

# Senile Dementia

## What Is Senile Dementia?

Senile Dementia, also known as Vascular Dementia, Leukoraiosis, or Lewy Body Dementia, is the name given to people who have dementia and other cognitive symptoms related to memory and thinking. This can cause problems with everyday memory, making it more difficult to recall events that happened quite recently. Other problems can include language difficulties during conversation, where suddenly it becomes hard to find the right word to say, for example.

If you or the affected person has problems judging distance, visuospatial skills may be impacted. Other symptoms include losing track of the day or date or even becoming confused about who people are. It's typical for a person who has dementia to have frequent mood changes, i.e. feeling irritable or frustrated, anxious, withdrawn or upset.

## What Causes Senile Dementia?

There are numerous diseases that can result in dementia. The most common are Alzheimer's Disease, Vascular Dementia, Mixed Dementia, Dementia with Lewy Bodies, and Frontotemporal Dementia, to name just a few. There are also various studies and a mounting body of evidence to suggest that nutrition and lifestyle play an important part in its formation. My recommendation is that you avoid all starchy carbohydrates and refined sugars and follow my Senile Dementia Health Plan.

## Senile Dementia FAQ

**Q: What can you recommend to improve my father's senile dementia? We don't want to go down the route of drugs if it can be avoided as we are all too aware of the side effects that can occur. Any help is appreciated. Thanks.**

A: I suggest following the Senile Dementia Health Plan, which includes Serranol, Nattokinase, B4 Health Spray, Nascent Iodine Drops, Krill Oil, and Alpha Lipoic Acid-R. Also include Active Life and Naturally Better Vitamin E, if possible. Make sure that you follow my naturally healthy lifestyle plan for best results. Let me know how he gets on.

.....

**"My mother had been diagnosed with dementia which was hard on all of our family in terms of care, etc. and getting her to recognize or remember simple names and objects we might refer to. It was upsetting, but I didn't trust what the doctors told me that it couldn't be improved.**

**I decided to do my own research and came across your site. By taking your advice and following your health plan which we discussed, I have seen some good changes in my mother's mental health. She is beginning to recall names again, it is a slow progress but I can finally say there might be a light at the end of the tunnel. I'm not expecting miracles, but with these healthy changes I can see her dementia becoming more manageable in the long-term. Thank you!"**

**- Elizabeth, Kent**

.....

.....

**"Mr. Redfern... You're a GEM. Thank you for ALL your help!!!!"**

**- Cynthia**

.....

*Follow the Health Plan as recommended for the best results:*

## SENILE DEMENTIA HEALTH PLAN

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

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

- **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.
- **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.
- **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.
- **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.
- **Alpha Lipoic Acid-R** - Take 2 capsules per day (200x better absorbed than Alpha Lipoic Acid). Provides antioxidants and supports blood sugar balance.
- **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](http://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.