

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA



Solutions for Alzheimer's

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Alzheimer's and other types of dementia can be devastating—mentally, physically, and emotionally. The good news is recent evidence shows natural ingredients can help slow and possibly even reverse the symptoms of these distressing diseases.

Terry's Bottom Line:

Alzheimer's is a terrifying disease that affects over five million Americans—perhaps one of your own family members or friends. Once it is diagnosed, decline feels inevitable. Unfortunately, prescription medications have limited effectiveness and cause many side effects, so finding a way of stopping its progression can seem insurmountable. And as of yet, there is no cure.

However, cutting-edge research is finding that natural ingredients can help slow—and possibly reverse—Alzheimer's disease. Together, these ingredients can:

- Help preserve memory and recall
- Stop damaging inflammation in the brain
- Destroy amyloid plaques
- Preserve acetylcholine levels and neural signals

Alzheimer's. The thought of the disease is chilling. For anyone who has ever had a family member diagnosed with this debilitating condition, there's a very real sense of desperation in finding some way—any way—of preventing or curing this disease. And it's not just for the sake of the afflicted person. Many people live with a palpable fear that "they will be next." Unfortunately, statistics don't provide much hope.

How Prevalent is Alzheimer's disease (AD)?

- 6th leading cause of mortality in the U.S.
- 5.3 million Americans have AD
- Someone develops AD every 70 seconds



What Changes in the Brain?

Plaques and tangles are:

- Clusters of a protein called beta-amyloid
- Clumps of dead and dying nerve and brain cells

They interfere with signals between brain cells. Inflammation makes the problem worse.

No Conventional Cure

Pharmaceutical interventions have had limited success. There are currently two classes of drugs that target the decline in brain function of

AD. Some doctors even recommend against their use because they believe the cost and risks outweigh potential benefits. They are not a cure.

Natural Solutions for Alzheimer's

Curcumin

Curcumin, the compound from turmeric (*Curcuma longa*) has been the subject of numerous studies exploring how it can slow—and possibly reverse—the progression of AD.

Curcumin protects brain cells from damaging inflammation. It has been shown to reduce the beta-amyloid levels and shrink the size of accumulated plaques that interfere with brain cell signals by over 30% in experimental models of Alzheimer's disease. Other studies have shown that curcumin plays a role in regenerating neurons, creating new brain cells and refreshing cells that may have once been considered irretrievable.

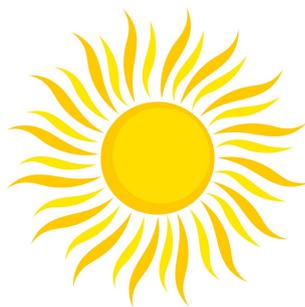
A clinical trial at the McCusker Alzheimer's Research Foundation (supporting research at Edith Cowan University, Perth, Australia) is focused on learning more on the benefits of curcumin for treating AD. In this ground-breaking study, a specialized, highly absorbable form of curcumin is being administered to patients with mild to moderate dementia in order to learn more about how curcumin can be used as an effective treatment of AD. The curcumin they are using is the one I recommend. It is blended with turmeric oil to naturally boost absorption. Prepared in this manner, curcumin has been shown to cross the blood/brain barrier, meaning it can reach brain cells, something not every substance can do. Standard curcumin extracts are not well absorbed, so the type you use can make a significant difference.



Vitamin D

Vitamin D is synthesized by our bodies when our skin is exposed to and absorbs sunlight.

By age 65, changes to our skin—regardless of color—reduce our ability to produce vitamin D by **up to 60%**.



Low levels of vitamin D at age 65 mean you are **twice as likely** to experience mental decline. A clinical study published in the journal *Neurology* showed frightening numbers:

- Adult volunteers with even **moderate vitamin D deficiencies** had a **53% increased risk of dementia** and a **69% increased risk for Alzheimer's**.
- **Severe deficiencies** showed a **125% risk of dementia** and a **122% risk of Alzheimer's**.

Rosemary and Spanish Sage Concentrated Plant Oils

Concentrated plant oils are powerful medicine. Oils from rosemary (*Rosmarinus officinalis*) and Spanish sage (*Salvia lavandulifolia*) plants have a long history of use as aids to enhancing memory and learning.

Both rosemary and Spanish sage are important botanicals that preserve acetylcholine, a messenger in the brain that supports memory and learning. Low levels of acetylcholine are associated with Alzheimer's disease.

Hope for the Future

The more we learn about this devastating disease, the better we will be able to discover the links between diet, exercise, and natural medicines that can make a tremendous impact. My hope is that in the very near future, we will continue to learn how high-absorption

curcumin, vitamin D, rosemary, and Spanish sage can help slow—and even reverse—the damage caused by this illness.

To help slow—and even reverse—the damage caused by Alzheimer’s, Terry recommends the following nutrients:

- 2,000 IU of Vitamin D3 (as cholecalciferol) taken daily
- 600 mg total of the following taken daily:
 - o Curcumin (*Curcuma longa*) Rhizome Extract
 - o Spanish Sage (*Salvia lavandulifolia*) Flower Oil
 - o Rosemary (*Rosmarinus officinalis*) Flower Oil