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ALZHEIMER'S DISEASE REHABILITATION IN 30 DAYS

*Alzheimer's Support in 30 Days,
Rehabilitation Plan for Overall Health*

By Robert Redfern

**Edition
2.0**

ALZHEIMER'S DISEASE REHABILITATION IN 30 DAYS

*Alzheimer's Support in 30 Days,
Rehabilitation Plan for Overall Health*

By Robert Redfern

About Robert Redfern

Your Personal Health Coach
www.MyGoodHealthClub.com



Robert Redfern was born in January 1946. He has helped thousands of people to date in more than 24 countries by providing online health guidance and resources in books, radio interviews, and TV interviews to share his nutritional discoveries. His new book series starts with the Healthier Heart book and is designed to bring all of his health knowledge into one user-friendly format that anyone can understand when pursuing health recovery.

Robert became interested in health when he and his wife Anne began to take charge of their lifestyle in the late 1980s. Robert had not paid much attention to his health until 1986, despite Anne's loving influence. It wasn't until Robert's parents Alfred and Marjorie died prematurely in their sixties that he was forced to re-examine his lifestyle choices.

Robert and Anne embraced a new health philosophy as they examined the health community, medical treatments, and common health issues. After researching the root cause of disease, they discovered that diet and lifestyle choices were the two most pivotal factors that contribute to overall health and well-being. Robert and Anne decided to make major changes in their diet and lifestyle, while utilizing **HealthPoint™** acupressure. The changes that they saw were exceptional.

In addition to improved health, Robert and Anne both look and feel like they have more vitality than they did decades before they started their new health plan. Currently, Robert, 72, and Anne continue to make healthy choices to live energetically and youthfully, based on a foundation of Natural Health.

"Hi Robert,

I am on a group forum for AD [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."

- Jeanne



ROBERT REDFERN: YOUR PERSONAL HEALTH COACH
Provides step-by-step guidance on -

Alzheimer's Disease, Senility, & Dementia Relief in 30 Days: Step-by-Step Rehabilitation Plan



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From the Publisher:

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

Disclaimer: Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

Warning: Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.



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YOUR ACTION PLAN TO COMMIT TO BETTER BRAIN HEALTH

ACTION		DATE
I Committed	To restoring and supporting my health for all of my life.	
I Committed	To drinking 8-10 glasses of water per day.	
I Committed	To spending time in the sun for 20 minutes each day (except when not advised).	
I Read	Robert's Alzheimer's Disease Rehabilitation Book.	
I Ordered	The recommended supplements to support my plan and healing.	
I Planned	My Daily Menu using ReallyHealthyFoods.com .	
I Started	My breathing exercises.	
I Started	Massaging the appropriate acupressure points.	
I Reread	Robert's Alzheimer's Disease Rehabilitation Book.	
I Reviewed	The recommended supplements to support my plan and healing.	
I Reviewed	My water intake.	
I Reviewed	My Daily Menu.	
I Reviewed	My breathing exercises.	
I Reviewed	My life-giving sun exposure (except when not advised).	
I Reviewed	How to massage the appropriate acupressure points.	
I Recommitted	To restoring and supporting my health for all of my life.	
I Recommitted	To Robert's Alzheimer's Disease Rehabilitation Book.	
I Recommitted	To the recommended supplements to support my plan and healing.	
I Recommitted	To my water intake.	
I Recommitted	To following my Daily Menu.	
I Recommitted	To doing my breathing exercises.	
I Recommitted	To life-giving sun exposure (except when not advised).	
I Recommitted	To massaging the appropriate acupressure points.	

***Note:** Alzheimer's disease comes with its share of personal challenges. Caregivers are reminded to implement the Commitment Plan slowly, gradually, and patiently, based on the circumstances of each individual patient.



Alzheimer's Disease, Senility, and Dementia Explained

Many people confuse Alzheimer's disease, dementia, and senility.

Senility was a term originally used to describe declined mental function and capacity, often associated with old age. Over time, the term dementia was used instead. In all actuality, the correct term used to describe the myriad of conditions associated with deteriorated mental function and advanced age is *senile dementia*.

Alzheimer's disease is just one condition of many. It affects sufferers of senile dementia the most often. Sixty percent to 70 percent of those who have been diagnosed with senile dementia have Alzheimer's disease. [1]

There are other forms of senile dementia not fully covered in this book, including:

- **Fronto-temporal dementia or Pick's disease**
- **Lewy body disease**
- **Parkinson's disease**
- **Vascular dementia**

Causes of Senile Dementia

There are multiple causes of senile dementia. Many are as simple as a high-sugar/high-carb diet, vitamin deficiency, under-functioning thyroid, or more often, oxidative stress and inflammation. Once these concerns have been addressed and eliminated, the major symptom — senile dementia — can often be eliminated as well.



Tossing and Turning?

Difficulty sleeping in otherwise healthy adults could indicate a risk of developing Alzheimer's disease in the future. American Academy of Neurology research published in 2017 found a connection between disturbed sleep and Alzheimer's biological markers in the spinal fluid. Previous research has shown that sleep issues can lead to the development or progression of Alzheimer's disease, in some ways. Getting little sleep or having disrupted sleep could allow amyloid plaques to build up when the brain isn't able to clear them out during the sleep cycle, researchers said. [2]

"Alzheimer's disease was first identified more than 100 years ago, but 70 years passed before it was recognized as the most common cause of dementia, as well as a major cause of death."

*- Alzheimer's Association,
2016 Alzheimer's Disease Facts and Figures*

Understanding Alzheimer's Disease

Alzheimer's disease is the most common type of senile dementia. It affects millions of middle-aged and senior adults around the world. It is a brain disorder that will develop slowly. It is first recognized when cognitive function declines, followed by memory loss, irregular behavior, and changes in daily mannerisms.

How many people have Alzheimer's disease?

46.8 million people suffer from dementia worldwide, according to Alzheimer's Disease International estimates. [3] That number is projected to rise to 75 million by 2030. 9.9 million new dementia cases are diagnosed every year. A new dementia diagnosis takes place every three seconds around the world.

The brain is affected by Alzheimer's disease in several important ways:

- **Cerebral cortex atrophy**
- **Cholinergic neuron loss**
- **Decrease in choline acetyltransferase activity (enzymes needed to produce acetylcholine)**
- **Notable presence of numerous plaques and tangles**

Plaques and Tangles

The majority of people have a certain number of plaques and tangles, although a larger amount is found in the brains of Alzheimer's disease patients. These plaques and tangles are considered highly suspicious in the development of Alzheimer's disease. They can harm and eventually kill precious nerve cells.

- **Plaques** - Beta-amyloids (protein fragment deposits) build up in spaces located between nerve cells.
- **Tangles** - Tau (twisted protein fibers) build up inside cells.

The Real Cause of Alzheimer's Disease?

Groundbreaking research released from 2015 to 2017 confirms what I've long suspected and what forms the basis of my plan in this book. There are countless studies that point to the risk factors and causes of Alzheimer's disease. The latest research indicates the culprits to be fungi, bacteria, viruses, and brain inflammation.

Contrary to what most people believe, it's not plaque that causes Alzheimer's disease. There are as many people with beta-amyloid brain plaques who do not develop Alzheimer's as those who do. I am convinced of **sugar and fungus/candida as the prime causes** of Alzheimer's disease, and research supports this.

In 2015, one of the most important studies on Alzheimer's disease was conducted by Spanish researchers and published in *Scientific Reports*. When a team from Spain compared the brains of 11 adults who had Alzheimer's to 11 healthy adults, both groups dying at similar ages, the researchers found fungal cells in the nerve cells in several parts of the brain that had been affected by Alzheimer's disease. Fungus was also detected in the blood vessels of those with Alzheimer's disease. [4]

It's possible for fungus, bacteria, and viruses to coexist in any body -- and often with the same underlying causes, especially for someone who develops Alzheimer's disease. When comparing healthy and diseased mice in 2017, Swedish researchers discovered that mice with Alzheimer's had different gut bacteria. Harmful gut bacteria were also linked to the development of beta-amyloid plaques in the brain. [5, 6] To bring it full circle, probiotics, or good bacteria that reside in the gut, are natural antifungals. Healthy gut bacteria can help to overpower pathogenic and often drug-resistant bacteria and fungi, keeping fungal/candida infection at bay. [7]

"The total estimated worldwide cost of dementia is U.S.\$818 billion in 2015, which represents 1.09 percent of global GDP. By 2018, the global cost of dementia will rise above a U.S. \$ trillion."

- Alzheimer's Disease International



These discoveries are good news for us and our loved ones. There's no need to spend billions developing a new Alzheimer's drug (and you'll find out later in this book that some of the leading drug companies have given up completely). Numerous popular prescription drugs for Alzheimer's, including Aricept, have been found to offer no benefits compared to placebos. [8] Numerous studies show that infection, and particularly fungal infection, is the driving force behind Alzheimer's disease, and yet, profit-making pharmaceutical companies continue to push ineffective drugs for treatment.

The real cause of Alzheimer's is a weak immune system that leads to infection in the brain of fungus, virus, or bacteria. We need only to clean up our diets and support our immune systems to combat these brain-altering infections.

Our weak immune systems are most often caused by:

- **Aging** - Our bodies and immune systems need more care to stay strong with age.
- **Dehydration** - Almost everyone isn't drinking enough water, allowing the blood to become unhealthy and prime for infection. Remember, we can't live for more than seven days without water; large quantities each day are needed.
- **Grains and cereals** - Contain fungus -- consider how fast bread molds if it is left out.
- **Ground nuts** - Can contain fungus, especially peanuts.
- **Mineral deficiency** - Our immune systems require a daily supply of minerals in large amounts to work optimally such as magnesium, iodine, and selenium, among others.
- **Really Healthy Foods** - Real foods, not processed foods, like vegetables, dark-skinned fruits, seeds, and healthy fats from oily fish are essential to maintaining immunity.
- **Sedentary lifestyle** - Our bodies need to walk 5 miles a day or the equivalent to fully oxygenate the body and brain and protect against infection. Sedentary people who eat a high-sugar diet also have a higher risk of lower limb amputation. We can't live without oxygen, and daily walking is key.
- **Sugar** - Sugars found in breads, cookies, biscuits, rice, potatoes, parsnips, breakfast cereals, and high-sugar fruits burden the immune system.

You'll find out more about how to address the true causes of Alzheimer's disease to support recovery in this book.

Other Types of Senile Dementia (*Found in Dementia Book)

Vascular Dementia

Vascular dementia is secondary to Alzheimer's disease in diagnosis. It makes up roughly 20 percent to 30 percent of all senile dementia cases. [9]

Vascular dementia occurs when there is an inadequate blood supply to the brain. This results in nutrient and oxygen deprivation for brain cells. This type of senile dementia is closely related to stroke since strokes are also caused by poor blood flow to the brain.

Vascular dementia can result in minor to major changes in thinking skills. Symptoms may become most obvious after undergoing a major stroke.

Vascular dementia symptoms include:

- **Difficulty speaking**
- **Disorientation**
- **Memory loss, in some cases**
- **Vision loss**

The Silent Killer Strikes Again

High blood pressure has been referred to by many medical professionals as the "silent killer." One in three people have hypertension, a major risk factor for heart disease and stroke, and many don't even know it. High blood pressure has also been linked to vascular dementia. [10]

"Science is, rightly, searching for drugs to arrest ageing or to slow the advance of dementia. But the evidence suggests that many of the most powerful factors determining how you age come from what you do, and what you do with others: whether you work, whether you play music, whether you have regular visitors."

- Geoff Mulgan,
Chief Executive of The Young Foundation

When researchers from The George Institute for Global Health in Australia analyzed more than 4 million medical records in 2016, they discovered that high blood pressure was linked to a 62 percent increased risk of vascular dementia for adults from ages 30 to 50. High blood pressure is yet another dementia cause made worse, mainly, by our lifestyle choices.

Using my 10-step Non-Inflammatory Lifestyle Plan in this book can help you to manage the lifestyle factors that lead to Alzheimer's and dementia, including high blood pressure. [11]

Fronto-Temporal Dementia/Pick's Disease (*Found in Dementia Book)

A far less common type of senile dementia is Pick's disease. It's similar to Alzheimer's disease because it also progresses slowly. However, Pick's disease impacts different parts of the brain than Alzheimer's disease — it causes tissue shrinkage in the temporal and frontal lobes. Sufferers of Pick's disease also have excess amounts of the protein tau in nerve cells; this protein is considered harmless when detected in normal amounts.

Pick's disease is different from Alzheimer's disease because it can affect adults as young as age 20. The average age of diagnosis is 54. [12]

The first commonly recognized sign of Alzheimer's disease is memory loss. With Pick's disease, the first symptoms may include:

- Behavioral changes
- Difficulty speaking
- Difficulty thinking clearly

Parkinson's Disease (*Found in Parkinson's Book)

Parkinson's disease is another progressive, degenerative brain disorder. It is primarily characterized by a loss of dopamine stimulation in the brain. The loss is evident in involuntary movement, also called *tremors*.

Parkinson's disease is not usually considered a type of senile dementia. Nonetheless, dementia is present in roughly 30 percent of cases and may also manifest as Alzheimer's disease. Many people are diagnosed with Parkinson's disease in their late fifties, although it may occur in adults younger than 40.

Only 1 percent of adults over 65 are diagnosed with Parkinson's disease. [13]

Nutrition and Parkinson's Disease

High-sugar foods, drinks, and carbohydrates are the prime causes of all of these diseases, including Parkinson's.

Many of the nutritional guidelines for all forms of senile dementia are the same. Studies have shown the following guidelines are beneficial for those with Parkinson's disease.

- **Lower fat diets** - Avoid animal fat/saturated fat.
- **For men** - Three servings of dairy products a day is problematic due to the protein (casein), calcium, vitamin D, and milk sugar (lactose). These nutrients were not found to be problematic when consumed through other dietary sources. The more dairy consumed, the higher the risk. A 2017 study published in the American Academy of Neurology's medical journal -- the largest analysis on Parkinson's and dairy to date -- showed that consuming at least three servings of low-fat dairy daily could increase Parkinson's risk by 34 percent compared to consuming less than one daily serving. [14]

"Inflammation is the cornerstone of Alzheimer's disease and Parkinson's, multiple sclerosis - all of the neurodegenerative diseases are really predicated on inflammation."

- Dr. David Perlmutter,
board-certified neurologist and
four-time New York Times bestselling author



- **For men** - Caffeine may be protective when consumed in coffee or tea. [15]
- **For women** - Caffeine may be protective for women who opt out of taking hormone replacement after going through menopause.

L-Dopa for Parkinson's Disease

L-dopa, also called levodopa, is the most common medication taken for Parkinson's disease.

Just some of the side effects of taking L-dopa include: abnormal thinking, agitation, anxiety, clenching or grinding of teeth, clumsiness, confusion, difficulty swallowing, dizziness, excessive watering of mouth, false sense of wellbeing, feeling faint, general feeling of discomfort or illness, hallucinations, increased hand tremors, nausea or vomiting, numbness, unusual and uncontrolled movements of the body, unusual tiredness or weakness, abdominal pain, dry mouth, loss of appetite, nightmares, passing gas, and a bitter taste or burning sensation of the tongue.

Interestingly, eating meals low in protein and eating the majority of protein at dinnertime have shown a decreased need for L-dopa in the first place.

Lewy Body Disease

Lewy body disease is quite common among the senior population. The average onset age for the condition is mid-to-late 60s. Lewy body disease has a number of similarities to both Alzheimer's and Parkinson's disease; it may occur simultaneously with these conditions related to senile dementia.

Lewy body disease is characterized by Lewy bodies, abnormal proteins that collect in parts of the brain.

Symptoms of Lewy body disease may include:

- **Confusion**
- **Difficulty paying attention**
- **Hallucinations**
- **Memory loss**
- **Stiff muscles**
- **Struggle with movement and posture**
- **Trouble staying alert**

Inflammation: When Disease Is Knocking at the Door

With the exception of gene dysfunction, inflammation is the root of all disease. Senile dementia is certainly not the exception. As inflammation is related to chronic disease like diabetes, cancer, and heart disease, it also triggers senile dementia. Brain inflammation is a result of the same factors that cause inflammation throughout the rest of the body.

Besides senile dementia, brain inflammation has also been associated with chronic stress, anxiety, and depression.

According to a 2012 study published in the *Archives of General Psychiatry*, signs of clinical depression earlier in life may result in senile dementia later in life. [16] Both conditions show signs of neuronal loss. When the body is constantly plagued by inflammation, caused by a continuous release of inflammatory proteins, disease will occur. Inflammatory proteins in the body will cause similar responses to those found in depressed people.

If a person is already depressed, inflammatory proteins are again released. It is difficult to say if the depression or the inflammation comes first; research supports both scenarios. "If chronic inflammatory changes are a common feature of depression, this could predispose depressed patients to neurodegenerative changes in later life," *Neurochemical Research* scientists wrote in 2007. [17] "Indeed, there is now clinical evidence that depression is a common antecedent of Alzheimer's disease and may be an early manifestation of dementia before the cognitive decline becomes apparent."

"Dementia is not an inevitable part of getting older – while it's true that the majority of people with dementia are over 65, the condition is not a normal part of getting older."

- Alzheimer's Research UK



Risk Factors for Alzheimer's Disease

Those most at risk for Alzheimer's disease are women and members of the black population. Researchers theorized in a 2010 *Journal of Alzheimer's Disease* study that women may be more likely to get Alzheimer's disease than men, irrespective of their higher longevity, when they lose the estrogen needed to protect their mitochondria from beta-amyloid (Alzheimer's plaque) toxicity with age. [18] Instances of Alzheimer's disease or cognitive impairment may also be two to three times higher for older people in the black population compared to older Caucasians. Black people are highly susceptible to high-sugar foods and drinks and carbohydrates and suffer more from the diseases associated with these foods. [19]



Genetics have very little to do with the development of Alzheimer's disease.

When comparing adults over 65 to adults over 85, the risk of Alzheimer's spikes significantly from 1 percent to nearly 50 percent. After Alzheimer's disease has been diagnosed, lifespan will be shortened — in some cases, by as much as half.

Some of the most common risk factors include high blood sugar related to diabetes, high LDL cholesterol, excess body weight in women, high homocysteine levels related to inflammation, lifestyle-related illnesses, metabolic syndrome, or unhealthy lifestyle factors, including smoking, alcohol overuse, high blood pressure, diabetes, and heart disease.

As the 2015 Spanish study demonstrated, discussed on **page 8**, fungus/candida and sugar (that feeds candida) are the primary causes and risk factors for Alzheimer's disease. [4]

10 Major Warning Signs

The Alzheimer's Association provides 10 critical warning signs for the development of Alzheimer's disease: [20]

1. Memory loss that affects daily life.
2. Difficulty solving problems or planning.
3. Challenges completing familiar tasks at home, work, or leisure.
4. Confusion related to time or place.
5. Difficulty comprehending visual images or spatial relationships.
6. New difficulty in writing or speaking.
7. Misplacing objects or difficulty retracing steps.
8. Noticeably decreased/poor judgment.
9. Withdrawal from social activities/work.
10. Mood or personality changes.

"One in three seniors dies with Alzheimer's or another dementia."

- The Alzheimer's Association



Use a Simple Test of Questions About Everyday Events to Indicate Senile Dementia

A simple test about everyday activities or objects can test the extent of memory problems. You can use these questions to measure dementia that may occur in a loved one and also to assess improvement. It may be best to get negative results confirmed by a physician, although a doctor cannot offer any other help as Alzheimer's drugs do not work — no matter what you've been led to believe by pharmaceutical companies.

How do you use this test? Ask a set of simple questions about the present — not related to past events — that almost any relaxed, healthy person could answer easily. In close to 10 questions, the condition should be apparent. If your loved one is able to answer every question correctly, Alzheimer's recovery is achieved.

A score of 27 or more out of 30 is acceptable, with allowance for stress. Time is not an issue, but if a person has difficulty recalling the answers to questions, mark the point as zero and continue on. It is important that the test questioner asks and records without revealing any emotion or indicating error in the answer throughout the entire process.

30 Memory Questions: Mark **1** for a correct answer and **0** for an incorrect answer.

1. At what hour did you wake this morning? ☐
2. What activities did you do this morning? ☐
3. Can you tell me about an activity you did yesterday? ☐
4. What is the name of this village/town/city? ☐
5. What is the name of this province/county/state? ☐
6. What country are we in? ☐
7. What is the numbered address of this property? ☐
8. Can you tell me the name of this road? ☐
9. What month is it? ☐
10. What year is it? ☐
11. What season are we in? ☐
12. Can you tell me the name of this room we are sitting in? ☐
13. Can you write down your favorite meal? ☐
14. Can you name the planet we are on? ☐
15. Can you tell me the name of this (show clock/wristwatch)? ☐

16. What day of the week is it today? ☐
17. What day of the week is it tomorrow? ☐
18. Can you tell me the days of the week backward from Sunday? ☐
19. Can you tell me the first and last letters of the alphabet? ☐
20. Can you spell HAPPY for me? ☐
21. Can you spell HAPPY backward? ☐
22. Can you repeat back three words to me — spoon, baby, apple? ☐
23. Can you repeat this grocery list back to me — eggs, milk, butter, bread, chicken, grapes? ☐
24. Can you tell me what you call this tool I am writing with? ☐
25. Can you show me the hand that you write with? ☐
26. Please write down what you ate for your last meal? ☐
27. Can you repeat this number backward to me: 42? ☐
28. Can you explain the difference between a boat and a car? ☐
29. Can you tell me what you call a baby cat? ☐
30. Can you tell me the color of your shirt/sweater? ☐

Total

"A combination of social, mental, and physical stimulation is the best medicine for a healthy life. Regular exercise and a nutritious diet are also important for Alzheimer's patients."

- BrightFocus Foundation

Understanding the Possible Causes of Alzheimer's Disease

Blood Pressure

Pulse pressure, measured by the systolic minus diastolic blood pressure reading, increases with age. It can be used to better understand an aging vascular system. A 2013 VA San Diego Healthcare System study in the U.S. conducted on 177 men and women ages 65 to 100 without Alzheimer's disease symptoms showed that individuals with higher pulse pressure had more biomarkers of Alzheimer's disease. The correlation was proven in the 55 to 70 age bracket, although not in the 70 to 100 age bracket. [21]

Within the 55 to 70 age bracket, every 10 point increase in pulse pressure led to a 1.5 pg/mL increase in p-tau protein in the spinal fluid, a biomarker of Alzheimer's disease.

Chronic Inflammation

The majority of chronic age-related diseases are triggered by inflammation in the body. This includes gout, diabetes, arthritis, and Alzheimer's disease. The Yale School of Medicine in the U.S. has honed in on a compound that can exacerbate age-related inflammation, called Nlrp3. This inflammatory compound affects general health and can cause related issues, like insulin resistance, bone loss, frailty, and cognitive decline. [22]

Calming inflammation in the body and targeting this compound could delay a number of chronic, age-related conditions, including Alzheimer's disease.

Food Additives

A butter-flavored food additive can be found in processed goods like butterscotch candy and microwave popcorn. Diacetyl, or DA, is naturally produced in the fermentation process and can also be found in wine and beer. You may have unknowingly ingested DA in numerous commercial foods, like corn chips, gelatin desserts, potato chips, milk products, syrups, and margarine.

While the EU and FDA have approved DA, a study from *Chemical Research in Toxicology* confirms that DA has similar structural properties to substances that create beta-amyloid proteins in the brain. When these proteins come together to form plaque, it results in Alzheimer's disease. Researchers have confirmed that DA can cause clumping of beta-amyloids and resulting toxic impairment of nerve cells, as proven in a laboratory. [23]

DA penetrates the blood-brain barrier, needed to protect the brain against potentially dangerous foreign substances.



"Many people are unaware of the relationship between diabetes and Alzheimer's disease, but the fact is that around 80 percent of people with Alzheimer's disease also have some form of diabetes or disturbed glucose metabolism."

- Professor Bettina Platt, University of Aberdeen, Scotland



High Blood Sugar

Many people now call Alzheimer's disease **type 3 diabetes**, as confirmed by a 2012 article in *New Scientist* magazine. [24] Almost 70 percent of people with type 2 diabetes ultimately develop Alzheimer's disease. [25]

Most people understand that insulin is a hormone that regulates blood sugar, related to diabetes. Scientists now believe that insulin can also regulate brain function. Insulin supports neuron activity in the brain by using glucose for energy. Insulin also regulates neurotransmitters that affect memory and learning.

People that continually overeat fatty, sugary foods create insulin spikes that cause insulin resistance over time. Scientists have confirmed that insulin spikes can also cause long-term neural damage in the brain. In 2016, Icahn School of Medicine at Mount Sinai researchers in the U.S. discovered that the connection goes both ways. Alzheimer's disease can also disrupt insulin signaling in the portion of the brain that regulates metabolism, increasing a patient's risk for diabetes. [26]

Really Healthy Foods and exercise provide a solution to reduce the risk of senile dementia and even rehabilitate Alzheimer's disease.

Low Testosterone

The Queen Mary Hospital of the University of Hong Kong published research confirming that low testosterone levels in men could increase the risk of Alzheimer's disease. The study was conducted on 153 Chinese men age 55 or older, without noticeable signs of dementia. Close to one third of the men studied observed mild cognitive impairment, i.e, memory and clear thinking issues. This group of men also exhibited low testosterone levels and higher levels of a protein blood marker linked to Alzheimer's disease, called ApoE4. [27]

Within just a year of the study, 10 of the men in the low testosterone group experienced signs of Alzheimer's disease.

Sleep Deprivation

I mentioned on **page 7** that sleeping difficulties could be tied to a risk of developing Alzheimer's disease, even in adults who are healthy. Washington University researchers in the U.S. have continued to study the connection and published updated research in late 2017. [28] They discovered that not getting enough sleep can cause the brain to make more Alzheimer's-related beta-amyloid proteins than it's able to get rid of. Staying awake instead of sleeping allows the brain to continue to produce beta-amyloid proteins throughout the night. When levels of this protein rise and accumulate, changes to the brain may occur to result in dementia. Study authors consider the research to be the "clearest demonstration" that poor sleep can increase the risk of Alzheimer's disease because of this beta-amyloid overproduction.

Beta-amyloid levels may be up to 30 percent higher in sleep-deprived people compared to those who have gotten a night of rest. After a sleepless night, beta-amyloid levels can be as high as what's seen in someone who's genetically predisposed to early-onset Alzheimer's disease. One night of poor sleep isn't likely to increase Alzheimer's risk, researchers say, but chronically poor sleep can compound on this potential danger. Researchers also noted that taking sleep medication may not provide extra benefits for those already getting a good night of sleep.

In 2013, a Johns Hopkins Bloomberg School of Public Health cross-sectional study in the U.S. conducted on a Baltimore Longitudinal Study of Aging neuro-imaging sub-study also linked shorter sleep and poor sleep quality with a higher beta-amyloid buildup, connected to Alzheimer's disease. The average adult age in the study was 76. [29]

Research supports that healthy sleep patterns could slow the progression of Alzheimer's disease or even prevent it altogether.

"This latest study adds to the considerable evidence that diets that are high in antioxidant nutrients like vitamin E can help [Alzheimer's disease] as well as age-related memory loss and other degenerative brain disorders."

- Dr. Michael Murray, N.D.,
Chief Science Officer of Enzymedica

Vitamin E Support

When Minneapolis VA Health Care System researchers in the U.S. observed 613 Alzheimer's patients in four different randomized groups, a delay in cognitive decline was found in the group that received 2000 IU of vitamin E per day. The study lasted 2.5 years. Patients in the groups that received Alzheimer's medication combined with vitamin E and Alzheimer's medication exclusively did not show cognitive improvement. [30]

According to study authors, "Among patients with mild to moderate [Alzheimer's Disease], 2000 IU/d of alpha tocopherol resulted in slower functional decline."



CAREGIVER QUESTION TO MARK PROGRESS:

**Have sleeping patterns
changed for the better?**

You may notice that the patient is sleeping longer or more restfully as you gradually implement the plan.

Alzheimer's Treatment and Prevention

There are numerous ways to reduce the risk of Alzheimer's disease, to keep it from progressing as fast as it could, and to possibly reverse the condition.

These methods include:

- **Balanced ketogenic diet (high-fat, low-carb)**
- **Exercise**
- **Hobbies that engage the brain**
- **Nutrients**
- **Social stimulation**

UCLA researchers in the U.S. discovered in 2016 that using these methods can actually reverse Alzheimer's disease. This is the first real medical cure we've seen for the condition. Researchers in the study used lifestyle modifiers to manage brain inflammation and insulin resistance -- like cutting sugar that feeds fungal infection from the diet and eating more vegetables instead, exercising, reducing stress, and getting more sleep. The only reported side effect of the Alzheimer's reversal treatment was weight loss. [31]

Without a doubt, research supports that taking action in any form could help to prevent or reduce the risk of Alzheimer's disease. In 2017, *The Lancet* published a major review on dementia, identifying nine modifiable risk factors that could lead to cognitive decline. These nine risk factors -- low level of education, sedentary lifestyle, high blood pressure, type 2 diabetes, obesity, smoking, depression, social isolation, and midlife hearing loss -- accounted for 35 percent of dementia risk that is within our control. The other 65 percent of risk may be related to aging and family history. [32]

"While we know that a well-balanced, healthy lifestyle may be the cornerstone of disease prevention and brain health, each risk factor such as vascular, lifestyle choices, psychosocial behavior may both act independently and potentiate the effects of each other. Therefore, a prevention initiative needs to be multimodal and tailored to address individual risks."

- James E. Galvin, M.D., M.P.H., neuroscientist, leading international expert on AD and Lewy Body Dementia (LBD), associate dean for clinical research in FAU's Charles E. Schmidt College of Medicine; *Journal of the American Geriatrics Society*, 2017



Here, we can't forget the wise words of Dr. Caldwell B. Esselstyn Jr., a former surgeon at the Cleveland Clinic, President of the Cleveland Clinic staff, author, and researcher: "Genes load the gun, but lifestyle pulls the trigger." This applies directly to lifestyle conditions like dementia and Alzheimer's disease.

There are some studies that show promise in the use of NSAIDs. [33] However, NSAIDs often come with a long list of side effects, like vomiting, nausea, diarrhea, decreased appetite, constipation, dizziness, rash, headache, drowsiness, and gastrointestinal bleeding. NSAIDs can cause kidney damage in patients with lupus.

Ginkgo biloba has shown some benefits in treating Alzheimer's disease. [34] However, one of the biggest hopes in Alzheimer's disease rehabilitation can be found in curcumin!

Curcumin Offers Hope for Alzheimer's Disease

Curcumin is a phytochemical that falls within a class of compounds called curcuminoids. Curcumin is a tiny yet critical component of the renowned Indian spice turmeric; it is also a potent, natural polyphenol, a group of chemicals that offers a number of health benefits. Curcumin is extracted from the dried root of the curcuma plant, which is the portion of the plant primarily used for medicinal purposes.

How Does Curcumin Support Alzheimer's Treatment?

Gregory Cole, Associate Director of the Alzheimer's Disease Center at the University of California, Los Angeles (UCLA), in the U.S., says, "What's unique about Curcumin, is that it binds directly to beta-amyloid deposits in the brain and reduces their size."

Beta-amyloid deposits are plaques, or protein fragments (as we discussed earlier), that build up between brain cells of those with Alzheimer's disease. These plaques cause memory loss that is often characteristic of the condition. Recent studies reveal that curcumin may help to prevent plaque buildup in those with Alzheimer's symptoms. It may also stop the brain plaques from forming altogether.

UCLA discovered in 2001 that low doses of curcumin within a treatment plan could decrease the amount of brain plaque by close to half. [35] These promising results were seen in animal studies, and further research is needed in human trials. "There's real potential for curcumin in treating brain diseases," says Cole.

Research reveals that, when compared to powerful Alzheimer's drugs, curcumin provides better results. Curcumin prevents protein fragment formation because of its low molecular weight and polar structure. [36] It can effectively penetrate the blood-brain barrier and bind to beta-amyloids.

In earlier studies, the UCLA research team confirmed the impressive antioxidant and anti-inflammatory properties of curcumin. Scientists assert that these beneficial properties can ease symptoms of Alzheimer's related to oxidative stress and inflammation. [37] Researchers believe that curcumin has a great potential to prevent the development of Alzheimer's disease. [38]

Interestingly, taking curcumin and vitamin D3 together could help to trigger the immune system to naturally clear the brain of its B-amyloid peptides, the primary component of the plaques found in the brains of those with Alzheimer's disease. [39] You'll learn more about which form of vitamin D3 your body needs on **page 36** in this book.



"I believe supplemental curcumin may be our best hope for preventing and treating this ravaging disease. Experts agree that none of the approved drugs currently available are very effective, and 99.6 percent of new Alzheimer's drug trials have failed."

- Dr. Julian Whitaker,
Foundation for Alternative and Integrative Medicine;
Health & Healing, October 2014, Vol. 24, No. 10

Nutrition Rehabilitation for Alzheimer's Disease

Besides curcumin, there are a number of nutritional changes that can be made to prevent and treat Alzheimer's disease.

Thinking back to the nine modifiable Alzheimer's risk factors identified by *Lancet* researchers in 2017, many items on the list can be improved by making nutritional changes. High blood pressure, type 2 diabetes, obesity, depression, and the effects of a sedentary lifestyle that contribute to Alzheimer's disease can often be remedied by eating healthier foods and supplementing the missing nutrients.

Suggestions include:

- **Adding omega-3 fatty acids to the diet to reduce risk, i.e., hemp oil or krill oil.**
- **Cutting out saturated fats in animal products; avoiding trans fatty acids altogether.**
- **Eating a diet of plant-based foods, i.e., vegetables, fruits, legumes, nuts, and seeds.**
- **Increasing healthy fats in plant foods especially to follow ketogenic diet guidelines, i.e., avocados, nuts, and seeds.**

The ketogenic diet remains the nutritional foundation of long-term Alzheimer's recovery. Eating a ketogenic diet, high in healthy fats and low in carbohydrates, supports brain health by changing the process of energy metabolism in the brain. For this reason, the ketogenic diet is often recommended by doctors to control seizures that originate in the brain. In the same vein, a ketogenic diet, which has been used clinically for almost a century, may provide neuroprotective benefits that address Alzheimer's disease. [41]

And so can eating foods especially high in antioxidants, including:

- **Vitamin C** — citrus, melons, kiwi, various vegetables.
- **Vitamin E** — pecans, walnuts, almonds, sunflower seeds.

When you eat well, it is almost effortless to maintain a healthy body weight. A long-term study of Alzheimer's disease proved that sufferers of the condition had higher body weights. "A healthy BMI at midlife may delay the onset of AD [Alzheimer's disease]," Laboratory of Behavioral Neuroscience at the National Institute on Aging (NIA) researchers wrote in 2016. [40]

CAREGIVER QUESTION TO MARK PROGRESS:

Is the patient speaking clearer or in longer sentences?

Other Important Factors

- **Aluminum:** Evidence is still inconclusive as to whether aluminum in the diet or aluminum in the environment causes aluminum accumulation in the brain. Those with Alzheimer's disease are often more susceptible to absorbing aluminum in the brain than others.
- **Iron:** Chelation of iron, aluminum, and copper can be beneficial for those with Alzheimer's disease. Iron often stores in the brain with age and contributes to Alzheimer's development. Curcumin helps to naturally chelate excess iron levels — yet another advantage of the spice. [42]
- **Wine:** If you enjoy your wine with dinner, feel free to drink up! Drinking a glass of wine a day may increase your risk for a number of diseases, but it may reduce the risk of Alzheimer's disease. [43] These benefits may be found in any form of alcohol; excessive alcohol use further increases risk.

"Since declining cognitive ability is central to Alzheimer's disease and dementias, increasing consumption of green leafy vegetables could offer a very simple, affordable, and non-invasive way of potentially protecting your brain from Alzheimer's disease and dementia."

- Martha Clare Morris, Sc.D.,
assistant provost for community research, Rush
University Medical Center; Federation of American
Societies for Experimental Biology (FASEB)



Embrace the Alzheimer's Diet

If there is a diet that is guaranteed to create inflammation in your body — and in the brain — it is the *Western Unnatural Food Diet*.

Nothing will affect you more than what you choose to eat three to four times a day, every day.

Unfortunately, the majority of us are lacking essential nutrients in our diet that promote optimal health, thus triggering inflammation. This nutrient deficiency combined with one or more unhealthy lifestyle choices can exacerbate senile dementia.

The so-called “Balanced Western Diet” or Western Unnatural Food Diet is the number one inflammation-producing and disease-promoting diet in today's society. It is eaten more and more on a daily basis.

This pro-inflammatory diet is chock-full of sugary foods — breads, pastas, potatoes, and cereals. The Western Unnatural Food Diet is very high in unhealthy fats and lacking in phytochemicals and antioxidants needed to neutralize free radicals. This prevalent diet is desperately in need of high-fiber foods and high-nutrient foods that support senile dementia rehabilitation.

Foods like:

- **Vegetables**
- **Dark-skinned fruits**
- **Nuts**
- **Seeds**
- **Beans (except when temporarily discouraged for rehabilitation)**

Rates of Alzheimer's disease around the world are rising with no signs of stopping, but a 2016 review article published in the *Journal of the American College of Nutrition* says hope may be found on our plates. Some of the most important — and the most preventable — risk factors for Alzheimer's have been linked to our Western diet. When Japan started to transition from a traditional Japanese diet to a Western



diet that included foods like high-fat dairy, sweets, and meat, Alzheimer's rates rose from 1 percent in 1985 to 7 percent in 2008. Eating vegetables, fruits, legumes, and fish instead can reduce risk of Alzheimer's disease. [44]

As Dr. Esselstyn pointed out, genes do play a role in the development of Alzheimer's disease, but lifestyle factors like diet pull the trigger. In 2017, University of Southern California researchers in the U.S. found that mice with a genetic risk factor for Alzheimer's disease developed brain plaques faster after eating 12 weeks of a high-saturated fat, high-sugar Western diet. [45] This is not to be confused with a diet high in healthy fats, like the ketogenic diet recommended for Alzheimer's disease.

Cutting out starchy carbs and sugar is the first step to support and heal the brain. You can also eat a moderate amount of protein on the ketogenic diet, from lean proteins like fish and chicken. Healthy, nourishing fats from avocados, nuts, and seeds and olive, krill, and hemp oils are always recommended, while trans fats (fried and processed foods) and saturated fats (dairy products) should be avoided.

“Alzheimer's disease isn't a natural part of aging. By staying active and moving plant-based foods to the center of our plates, we have a fair shot at rewriting our genetic code for this heart-wrenching, and costly, disease.”

- Neal Barnard, M.D.,
adjunct professor of medicine at the George Washington
University School of Medicine and president of the
nonprofit Physicians Committee for Responsible Medicine

Free Radicals, Oxidative Stress, and Inflammation

A healthy diet is rich in antioxidants needed to neutralize free radical damage in the body. A free radical is an unstable atom (or group of atoms) with at least one unpaired electron. When the body is exposed to an excessive amount of free radicals, oxidative stress occurs. Oxidative stress will damage healthy cells and their membranes, proteins, and DNA.

Just being alive creates free radicals. Free radicals are also a byproduct of eating, digestion, and exercise. While some free radicals are necessary to function, unhealthy lifestyle choices like smoking, drinking, and eating unnatural foods will cause a free radical overload in the body.

The remedy can be found in antioxidants from whole foods and supplements needed to fight off free radicals and the damage they cause to the body. Antioxidants will protect against inflammation linked with senile dementia.

The research on antioxidants and Alzheimer's is extensive – partly because the many types of antioxidants available to us are so vast. And each antioxidant has a different function in the body and offers a potentially different benefit. Yet one fact remains: Oxidative stress is at the source of chronic disease, and these free radicals can attack a healthy brain. Thankfully, a 2016 research review published in the *British Journal of Pharmacology* found that antioxidant therapy could be used as a helpful treatment for neurodegenerative diseases, like multiple sclerosis, amyotrophic lateral sclerosis, Parkinson's disease, and Alzheimer's disease. [46]

CAREGIVER QUESTION TO MARK PROGRESS:

Has the patient used new words or asked the right question in context?

Researchers still need to learn more about how oxidative damage contributes to neurodegenerative disorders, lead study author Dr. Gethin McBean said, but it's well-known that many diseases share these common pathways of damage caused by oxidative stress.

Optimal Nutritional Rehabilitation

Making dietary changes is essential to repair tissue damage, calm inflammation, and improve quality and length of life.

Would you be surprised to learn that people who consider themselves happy have less inflammation than those who do not? You could certainly argue that a well-rested person at a healthy weight; with limited toxins; eating a diet of nutritious, anti-inflammatory, and enzyme and antioxidant-rich foods; and taking high-quality supplements is happy indeed!

Based on the vast number of diagnoses, many people believe that senile dementia is a natural part of the aging process. *As Dr. Barnard stated on the previous page, this could not be further from the truth.* Senile dementia can be prevented and even slowed down or reversed, in some cases. Vitamin supplements, specifically those containing vitamins B, C, D, antioxidants, and omega-3 fatty acids, have, remarkably, been shown to reverse significant loss of brain cells. [47] Even a social exercise like dancing can change behavior and improve mental capacity by challenging the brain and buffering the effects of aging. [48]

"Oxidative stress, free radical production, has been connected to most chronic diseases. Dietary antioxidants are our most important line of cellular defense in the brain and throughout the body."

- Dr. Alan Logan,
author of *The Brain Diet: The Connection Between Nutrition, Mental Health, and Intelligence*



Is It Possible to Reverse Alzheimer's Disease?

I prefer not to use the word “cure” when talking about these health conditions since many cases are directly related or exacerbated by lifestyle factors.

Cure is a popular medical buzzword, although the medical field cannot provide cures. (Many people argue that this is on purpose since it would put Big Pharma out of business.) Every health condition has a cause. When you take away the underlying cause and follow a non-inflammatory lifestyle, your body will have the support it needs to repair itself, in many cases. For example, when you increase healthy fats on the ketogenic diet for about a month, you can begin to see changes in behavior, memory, and Alzheimer's symptoms.

When you remove the cause and support your body with healthy lifestyle choices and nutrients, you can often grow healthy again. You may call this a cure, but I believe it to be making healthy lifestyle choices.

Since these health conditions are inflammatory, a non-inflammatory lifestyle is a must. It's important to stay hydrated by drinking six to eight 16 ounce (500 ml) glasses of pure, clean water per day. You can heal your body with vital nutrients and antioxidants found in vitamins, minerals, limited healthy carbohydrates, amino acids, and essential fatty acids.

Healing starts with nutritional therapy.

Detoxification may be uncomfortable at first, but this too will pass.

Sensible eating can support your recovery.

... transform your health with a balanced lifestyle and essential nutrients...



“The brain responds to all the same insults as the rest of the body — stress, poor diet, toxins, lack of exercise or sleep, nutritional deficiencies, and more. All we have to do is give the brain a tune-up, and we can see miracles.”

*- Dr. Mark Hyman,
New York Times best-selling author, Medical Director at
Cleveland Clinic's Center for Functional Medicine,
and Founder of The UltraWellness Center*

Essential Nutrients

According to research, these nutrients can manage or prevent senile dementia in most cases:

Coconut Oil – Offers MCT to support brain cells; anti-microbial, also rich in lauric acid.

SerraEnzyme Serrapeptase, Curcumin, Ecklonia Cava, and Vitamin D3 – Clears inflammation in the body; supports the brain and body with powerful antioxidants.

Lithium Orotate – Supports a healthy mental response and a balanced chemical response; renowned anti-aging nutrient for brain health.

Iodine – Offers hormone and metabolic balance.

Krill Oil – Contains concentrated Omega-3, 6, and 9 fatty acids to support memory and learning processes.

Ubiquinol – Eight times more effective than CoQ10 in restoring cell energy; can naturally replenish depleted CoQ10 levels related to statin use.

L-Carnitine – Protects against free radicals, potentially preventing neurological damage, and promotes healthy cell growth.

Alpha Lipoic Acid-R – Potent antioxidant to repair oxidative damage and neutralize free radicals.

Multi Vitamins and Minerals – Offers a full-spectrum of highly absorbent capsules, vitamins and minerals as a foundation for brain health.

Vitamin E – Offers support for brain health, with clinical backing to slow functional decline in patients with Alzheimer's disease.

Vitamins B6 and B12 – Balance homocysteine levels; boost the immune system.



"Countries that have dietary patterns characterized by high consumption of fish, fruits, and vegetables (foods that usually offer larger amounts of antioxidants and polyunsaturated fatty acids) have lower incidence of dementia."

- Nutritional management for Alzheimer's disease in all stages: mild, moderate, and severe, Nutrire, 2017



What If My Doctor Doesn't Support My Recovery?

You can use the Alzheimer's Rehabilitation Program to improve your health! Your doctor has an obligation to stick with the prescription drug outline that fits into the pharmaceutical industry monopoly. This includes the AMA in the US and the GMC in the UK.

Make no mistake — these organizations make money off basic healthcare for sick individuals. They don't have a business model that promotes actual health recovery in any way, shape, or form. These organizations push a patented prescription drug protocol that allows them to charge outrageous prices for drug use over a lifetime. At the very best, these drugs may help the patient to feel better, but in many worst-case scenarios, they could lead to their death.

These industries won't support long-term health recovery in any circumstance!

These organizations are protected by the FDA in the US and the MHRA in the UK. They receive backing from powerful political parties that continue to fund the disease promoting monopoly I have just described.

Yet when you follow the Alzheimer's Rehabilitation Program to the letter, you can see results within 30 days.

It has been our experience that implementing the supplement program for Alzheimer's sufferers comes with its own challenges — cooperation with taking supplements, timings, and being sympathetic to other related health conditions, such as compromised digestion. If these challenges are relevant to you, we encourage you to implement the plan gradually to limit stress for both carer and patient.



At the time of writing, the infamous drug company Merck announced they were giving up drug research for Alzheimer's as there was no proof any drugs worked or were likely to work. Merck's failed drug, verubecestat, is one of many Alzheimer's drugs recently found to have little effect on the development and progression of the disease.

"Your brain does not have to deteriorate. With a little forethought, you can slow and even reverse the aging process in the brain and dramatically improve everything in your life."

*- Dr. Daniel Amen,
brain health expert, double
board-certified psychiatrist, professor*

Your Rehabilitation Plan for Alzheimer's Disease

10 Steps for Long-Term Health Recovery

This self-recovery protocol can be used by sufferers of senile dementia, in most cases:



1

Clear inflammation and facilitate healing.



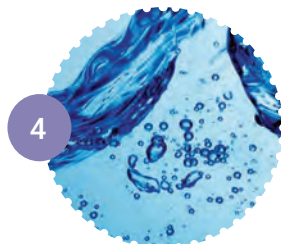
2

Supplement missing nutrients.



3

Boost your immune system.



4

Drink more water.



5

Cut out unnatural foods.



6

Eat really healthy foods.



7

Stay active daily.



8

Learn proper breathing.



9

Stimulate acupressure points.



10

Get more sun exposure.

CAREGIVER QUESTION TO MARK PROGRESS:

Have you noticed any changes in a healthier appetite?

It's almost *impossible* not to see significant health changes after applying many of the points in this 10 Step Plan. You can clear up numerous symptoms and may see a full recovery, in many cases.



For details of the suggested plans, turn to **page 36**.

1. Clear Inflammation and Facilitate Healing.

Basic Plan

NEW BrainPower - Formulated with liposomal curcumin/resveratrol to provide relief for pain and inflammation and to protect the brain against oxidative damage; uses an encapsulated liposomal formula that mimics the body's own natural liposome delivery system. Take 6 ml daily (just over 1 teaspoon) or as directed by your healthcare professional. Take BrainPower off the spoon and try to keep it in the mouth by chewing or swishing to allow it to absorb as much as possible before swallowing.

Serranol™ - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol), and Vitamin D3. Take 2 capsules, 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.

Nattokinase™ - Clears inflammation and dead cells. Studies show that it can help in the relief of Alzheimer's disease. Take 1 capsule, 3 times a day with Serranol™.

Lithium Balance™ - Offers support for a healthy mental response and a balanced chemical response, as well as anti-aging protection for the brain. Take 1 tablet, 3 times daily.



2. Supplement Missing Nutrients.

Advanced Plan

NEW BrainPower - Formulated with liposomal curcumin/resveratrol to provide relief for pain and inflammation and to protect the brain against oxidative damage; uses an encapsulated liposomal formula that mimics the body's own natural liposome delivery system. Take 6 ml daily (just over 1 teaspoon) or as directed by your healthcare professional. Take BrainPower off the spoon and try to keep it in the mouth by chewing or swishing to allow it to absorb as much as possible before swallowing.

Serranol™ - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol), and Vitamin D3. Take 2 capsules, 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.

Nattokinase™ - Clears inflammation and dead cells. Studies show that it can help in the relief of Alzheimer's disease. Take 1 capsule, 3 times a day with Serranol™.

Lithium Balance™ - Offers support for a healthy mental response and a balanced chemical response, as well as anti-aging protection for the brain. Take 1 tablet, 3 times daily.

Nascent Iodine Drops - Helps balance brain function, hormones, and metabolism. Take 1-3 drops in 1/2 ounce of water, twice daily on an empty stomach or as directed by your healthcare provider. Note that iodine needs a supplement containing selenium to activate it, such as Ionic Selenium.

B4 Health Spray - Offers support for healthy homocysteine levels, boosts the immune system, and improves B12 absorption. Take 5 sprays daily.

The Krill Miracle™ - Contains concentrated Omega-3, 6, and 9 fatty acids to support memory and learning processes. Take 2 capsules, 2 times daily. (If vegetarian, see Hemp Seed Oil in the Optional section below.)

UB8Q10™ - Eight times more effective than CoQ10 in restoring cell energy. Take 2 softgels, 2 times daily.



3. Boost Your Immune System.

Ultimate Plan

NEW BrainPower - Formulated with liposomal curcumin/resveratrol to provide relief for pain and inflammation and to protect the brain against oxidative damage; uses an encapsulated liposomal formula that mimics the body's own natural liposome delivery system. Take 6 ml daily (just over 1 teaspoon) or as directed by your healthcare professional. Take BrainPower off the spoon and try to keep it in the mouth by chewing or swishing to allow it to absorb as much as possible before swallowing.

Serranol™ - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol), and Vitamin D3. Take 2 capsules, 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.

Nattokinase™ - Clears inflammation and dead cells. Studies show that it can help in the relief of Alzheimer's disease. Take 1 capsule, 3 times a day with Serranol™.

Lithium Balance™ - Offers support for a healthy mental response and a balanced chemical response, as well as anti-aging protection for the brain. Take 1 tablet, 3 times daily.

Nascent Iodine Drops - Helps balance brain function, hormones, and metabolism. Take 1-3 drops in 1/2 ounce of water, twice daily on an empty stomach or as directed by your healthcare provider. Note that iodine needs a supplement containing selenium to activate it, such as Ionic Selenium.

B4 Health Spray - Offers support for healthy homocysteine levels, boosts the immune system, and improves B12 absorption. Take 5 sprays daily.

The Krill Miracle™ - Contains concentrated Omega-3, 6, and 9 fatty acids to support memory and learning processes. Take 2 capsules, 2 times daily. *(If vegetarian, see Hemp Seed Oil in the Optional section below.)*

UB8Q10™ - Eight times more effective than CoQ10 in restoring cell energy. Take 2 softgels, 2 times daily.

L-Carnitine Plus CoQ10 - Used to promote cell growth and fight free radical damage. Take 2 capsules, 2 times daily.

Alpha Lipoic Acid-R - Works as an antioxidant to slow the progression of Alzheimer's disease. Take 2 capsules, 2-3 times daily (200x better absorbed than Alpha Lipoic Acid).

Active Life™ Capsules - Contains essential vitamins, a natural form of folate, 130 minerals and elements, electrolytes, and 18 amino acids to help replenish storages in the body that are naturally depleted each day. Take 3 capsules, twice daily.

Naturally Better Vitamin E - Backed by research to reduce cognitive decline in patients with mild to moderate Alzheimer's disease. Take 2 capsules a day.



Optional - But Highly Recommended for At Least 1 to 2 Months.

Prescript-Biotics - Contains "Bio-Identical" SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria. Prescript Probiotics' powerful, soil-based microflora may benefit brain health, mood, and energy levels. Take 1 x 4 capsules a day, or as directed on the bottle. Can be increased to 6-8 capsules a day. For best results, take 30 minutes before a meal or snack with 6-8 ounces of juice or purified water.



4. Drink More Water.

Drink at least 6-8 glasses of RO filtered or distilled water each day; add a generous pinch of baking soda to each glass.



5. Cut Out Unnatural Foods.

Until you've achieved full recovery, cut out starchy carbohydrates altogether, i.e. pastries, cookies, breads, breakfast cereals, pasta, and potatoes, as well as processed foods and milk products.



Note: Don't eat turnips, parsnips, and rice, except for small portions of wild rice, brown rice, and sweet potatoes/yams.

6. Eat Really Healthy Foods.

Make sure to eat some of these foods every two hours for the first few months of recovery:



Eat 9-14 servings of fresh or frozen vegetables each day: try them in soups, steamed, stir-fried, juiced, etc. Eat 50 percent raw, juiced vegetables (preferably organic) and use the pulp to make soup. Blended veggies promote easier digestion.



Eat 5 servings of dark-skinned fruits (like cherries, red grapes, blueberries, etc.) that are rich in antioxidants each day.



Remember that avocados are a number one superfood with almost a complete spectrum of nutrients. If they are readily available in your area, try to eat at least two a day to promote health recovery. Avocados support heart disease, diabetes, and even cancer recovery.



Eat 5 servings of nuts, beans, and seeds (soaked, mashed nuts and seeds).

CAREGIVER QUESTION TO MARK PROGRESS:

Have you seen improvements in personal
hygiene, grooming, and dressing habits?





Eat pasture-fed chicken and other meats, only a few servings per week. Grass-fed meat is recommended above corn or grain-fed meat sources.



Eat a minimum of 3-4 servings of oily fish each week, if you eat fish. Choose a variety of healthy fish like mackerel, sardines, salmon, etc. Canned fish is a nutritious option, although wild caught fish is recommended.



Add generous amounts of healthy oils to your favorite foods, like krill, omega-3, hemp, coconut, and olive oils. Pair with small amounts of healthy carbohydrate alternatives, like amaranth, quinoa, buckwheat, chai and millet seeds, and healthy pasta made from pulses and stocked in many good grocery stores. You can also try couscous, if you aren't allergic to gluten protein (celiac disease).



Add 3-5 teaspoons of sea or rock salt, depending on the heat and your body mass, to water or food each day. Remember that sea or rock salt does not contain the important mineral iodine, so add Nascent Iodine to your Rehabilitation Plan .

CAREGIVER QUESTION TO MARK PROGRESS:

Have other physical symptoms improved?

This may include a brightness in the eyes, relief from skin ailments, and better fine motor skills.

Recommended Vegetables

Note: Vegetables may not be available in all countries.

- Artichoke
- Asian Vegetable Sprouts (Wheat, Barley, Alfalfa, etc.)
- Asparagus
- Avocado
- Beetroot
- Broad Beans
- Broccoli
- Brussel Sprouts
- Cabbage (Various Types)
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Dandelion Leaves
- Dried Peas
- Eggplant (Aubergine)
- Fennel
- Garden Peas
- Garlic
- Kale
- Kohlrabi
- Kumara
- Lettuce (Kos and Various Types)
- Mangetout Peas
- Mushrooms
- Okra
- Onions (Red and White)
- Petit Pois Peas
- Radishes
- Runner Beans
- Seaweed - All Types (Kelp, Wakame, Noni, etc.)
- Silver Beet
- Spinach
- Squash
- Sugar Snap Peas
- Zucchini (Courgettes)

Recommended Fruits

Note: Fruits may not be available in all countries.

- Apple
- Apricot
- Avocado
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Cherimoya
- Cherries
- Damsons
- Dates
- Durian
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Kiwi Fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Pineapple
- Plum/Prune (Dried Plum)
- Pomegranate
- Rambutan
- Raspberries
- Salal Berry
- Satsuma
- Strawberries
- Tangerine
- Western Raspberry (Blackcap)



The Garden of Eden Pyramid



Physical activity is vital to your rehabilitation plan.



If mobility is limited, try the below exercise instead:

Practice knee to chest exercises. Lift the leg and with the knee bent, raise it as far as is comfortable. Then place the foot down firmly and with some control. Repeat this with the opposite leg, doing five lifts on each leg. Build up slowly with the aim of increasing the repetitions of each exercise over time. This can be practiced lying down or in a chair if mobility is limited. Ask for your caregiver's help if necessary.

Exercise stimulates feel-good hormones known as endorphins. Lifting weights, specifically, helps stimulate testosterone. It is essential to feel good to maintain recovery.



7. Stay Active Daily.

Contrary to the opinion of fitness fanatics, there are two simple ways to get your body working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride.

Use weights or wrist weights as you improve. If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.



Lie down in a comfortable place. On your bed (if it's firm enough) when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to start your walking and build this up.

The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g., skipping, star jumps, running on the spot; just about anything works, as long as your heart and lungs are working at maximum capacity. By working at maximum rate, your muscles connected with your heart and lungs will get stronger, and skin health will balance perfectly.

8. Learn Proper Breathing.

Breathing properly is critical since oxygen is the foundation of overall health.

There are two types of breathing:

1. **Anxious Breathing:** In the chest.
2. **Relaxed Breathing:** In the diaphragm or stomach area.



The first type of breathing in the chest is related to a stress response and includes hormones like cortisol. This stressful breathing should only be temporary since it is related to a fight-or-flight response that causes hormones to release to relax breathing. If stressful breathing grows chronic, the body will retain carbon dioxide and cortisol to affect healthy functioning systems. Stress breathing will also cause the immune system to weaken, leaving it susceptible to infection.

Make it your number one goal to retrain your body to breathe in a relaxed, healthy manner. This will clear out carbon dioxide and cortisol. When carbon dioxide builds up in your bloodstream, it will destroy a substance called hemoglobin that the blood uses to transport oxygen throughout the body. This is why it's especially important to focus on relaxed breathing that comes from the diaphragm.

How to Breathe Correctly

The easiest way to relearn correct breathing is to lie flat on your back on the floor, on a mat or blanket or on a firm bed. Place a small weighted object on your belly button, like a heavy book. Take a deep breath in through your nose so that the book rises as your stomach, or diaphragm, fills with air. Hold this deep breath for a count of 4 and then release through your nose so that your stomach deflates. Use this process to release any tension as you exhale and repeat. In the exercise, your chest should not move to indicate relaxed, stress-free breathing. Most breathing improves simply by walking with Nordic poles.

Practice this low-stress breathing exercise again and again as you lie down. Once you have mastered the rhythm of the calming breath, you can start to try the exercise while standing. Initially, you may feel dizzy as you intake more and more fresh oxygen, but it's still important to practice the exercise whenever you can. You can access more resources on **breathing lessons at GoodHealthHelpDesk.com.**



CAREGIVER QUESTION TO MARK PROGRESS:

Have you noticed less obsessive/repetitive behavior?



9. Stimulate Acupressure Points.

Another component in your Rehabilitation Plan is to stimulate acupressure points that connect to your health recovery system. There are a number of points that can be massaged gently with a finger to mimic actual acupuncture. Please read more about this on **pages 8.6, 8.24, and 8.25 of the Mastering Acupuncture Manual.**

10. Get More Sun Exposure.

An essential vitamin to support your overall health is vitamin D3. You can find a large dose of vitamin D3 in the recommended supplement on **page 36**, but it's still critical to get some natural vitamin D from sun exposure.

The sun is the source of life. Unfortunately, myths have been circulated in the health community that the sun is an enemy that we must stay away from at all costs. Even worse, many health professionals recommend slathering your body in toxic chemicals every time you go out in the sun. Of course, I'm not recommending lying in the sun for 6 hours at once on the first hot day of the year. It's essential to build up the skin's tolerance to sun exposure over several weeks for natural protection.

By the time that hot summer days come around, you will be able to tolerate a greater amount of natural sun exposure.



Recommendations for sun exposure:

- *Expose as much skin as you can to the sun each day, such as on your morning walk.*
- *Build up your sun exposure to 2 hours in shorts and a t-shirt, gradually from spring to summer seasons.*
- *Try to stay out of the sun in mid-day without a cover-up; a cover-up is preferred to sunscreen.*
- *If you do use sunscreen or sun cream, purchase organic products instead of chemical-based, name-brand creams.*
- *It's important to remember that the sun is your friend, and sunshine can be enjoyed in moderation!*

How to Clear Inflammation and Facilitate Healing

New BrainPower with Liposomal Curcumin/Resveratrol

NEW BrainPower with Liposomal Curcumin/Resveratrol -

- **Curcumin** offers support for pain and inflammation. It also works as a potent antioxidant to improve memory and overall brain health.
- **Resveratrol** - Made from Japanese knotweed root, resveratrol may help to protect the brain, lower blood pressure, improve insulin sensitivity, relieve joint pain, and lengthen lifespan.

When taken in the liposomal form, curcumin and resveratrol can be better delivered to the body at a high concentration. Liposomes are tiny bubbles created from the same material as cell membranes and already exist in the human body. Encapsulating curcumin and resveratrol in the liposomal form delivers these highly-absorbable nutrients in a way that mimics the body's own natural liposomal delivery system.

In the largest U.S. clinical trial on resveratrol, conducted in 2015, resveratrol was found safe and even beneficial when taken over the long-term at a high dose. Study participants with mild to moderate Alzheimer's disease saw a progressive Alzheimer's biomarker stabilized when taking high-dose resveratrol; taking resveratrol also provided the added benefit of weight loss. [64]

Ingredients:

- Curcuminoids (from turmeric root) - 200 mg
- Resveratrol (from Japanese knotweed root) - 75 mg

Dosage:

Take 6 ml daily (just over 1 teaspoon) or as directed by your healthcare professional. Take BrainPower off the spoon and try to keep it in the mouth by chewing or swishing to allow it to absorb as much as possible before swallowing.



New Liposomal Curcumin/Resveratrol Formula!



Super Nutrient Serranol™

Super Nutrient Serranol™ provides superior support for the cells, heart, circulation, joints, and cholesterol using the following ingredients:

- **Serrapeptidase** (technically Serriatia Peptidase) is a diverse proteolytic enzyme that will dissolve non-living tissue, including blood clots, cysts, scarring, plaque, fibrin, and all types of inflammation, without causing harm to living tissue in the body. Serrapeptidase can be used to enhance your overall well-being, ease inflammation, and support health to benefit the lungs, joints, digestive tract, colon, arteries, and any other areas of blockage/inflammation.
- **Curcumin** is praised as one of the best natural, anti-inflammatory herbs. It can stimulate glutathione in the body to guard healthy cells and tissues against inflammation, while moderating the immune system. Curcumin is also known for its antiviral, antifungal, and antibacterial properties.
- **Ecklonia Cava** has been used by the Asian population for centuries as a type of edible brown algae called Ecklonia Cava Extract. It is harvested off the coast of China, Korea, and Japan; studies support that ECE offers a wide range of health benefits.
- **Vitamin D3** is an essential vitamin to support immune health. Cells in the immune system are made up of vitamin D3 receptors. If there is a deficiency in vitamin D3, it will weaken the immune system and leave the body susceptible to infection. Unfortunately, vitamin D3 deficiency is becoming far too common amongst all age groups since our culture spends far less time in the sun. This valuable vitamin cannot be stored by the body, so daily supplementation is necessary for immune health.

Ingredients:

- SerraEnzyme Serrapeptase® - 160,000iu
- Curcumin X4000 - 250mg
- Ecklonia Cava Extract (Seanol®) - 50mg
- Vitamin D3 - 1000iu

Dosage:

Take 2 capsules, 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.



Nattokinase™

Nattokinase™ (Fibrinase) is a potent fibrinolytic enzyme extracted and highly purified from a traditional Japanese food called Natto. Research has shown that Nattokinase™ may aid the body in breaking up and dissolving the unhealthy coagulation of blood, support fibrinolytic activity, and help lower blood pressure. Research supports Nattokinase™ intervention for Alzheimer's relief. [50]

Ingredients:

- Nattokinase™ (fibrinolytic units) enzyme activity - 2,000 FU
- Rutin - 25 mg

Dosage:

Take 1 capsule, 3 times a day with Serranol™.

Lithium Balance™

Lithium is essential for healthy, balanced mental and chemical responses. It works as an anti-aging nutrient to support the brain. Lithium is a naturally occurring trace mineral that can be found in several foods, as well as in organs and systems throughout the body. It may play a critical biological role in humans and other animals.

Orotate is the organic carrier used to transport lithium to its exact delivery point so that it can efficiently reach blood cells in the brain.

Ingredients:

- Lithium Orotate – 250mg

Dosage:

Take 1 tablet, 3 times daily.

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How to Supplement Missing Nutrients

Nascent Iodine

Nascent Iodine is entirely different from typical iodine found in a denser state, often sold over-the-counter as an antiseptic, labeled as atomized iodine tri-chloride, or added to potassium iodide so that it is liquid-soluble. Nascent iodine in its atomic form -- consumable and paramagnetic -- is highly preferable to its molecular form. This is the form of iodine that is well-recognized by the thyroid and easily used.

Health conditions like ADHD, autism, learning disabilities, and autoimmune thyroid disorders can often be caused by iodine deficiency. Thyroid hormone imbalance, commonly related to iodine deficiency, may also create symptoms that mimic dementia. All cells in the body, even brain cells, utilize the critical mineral iodine and rely on it for daily function.

Ingredients:

- Iodine (in its atomic form) - 315 mcg

Dosage:

Take 1-3 drops in 1/2 ounce of water, twice daily on an empty stomach or as directed by your healthcare provider. Remember, iodine as a supplement must be taken with selenium to activate, such as Ionic Selenium.



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B4 Health Spray

B4 Health Spray offers support for balanced homocysteine levels (potentially reducing this risk factor for Alzheimer's disease), boosts the immune system, and improves vitamin B12 absorption.

Ingredients:

	Amount/ Serving	%DV
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin C (as Sodium Ascorbate)	60 mg	100%
Vitamin D (as Cholecalciferol)	400 IU	200%
Vitamin E (as D-alpha Tocopheryl Acetate)	30 IU	250%
Vitamin B1 (as Thiamin HCL)	1.5 mg	136%
Vitamin B2 (as Riboflavin 5 Phosphate sodium)	1.7 mg	120%
Vitamin B3 (Niacin)	20 mg	125%
Vitamin B6 (Pyridoxine HCL)	2 mg	143%
Folate (as (6S)-5-methyltetrahydrofolic acid) (equivalent to 800 mcg of (6S)-5-methyltetrahydrofolic acid, glucosamine salt***)	400 mcg	200%
Vitamin B12 (as Methylcobalamin)	6 mcg	240%
Biotin	300 mcg	600%
Selenium (as Selenium Amino Acid Chelate	70 mcg	127%
Pantothenic Acid (Vit B5) (as D-Calcium Pantothenate)	10 mg	167%

Proprietary Complex

63mg

**

Trimethylglycine, Glucosamine Hydrochloride, Grapeseed extract, Ribose, Taurine, Pine Bark extract, Co-enzyme Q10.

**Daily Value not established

* Percent Daily Values are based on a 2,000 calorie diet

Other ingredients: Water, glycerol, sunflower lecithin, natural red fruit flavouring, aloe vera extract, stevia and potassium sorbate.

*** This product uses Gnosis SpA's (6S)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent No. 7,947,662. Quatrefolic is a registered trademark of Gnosis SpA.



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The Krill Miracle™

The Krill Miracle™ contains 100-percent natural Neptune-sourced Antarctic Pure Krill Oil, made with a specialized formulation of omega-3, 6, and 9 fatty acids, antioxidants, and other powerful ingredients to support memory and learning.

If vegetarian, consider using Hemp Seed Oil instead.

Ingredients:

- Superba™ Krill Oil – 1000mg
- Phospholipids – 450mg
- Total Omega-3 – 250mg
- EPA – 120mg
- DHA – 70mg
- Omega 6 – 15mg
- Omega 9 – 80mg
- Astaxanthin – 100µg

Dosage:

Take 2 capsules, 2 times daily.



How to Boost Your Immune System

L-Carnitine Plus CoQ10

L-Carnitine helps to promote cell growth and fight free radical damage. L-carnitine can easily cross through the blood-brain barrier, so taking it as a supplement could help to protect against neuronal damage caused by free radicals. [56] **CoQ10** further benefits brain and body health by sparking energy within the cells.

Ingredients:

- L-Carnitine (L-Carnitine Fumarate) – 500mg
- Coenzyme Q-10 (ubidecarenone USP, as HydroQsorb® 100% water soluble Coq10) – 100mg

Dosage:

Take 2 capsules, 2 times daily.



UB8Q10™ Ubiquinol

Coenzyme Q10 is a vitamin-like enzyme that serves as a powerful antioxidant in the body. More impressively, Ubiquinol is eight times more potent than CoQ10. It supports anti-aging and also benefits brain health.

Ingredients:

- Ubiquinol CoQH* - 100mg

Dosage:

Take 2 softgels, 2 times daily.



Active Life™ Capsules

Active Life™ Capsules have been formulated with only your wellbeing in mind. Just as the name suggests, Active Life™ Capsules can help to support a busy, modern life where stress, high demands, and a poor diet are often a reality. Active Life™ Capsules are a complete all-in-one nutritional supplement to complement any Active Life™-style, offering an all-natural source of 130 vitamins, minerals, and other nutrients.

Ingredients:

Amount %Daily per Serving Value

Vitamin A (Palmitate/10% Beta-Carotene)	5000IU	100%
Vitamin C	500mg	833%
Calcium (from Calcium Citrate)	120mg	15%
Vitamin D3 (from Cholecalciferol)	400IU	100%
Vitamin E (as Natural D-Alpha Tocopherol Acetate + Mixed Tocopherols)	400IU	1,333%
Vitamin K2 (K2 - Menaquinone)	80mcg	100%
Vitamin B1 (Thiamin)	10mg	666%
Vitamin B2 (Riboflavin)	10mg	588%
Niacin - Vitamin B3 (from Niacinamide)	80 mg	400%
Vitamin B6 (Pyridoxine Hydrochloride)	10mg	500%
Folate (as (6S)-5-methyltetrahydrofolic acid) (equivalent to 1600mcg of (6S)-5-methyltetrahydrofolic acid glucosamine salt***)	800mcg	200%
Vitamin B12 (Methylcobalamin)	100mcg	1,666%
Biotin	300mcg	100%
Vitamin B5 (from Pantothenic Acid)	20mg	200%
Iodine (from Potassium Iodide)	150mcg	100%
Magnesium (from Magnesium Citrate)	60mg	19%
Zinc (from L-OptiZinc®)	25mg	166%
Selenium (from Selenomethionine)	200mg	285%
Copper (from Copper Gluconate)	2mg	100%
Manganese (from Manganese Gluconate)	4mg	200%
Chromium (from Chromium Polynicotinate)	120mcg	100%
Molybdenum (from Molybdenum Citrate)	75mcg	100%
Chloride (from Fulvic Trace Minerals)	16mcg	< 1%
Potassium (from Potassium Malate)	216mg	5%
Boron (from Boron Citrate)	1mg	*
Strontium (from strontium Citrate)	60mg	*
Aloe Vera Powder (200:1)	2mg	*
Bilberry Extract 5:1	300mg	*
Choline Bitartrate	25mg	*
Fulvic Trace Minerals	200mg	*
Inositol	40mg	*
Lutein (from Marigold flower - ZanMax®)	20mg	*
Zeaxanthin (from Marigold flower - ZanMax®)	4mg	*
L-Cysteine	10mg	*
L-Glycine	10mg	*
L-L-Taurine	400mg	*

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Dosage:

Take 3 capsules after breakfast, lunch, and/or with evening meal.

Alpha Lipoic Acid-R

Alpha Lipoic Acid-R is an active, bio-enhanced antioxidant needed to support healthy blood sugar levels. Furthermore, it works to neutralize free radicals in the body and support overall brain health.

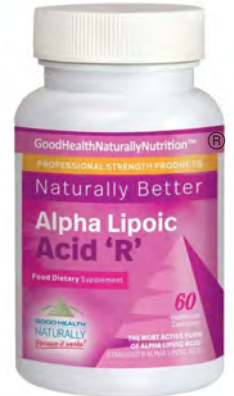
Ingredients:

- Bio-enhanced Na-RALA – 200mg

Dosage:

Take 2 capsules, 2 times daily.

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Naturally Better Vitamin E

Vitamin E essential to support brain health; some studies confirm that vitamin E can slow the development of Alzheimer's disease. [30]

Ingredients:

- Total d-Mixed-Tocotrienols (Tocomin) – 20.00mg
- D-Alpha-Tocotrienol – 6.15mg
- D-Beta-Tocotrienol – 1.15mg
- D-Gamma-Tocotrienol – 9.18mg
- D-Delta-Tocotrienol – 3.52mg
- Vitamin E Activity, IU (d-Alpha-Tocopherol) - 8.06IU
- Plant Squalene – 4.92mg

Dosage:

Take 2 capsules, 2 times a day.

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How to Supplement with Optional Nutrients

Prescript-Biotics

Prescript-Biotics contains "Bio-Identical" SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria. Every day, this delicate balance of good bacteria in the gut is at risk: poor diet, lack of fibre, excess alcohol, smoking, antibiotic use, little exercise and sleep, stress, and even environmental toxins can burden the gut.

The body relies on these healthy "bugs" to digest food, absorb nutrients, and produce the B vitamins and enzymes needed to ensure daily health. Prescript Probiotics' powerful, soil-based microflora may benefit brain health, mood, and energy levels.

Ingredients:

- *Bifidobacterium Bifidum*, *B. Lichenformis*, *L. Acidophilus*, *L. Lactis*, *L. Casei*, *B. Subtilis*, *L. Rhamnosus*, and *L. Plantarum*, a superior formula of SBOs (Soil Born Organisms), symbiotically blended in a proprietary, nutrient-rich host medium of Humic & Fulvic Acids. (Naturally dehydrated and encapsulated in its nutrient-rich food source for long-lasting efficacy.)
- Other ingredients: Hypromellose (Veggie Cap).

Dosage:

Take 1 x 4 capsules a day, or as directed on the bottle. Can be increased to 6-8 capsules a day. For best results, take 30 minutes before a meal or snack with 6-8 ounces of juice or purified water.



Understanding Acupressure

With guidance from the book *Mastering Acupuncture*, you can stimulate the following points to help balance your health:

- Use fingertips to massage gently all over the head.
- Use forefingers and thumbs to massage the ear lobes.

Gently and systematically stimulating the body's natural healing system will accelerate recovery, in most cases. Several studies have found acupuncture to benefit cases of Alzheimer's disease, showing improvements in both cognition and emotional well-being. Acupuncture was successfully used to treat anxiety and depression in patients with Alzheimer's disease in a 2000 study conducted in the U.S. at Wellesley College. [65] In 2017, Korean researchers confirmed that, because specific acupoints are connected to different neurological pathways in the body, electro-acupuncture can be used to manage Alzheimer's disease by targeting the pathway that signals cognitive impairment. [66]

"Acupuncture is a useful form of complementary/alternative medicine for managing neurodegenerative disorders, because it can reduce the side effects of therapy as well as the financial burden of treatment on patients and their families," researchers from the Korea Institute of Oriental Medicine wrote.

These points connected to the brain's pathways can be effectively and safely stimulated using the **HealthPoint™** electro-acupressure kit. Amazingly, one 2017 study found that targeting a powerful acupuncture point located at the top of the head, one fingertip behind the center of the middle of the horizontal line extending over the head from behind each ear, could greatly benefit Alzheimer's patients. When the point, called GV 20 or Governing Vessel 20, was targeted through electro-acupuncture on mice with Alzheimer's in the study, researchers saw the plaque deposits causing memory loss and dementia decrease. After the electro-acupuncture treatment, damage from Alzheimer's in the mouse brains was remedied, and more stem cells in the nervous system were created. [67] The advantage of the **HealthPoint™** electro-acupressure kit is that it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

HealthPoint™ is easy to use, painless, and effective. It includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.

The gentle and systematic stimulation of the body's natural healing system can speed recovery in many cases. **HealthPoint™** breakthrough technology was developed with leading pain control specialist Dr. Julian Kenyon, MD, 25 years ago, and today features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the points to prevent premature aging/ cognitive decline and manage inflammatory pain.



CAREGIVER QUESTION TO MARK PROGRESS:

Has the patient exhibited
better judgment lately?



In Conclusion:

The Alzheimer's Rehabilitation Program offers a complete rehabilitation plan that is specially designed to comprehensively prevent or manage your senile dementia.

Alzheimer's disease can better be understood as a lifestyle disease.

This means that if you change your lifestyle, there is a great chance of partial or full recovery. When you implement the changes found in the 10 Step Plan, your body can naturally begin the healing process to recover your health.

Drugs won't improve your health...

Drugs aren't effective since they can't make you healthy again. In a best case scenario, drugs may provide some relief. In a worst-case scenario, they will further damage your health and can even cause untimely death. Even compared to other illnesses where medication can offer short-term relief in some cases, the outlook for Alzheimer's drugs is especially poor.

Remember, major pharmaceutical manufacturers like Merck have gone so far as to stop clinical trials because they have yet to develop an Alzheimer's drug that has any effect on the disease.

Of course, the pharmaceutical industry would love you to continue on your current drug regimen and ineffective rehabilitation plan, relying on toxic medications that inhibit your true path to long-term healing.

Thankfully, you have discovered that there is a better way.

You can use the Alzheimer's Rehabilitation Program to prevent or manage senile dementia, even if other medical alternatives have not worked for you:

- This program will help you to embrace your health and improve your quality of life in a rehabilitation plan that includes education, coaching, and exercise.
- This program will incorporate support and therapy to provide assistance so that you can achieve the best results possible.

You will find the Alzheimer's Rehabilitation Program outlined in this book. When you follow it carefully, you will see some results starting within weeks.

This rehabilitation plan will always offer health improvements.

The worst outcome when using this plan will be that your health improves, but you still need to take some drugs if your health has been damaged irreparably by medication or senile dementia.

Start slowly and begin rehabilitation step-by-step.

Unless you are already used to making changes in your life, you will find adopting these habits of healthy living can be difficult to sustain. Persist. Because...

Your health is invaluable.

Robert Redfern, Your Health Coach

Email Robert@goodhealth.nu
www.MyGoodHealthClub.com
 for step by step coaching and support.

Alzheimer's Disease Rehabilitation Plan

TIME	ACTION	AMOUNT
OPTIONAL ITEMS		
30 minutes before eating	Prescript-Biotics™	Take 1 x 3 capsules a day or as directed on the bottle. Take with 6-8 oz. of juice or purified water.

BREAKFAST

30 minutes before breakfast	Serranol™	Take 2 capsules, with water.
30 minutes before breakfast	Nattokinase™	Take 1 capsule.
30 minutes before breakfast	Nascent Iodine Drops	Take 1-3 drops in 15 ml (1/2 oz.) of water.
Just before eating	BrainPower™	Take 6 ml.
Just before eating	B4 Health Spray	Take 5 sprays.
With breakfast	Lithium Balance™	Take 1 tablet.
With breakfast	Active Life™ Capsules	Take 2 capsules.
With breakfast	The Krill Miracle™	Take 2 capsules.
Any time after breakfast	UB8Q10™	Take 2 softgels.
Any time after breakfast	L-Carnitine Plus CoQ10	Take 2 capsules.

LUNCH

30 minutes before lunch	Serranol™	Take 2 capsules, with water.
30 minutes before lunch	Nattokinase™	Take 1 capsule.
30 minutes before lunch	Nascent Iodine Drops	Take 1-3 drops in 15 ml (1/2 oz.) of water.
Just before eating	Curcuminx4000™	Take 1 capsule.
With lunch	Lithium Balance™	Take 1 tablet.
With lunch	Active Life™ Capsules	Take 2 capsules.
With lunch	UB8Q10™	Take 2 softgels.
With lunch	L-Carnitine Plus CoQ10	Take 2 capsules.

EVENING MEAL

30 minutes before evening meal	Serranol™	Take 2 capsules, with water.
30 minutes before evening meal	Nattokinase™	Take 1 capsule.
30 minutes before evening meal	Alpha Lipoic Acid-R	Take 2 capsules.
30 minutes before evening meal	Nascent Iodine Drops	Take 1-3 drops in 15 ml (1/2 oz.) of water.
Just before eating	Nattokinase™	Take 1 capsule.
Just before eating	Lithium Balance™	Take 1 tablet.
With the evening meal	Active Life™ Capsules	Take 2 capsules.
With the evening meal	The Krill Miracle™	Take 2 capsules.
With the evening meal	Naturally Better Vitamin E	Take 2 capsules.



**All of the products you see in this book
can be obtained from the following links:**

Good Health Naturally UK (and Europe)

www.goodhealthnaturally.com

Tel: 03337 777 333

(Open Mon-Fri 9am-5pm)

Good Health USA

www.goodhealthusa.com

Tel: 1800 455 9155

(Open Mon-Fri 7am-3pm Pacific)

Good Health Canada

www.goodhealthcanada.com

Tel: 1 800 455 9155

(Open Mon-Fri 7am-3pm Pacific)

Good Health Australia

www.goodhealthoz.com

Tel: + 61 (0)7-3088-3201

From 9am to 5pm AEST

Good Health India

www.goodhealthnaturally.in

Tel: +91 9640428251

From 10am-6pm IST

Alzheimer's Disease - Ultimate Plan

Caregivers, use this space to record any challenges and triumphs you have observed while working with the patient during the program.

This Health Activity Plan includes all of the steps required to provide relief for your patient's Alzheimer's Disease.

The plan is set out in the ideal order to accomplish the steps — but the order is less important than actually starting. Start anywhere, just make a start!

SUPPLEMENTS

Date Started

BrainPower

Today, I successfully integrated BrainPower.

I am giving 6 ml (just over 1 teaspoon) a day.

Serranol™

Today, I successfully integrated the Serranol™ caps.

I am giving 2 caps x 3 times per day 30 minutes before meals, or mixing with a fruit puree.

Nattokinase™

Today, I successfully integrated the Nattokinase™ capsules.

I am giving 1 capsule x 3 times per day with the Serranol™ caps.

Lithium Balance™

Today, I successfully integrated the Lithium tablets.

I am giving 1 tablet x 3 times per day building up to 3 x 3 over a few weeks.

Nascent Iodine Drops

Today, I successfully integrated Nascent Iodine Drops into the plan.

I am giving 1-3 drops in 1/2 ounce of water, twice daily on an empty stomach.

B4 Health Spray

Today, I successfully integrated B4 Health Spray into the plan.

I started giving 5 sprays daily.

The Krill Miracle™

Today, I successfully integrated Krill capsules into the plan.

I started giving 2 caps x twice per day.

UB810 Ubiquinol

Today, I successfully integrated UB8Q10™ into the plan.

I started with 1 softgel x twice per day, building up to 2 softgels x 2 times per day.



L-Carnitine Plus CoQ10

Today, I successfully integrated L-Carnitine into the plan.

I started giving 1 capsule x twice per day, building up to 2 caps x twice per day.

Alpha Lipoic Acid-R

Today, I successfully integrated Alpha Lipoic Acid-R into the plan.

I started giving 1 capsule x twice per day, building up to 2 caps x twice per day.

Active Life™ Capsules

Today, I successfully integrated Active Life™ into the plan.

I started giving 1 capsule, building up to 3 capsules, twice daily.

Naturally Better Vitamin E

Today, I successfully integrated Vitamin E into the plan.

I started giving 1 capsule x twice per day, building up to 2 caps x twice per day.

Optional Items**Prescript-Biotics**

Today, I successfully integrated Prescript-Biotics into the plan.

I started giving 4 capsules, once daily, building up to 6-8 capsules per day.

HEALTHY FOODS**Date Started****Eat Your Greens**

Today, I successfully integrated healthy veggies into the plan.

I gave 4 portions of veggies. I will add 1 extra portion every day until I am giving 14 small portions per day.

Healthy Fruits

Today, I successfully integrated dark-skinned fruits into the plan.

I gave 3 portions of dark-skinned fruit, including 1 avocado — increasing by an extra portion every day to reach the goal of 5 portions per day, including 2 avocados.

Limit Meat Intake

Today, I successfully integrated healthier meat intake into the plan.

I substituted usual meat for organic chicken. I have recipes ready for non-meat dishes to try this week.

Eat Beans, Pulses, Nuts, and Seeds - Essential Fatty Acids and Nutrients

Today, I successfully integrated nuts and seeds into the plan.

I gave 2 portions of nuts and seeds, building up to include beans and pulses.

Eat Oily Fish - Essential Fatty Acids and Nutrients

Today, I successfully integrated oily fish into the plan.

I gave wild salmon for dinner — aiming to give 3 portions this week, building up to 4 then 5 portions over following week.

Include Healthy Oils - Anti-Inflammatory Oils

Today, I successfully integrated healthy oils into the plan.

I used coconut oil for cooking and olive oil for salad dressing. I threw out the sunflower oil!

Substitute Starchy Carbs

Today, I successfully integrated healthy alternatives to starchy carbs (in small amounts) into the plan.

I gave quinoa instead of rice. I will try the alternatives at www.reallyhealthyfoods.com.

DRINK ENOUGH WATER - Water Intake Is Essential for Health

Today, I successfully integrated water into the plan.

I gave 4 glasses of water today, building up to 6 and then 8 glasses per day.

OTHER ACTIVITIES**WALK AND MOVE - Exercise and Strengthen Your Health**

Today, I successfully integrated walking into the plan.

We walked for half a mile today and will build up a little each day to walk with Nordic poles as strength improves.

Knee to Chest Exercises

Today, I successfully integrated knee to chest exercise into the plan.

We practised knee to chest exercise on a chair today and will progress to standing exercise.

BREATHING - Learn to Breathe Properly for Health

Today, I successfully integrated Relaxed Breathing into the plan.

We practised the technique once today and will increase to 3 times per day.

USE ACUPRESSURE POINTS - Brain Points and Points to Reverse Stress Breathing

Today, I successfully integrated the Acupressure Point Technique into the plan.

We practised this by mirroring my action.

SOLAR POWER - Use the Sun to Help Heal Your Body

Today, I successfully integrated Solar Power into the plan.

We sat in the sun for 15 minutes with bare arms.



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"My mother was diagnosed with senile dementia, and it was hard on all of our family in terms of care. It was difficult getting her to recognize or remember simple names and objects we might refer to. Upsetting, but I didn't trust what the doctors told me that it couldn't get better. Then, I decided to do my own research and came across your site.

I took your advice and followed your health plan, which we discussed. Thus, I am starting to see good changes in my mother's mental health. She now begins 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. However, with these healthy changes I can see her dementia becoming more manageable in the long term. Thank you!"

- Elizabeth

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