



THIS WEEK'S TOPIC

The End Of Alzheimer's?

" There are things that we can do right now to forestall and reverse cognitive decline."

Alzheimer's CAN be prevented and in many cases its associated cognitive decline can be reversed. That bold statement comes from one of the country's leading researchers, Dr. Dale Bredeesen, in his book *The End of Alzheimer's*. Dr. Bredeesen is a Professor of Neurology at the University of California, in LA where he summarizes his work and over 200 peer reviewed articles he and his colleagues have assembled. I wanted to introduce you to his work because all of us are aging, our loved ones are aging and there are things that we can do right now to forestall and reverse cognitive decline.

This book gives you the tools to predict, prevent and treat cognitive problems. Dr. Bredeesen points out that if you know what to look for; signs and signals occur ten or more years before the sentence of Alzheimer's is pronounced. Let me make that point again, and let it sink in. "The process of cognitive decline is occurring 10 years before Alzheimer' is diagnosed."



We don't just wake up and are diagnosed with Alzheimer's. The brain is slowly deteriorating. The good news is that the deterioration process can be measured and monitored and therefore need not be permanent.

Let's compare our bones to our brain for just a second. Our bodies are always breaking down or chewing up old fragile bone through an osteoclastic process. It's a good thing. This provides raw materials and space for new bones to be rebuilt through an osteoblastic process. Osteoporosis occurs when the destructive osteoclastic process is outperforming osteoblast or bone building cells. Cognitive

decline occurs when nerve cells and the connections called synapses are broken down or decay faster than new nerve cells and connections can be made.

The course can be altered if you understand the process, and apply strategies to alter the course. And the sooner the course is altered the greater the benefit. His program is called ReCODE which stands for reversing cognitive decline.

Dr. Bredeesen asserts that Alzheimer's is not one disease rather three distinguishable types or syndromes. The three different causes or types of Alzheimer's are: an inflamma-

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tory based type, an atrophic type and one caused by toxins.

Dr. Bredesen has created a battery of tests he calls a "cognoscopy" that support or diagnose each type. Some of the tests he suggests are very sophisticated but most of them are simple blood tests. Let's look at each type briefly.

The Inflammatory type is hot. There is an over-stimulation of the immune system and as a result free radicals and chemicals messengers called cytokines destroy healthy neurons. It's basically over activity of the tearing down process.

He calls the second type Atrophic. Atrophic centers around the availability of the raw materials needed to signal repair and rebuild neurons. Sometimes these forces are cold meaning they are not keeping pace with the destructive tearing down process.

The third and most difficult type to treat is the one called Toxins. What makes it so complicated are the number of potential toxins in our environment. These toxins might be metals like mercury or aluminum, molds, an imbalance of minerals like zinc and copper or infection. It takes more detective work and a greater commitment to a clean lifestyle.

Speaking of lifestyle, not surprising, he suggests a mild Ketogenic diet. He calls it Ketoflex 12/3. Space 12 hours between dinner and breakfast and make sure your dinner meal is completed three hours before you go to sleep. Ketones should be in the 0.5 -4 mmol/L range. To know and keep you in that range, it is important to get a ketone meter that will measure ketones with a

blood spot. Blood levels are much more sensitive than urine tests.

Many researchers refer to Alzheimer's as "type 3 diabetes". The brain uses 25% of the body's blood sugar. If there is a sugar utilization problem in the brain, the brain won't have enough energy to repair, inflammation sets in, oxidation increases and neurons start dying. Less energy means new brain cell growth is retarded.



That is one reason you hear about the benefits of medium chain triglycerides referred to as MCT and Coconut oil. Medium chain triglycerides are 6-12 carbons long and are directly utilized as an energy source for the brain. The 8 carbon fraction is the one most researched for neurologic issues and appears to raise ketones the highest.

Bio-MCT oil by Biotics Research Corporation contains approximately 98% of the 8 carbon fraction.

There is no way we can summarize a book like this here. But remember despite the billions of dollars spent on Alzheimer's research, conventional medicine offers little hope. This book is about looking for clues to help you determine what is causing cognitive decline and then shedding light on all the factors that enhance brain building. Some of the things you will be able to apply without your wellness clinician but there will be some things you will have to do as a team.

This book *The End of Alzheimer's* by Dr. Dale Bredesen is a treasure chest of therapies to stop degeneration and begin the rebuilding process in the brain. It is written in a way people can read it, study it and stay motivated to participate in their own healing. I hope you enjoy it as much as I did.

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