins and heavy metals so a supplemental source is often preferable
Curcumin Protects Against Diabetes

• Curcumin has been shown to protect pancreatic cells – which produce insulin – from free radical damage
  – Damage to pancreatic cells can reduce insulin production and make diabetes worse

• Curcumin prevents pre-diabetes from becoming full-blown diabetes
  – In a study of pre-diabetes, NONE of the people taking 250 mg of curcuminoids a day developed diabetes, while 16% of the people in the control group did

• Curcumin helps reduce the symptoms of diabetes
  – Type 2 diabetics taking 300 mg of curcumin daily experienced significant reductions in blood sugar levels and better insulin response
ADD/ADHD
Speaking of brain issues

• A recent study found that diagnosis of ADD/ADHD has risen 24%

• The researchers controlled the study carefully to be sure this increase was actually due to more kids with the disease NOT a greater awareness of the problem

• ADD/ADHD used to be rare – now it is one of the most common behavioral disorders of childhood
Ritalin

• Every year doctors write **21 million** prescriptions for Ritalin, Adderall, and other focus medications

• Parents are now pressuring doctors to prescribe Ritalin to normal kids **WITHOUT** ADHD because they want them to focus better in school

• Side effects of Ritalin: difficulty sleeping, dizziness, vomiting, loss of appetite, diarrhea, headache, numbness, irregular heartbeat, difficulty breathing, fever, hives, seizures, agitation, motor or verbal tics and depression.

• Stunts kid’s growth – after taking Ritalin for three years, kids are 1 inch shorter and almost 5 pounds lighter than their peers
Feed Kids the Healthy Way

• Skip the pre-made “lunch” foods full of processed meats and simple carbs
  – Whole grain breads
  – Vegetables like carrot sticks with hummus or natural peanut butter as a dip (Kids love DIPPING)
  – Most kids love fruit – give them oranges, apples, grapes, or raisins
  – Give them protein for breakfast!
Feed Kids Brains

- Kids with ADHD have lower omega-3 levels
- Supplementing with omega fatty acids has been shown to reduce ADHD symptoms and improve academic performance
  - Improves reading ability and behavior in school
- NO side effects