



Wellness Minute

Health Information You Can Use On Your Path To Wellness



The End of Alzheimer's?

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A previous Wellness Minute highlighted the book, The End of Alzheimer's, by Dr. Dale Bredesen. The book details his successes, which are based on his view that the etiology of Alzheimer's is caused by 3 distinct conditions: excessive inflammation, a lack of growth factors, which he calls atrophic, and toxins. Dr. Russell Blaylock, a neurosurgeon, suggests another overlooked piece to the Alzheimer's puzzle is latent, hidden infections or what some doctors call smoldering infections. If activated, these infections turn on the brain's immune cells called microglia. This activation causes inflammation.

To give you an idea, here are some examples of infections: Bacteria, like chlamydia, H. Pylori, as well as the

spirochetes family which includes Lyme, Syphilis and various periodontal infections. 90 percent of Alzheimer's brains have been shown to contain spirochetes. There's also infection from viruses like HSV-1, Cytomegalovirus and Epstein Barr, which create an increase in cytokines, chemokines, and other inflammatory molecules.

Viruses like Herpes-1 are common in all of us, but as we age and feel stressed out, they can be reactivated. Cytomegalovirus is an example of a common virus that once reactivated worsens existing brain damage caused by other viruses such as HSV-1.

Another source of infection is fungal infections. “Immunohistochemical analysis identified

fungal material inside neuronal cells in the brains of Alzheimer's patients upon autopsy, including macromolecules from *Candida glabrata*, *Penicillium notatum*, and *C. albicans*.”

Combinations of infections create what some call an “infectious burden.” Dr. Blaylock shared this study comparing the effect of infectious burden on the risk for Alzheimer's disease. 128 Alzheimer's patients and 135 healthy control subjects were examined, measuring antibodies to organisms such as Cytomegalovirus, Lyme organism, Chlamydia, H. pylori, etc.

“Researchers found a strong association between an increased number of pathogens and the risk of Alzheimer's

disease. People infected with four or five organisms had an Alzheimer's risk 398 percent higher than those with zero to two infections. Importantly, they found that Alzheimer's patients with a high infectious burden had the highest level of inflammatory mediators such as cytokines, chemokines, and interferons. This explains why people with high infectious burdens deteriorate faster. People with poor gum health, weak immune systems, those under tremendous stress, those who eat pro-inflammatory diets, who exercise rarely, and practice poor hygiene are the most prone to multiple infections with a high infectious burden.”

And it's not just inflammation in the brain that adds to the burden. Infections in the peripheral nervous system are a factor. Many studies have shown that stimulation of the immune system peripherally, meaning outside the brain, can trigger prolonged brain inflammation and brain degeneration. Infectious conditions such as pneumonia, respiratory tract infections, or urinary tract infections are higher in AD patients than healthy, age-matched controls. Other studies have demonstrated that numerous infections over a 4-year period doubled the risk of AD development.

And while we are on the topic of infections, let's not forget infections from botched root canals. Infected teeth and the brain inflammation that is created is one of the most insidious and overlooked sources of pain and inflammation in medicine today.

The process of cognitive decline is occurring 10 years before Alzheimer's 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. When cognitive decline occurs, nerve cells and the connections called synapses are broken down or decay faster than new nerve cells and connections can be made.

To combat these hidden or latent infections, there are many powerful plant extracts that have anti-viral and antibacterial properties. Biotics Research provides many of them and guarantees that they are bio-available, toxin-free products. Ashwagandha as Bio-Ashwagandha, Curcumin as CurcumRx, Resveratrol and Quercetin as ResveraSirt, Arabinogalactans as IAG, Grape seed extract as Bio-Cyanidins, EGCG as EGCG-200mg, Berberine as Berberine HCl, Oregano as emulsified A.D.P., Lysine as L-Lysine HCl, and more.

So, how do you know which anti-viral or anti-bacterial supplement is best for you? Your wellness clinician can help identify if latent infections are a factor for your case and select the nutrients to support your body's ability to fight.

If you or someone you know is experiencing cognitive decline, talk to your wellness professional immediately and begin the process of reducing inflammation, adding nutrients that support the brain building process, and become a detective to identify and remove the toxins in your environment. And in light of this discussion, make sure you fortify and support your immune system. Basic strategies DO make a difference.