

Alzheimer's Disease

What Is Alzheimer's Disease?

Alzheimer's disease is the most common type of dementia.

What Causes Alzheimer's Disease?

It is thought to be caused by atrophy to parts of the brain, which damages the structure of it and how it works. There is no precise known cause as to why it happens, but along with certain risk factors such as age, family history, Down syndrome and even whiplash, it's possible that cardiovascular disease can increase the risk of Alzheimer's. Certain lifestyle factors such as smoking, obesity, diabetes, along with high blood pressure and cholesterol levels can all increase the risk of the disease.

It is now being called Diabetes 3 as foods and drinks that create high blood sugar glucose are considered to be a prime cause.



“I am on a group forum for Alzheimer's Disease. You have been such a help in getting my husband on the right supplements. He is taking everything you recommended and is doing well. As always, I do appreciate you. Thank you so much, Robert.”

- Jeanne



Follow the Health Plan as recommended for the best results:

Click
for more
details

ALZHEIMER'S DISEASE HEALTH PLAN

The following plan is designed to provide relief for Alzheimer's symptoms when following the supplement regime below and combining it with a naturally healthy lifestyle.

*Your 4-8 Week Plan, From My eBook, Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:*

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **BrainPower** - Product currently not available. As an alternative, mix 2 capsules of **Curcuminx4000** with 2 teaspoons of **coconut oil** and half an avocado; chew slowly x 2 times per day. Coconut oil supports healthy brain cells by providing MCTs (medium-chain triglycerides), creating essential fuel for the brain. It is rich in lauric acid and has strong anti-microbial properties.
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nattokinase** - Take 1 capsule, 3 times a day with the Serranol. Clears inflammation and dead cells. Studies show it can help in the relief of Alzheimer's Disease.
- **Lithium Balance** - Supports healthy mental responses, balances chemical responses, and is a known anti-aging nutrient for the brain. Take 2 tablets, 2-3 times daily.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **B4 Health Spray** - Supports healthy homocysteine levels, gives a healthy boost to the immune system and improves the absorption of B12. Take 6 sprays daily.
- **The Krill Miracle** - Contains concentrated Omega 3, 6 and 9 oils that support brain memory and the learning process. Take 2 capsules, 2-3 times daily. If vegetarian, see the Hemp Seed Oil in the Other Recommended Products section.
- **UB8Q10 Ubiquinol** - Take 2 softgels, 2-3 times daily. This is 8x more effective than CoQ10 at restoring cell energy.
- **L-Carnitine/Q Gel Formulation** - L-Carnitine promotes cell growth and fights free radicals. Take 2 capsules, 2-3 times daily.
- **Alpha Lipoic Acid-R** - Take 2 capsules per day (200x better absorbed than Alpha Lipoic Acid). Works as an antioxidant to slow the progression of Alzheimer's disease.
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.
- **Naturally Better Vitamin E** - Studies show that it may help to reduce functional decline in patients with mild to moderate Alzheimer's Disease. Take 2 x 3 capsules a day.

Other Recommended Products

- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take this to help with any digestive issues, compromised absorption of nutrients or if you have a long-term tummy problem. Take 2 capsules, twice per day. It can be taken with or without food and can also be opened and mixed with food. (See www.Probiotic29.com/studies.)

As A Vegetarian Alternative To The Krill Miracle...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.