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Dementia and
Preserve Your
Memories...From
Your Own Home

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an Aging Brain at Bay

Your Local Food Store
May Have the Cure for
Alzheimer's Disease

Protect Your Brain
from Alzheimer's With
the Sunshine Vitamin

Nature's Simple
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Two Simple Nutrients
That Really Fight
Dementia

BONUS CURE! Avoid
This Food if You Want
to Avoid Alzheimer's

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Everyday Alzheimer's Cures:

5 Secrets to Fight Dementia and Preserve Your Memories...From Your Own Home

It's one of the most dreaded diseases in the world. And as we've told you many times before, mainstream Alzheimer's treatments are worse than useless. Most have devastating side effects.

The latest Alzheimer's drugs have been plagued by failure. Cutting-edge drugs like Alzhemed and Flurizan have failed to fight AD. Two studies on Semagacestat, a drug from Eli Lilly, were halted after the drug worsened dementia symptoms in patients.ⁱ

And now the newest treatments have been linked to a type of brain swelling called vasogenic edema.

That's why we here at the Institute for Natural Healing are always searching for non-toxic alternatives. Natural solutions that are far safer, much less expensive...but still backed by real, scientific studies.

In this report, we've pulled together the simplest weapons for warding off Alzheimer's and preserving your precious memories. You won't need to visit any special clinics. You don't need to place an order online. These solutions don't even require a trip to the natural food store. In fact, you most likely have each and every one of these already in your home...

And they may just save your life.

Just One a Day Keeps an Aging Brain at Bay

The latest research says that one fruit may really have huge health benefits for people fighting Alzheimer's disease.

Pioneering doctors believe your best defense could be a good old-fashioned apple.

Sounds too good to be true? Not according to Dr. Thomas Shea and his colleagues at the University of Massachusetts. They've finished a clinical trial that shows apple juice fights AD in as little as one month.

"We anticipate that the day may come when foods like apples [and] apple juice are recommended along with the most popular Alzheimer's medications," says Dr. Shea.

Dr. Shea is a director of the UML Center for Cellular Neurobiology and Neurodegeneration. He's a leading pioneer on the subject, having studied the effects of apples on brain health for

over a decade. He's published several studies which show the brain-boosting benefits of apples.

Most recently, Dr. Shea's research team studied 21 patients between the ages of 72 to 93. Each of the patients was diagnosed with moderate-to-severe AD. He gave them two four-ounce glasses of apple juice each day for a month. After just 30 days, his team noted major changes in mood and behavior. Changes included improvement in anxiety, depression and delusion.

"In addition to changes in memory, there's a change in mood that often accompanies AD," says Dr. Shea. "We found that people receiving apple juice displayed fewer of the symptoms. They were calmer, less agitated, and at the end of the day, had a better quality of life."

His findings were published in the June 2010 issue of the *American Journal of Alzheimer's Disease and Other Dementias*.

In a study last year, Dr. Shea tested lab mice in a series of maze trials. He gave them the equivalent of two glasses of apple juice each day for 30 days. He then put them through a series of traditional tests.

The results backed up his theory. The mice produced less "beta amyloid," the protein fragment which forms "senile plaques," which are often found in the brains of people with AD.ⁱⁱ

"Apple juice keep[s] one's mind functioning at its best," says Dr. Shea. "It may delay key aspects of AD."

His team has also showed that apple juice increases the production of a brain transmitter called acetylcholine. Acetylcholine helps slow the mental decline of people with AD. In that same study, he investigated whether apple juice could also improve memory. He put mice through a series of memory and learning maze tests. The mice that drank apple juice performed better on the memory tests.

"The study show[ed] that consumption of apple juice can help reduce problems associated with memory loss," concluded Dr. Shea.

While Dr. Shea is one of the pioneers in this field, his evidence does not stand alone. There are several other research scientists publishing supportive findings. One such scientist is Dr. Eric Larson from the Group Health Center for Health Studies in Seattle, Washington.

Dr. Larson concluded a huge study, observing 2,000 people over the course of 10 years. He reported that people who drink fruit juice three times a week reduced the risk of AD by a whopping 76%. People who drank it twice a week reduced their risk by 16%.ⁱⁱⁱ

Surprisingly, the best benefits came from drinking fruit juice, as opposed to whole fruit. Dr. Larson theorizes this is because of the higher antioxidant quota in juice. According to him, all-natural fruit juice uses the core, seeds, and skin of the fruit. These are the parts of the fruit that have the highest concentration of natural antioxidants. It's those parts that people usually skip—and thus miss the best antioxidant benefits.

He also notes that fruit juice contains more antioxidants than vitamin C or E supplements.

“The brain accumulates damage due to oxidation as we age,” says Dr. Larson. “If you protect the brain from that damage, you protect the person from AD.”

Team member Dr. Qi Dai says “drinking fruit juices was [linked] with a decreased risk of AD. These findings suggest that fruit juices play an important role in delaying AD.”

It's important to note that the team used all-natural, pure fruit juices. Those juices shouldn't be confused with high-sugar, “fruit” beverages, which only include a limited percentage of actual fruit juice.

You should opt for organic apples. Non-organic apples top the “dirty dozen” list of foods contaminated with pesticides.

Many other studies say that apples fight AD. Adding apple juice to your diet is one safe and simple solution that may offer huge benefits.

Your Local Food Store May Have the Cure for Alzheimer's Disease

Dr. Mary Newport has made a startling discovery. A daily intake of coconut oil halted the symptoms of her husband's early onset Alzheimer's. In fact, it *reversed* much of the damage done by the disease.

At just 53, her husband began to lose his mental functions. As an accountant, he found he had trouble completing tax returns and basic accounting tasks. Later, he had trouble keeping his shoes and socks together or finding a spoon in his kitchen.

He was put on one big name Alzheimer's drug after another but he steadily declined. Desperate, his wife researched the “why and how” of Alzheimer's until she made an important

discovery. Her findings showed that Alzheimer's patients had brain cells that were unable to process glucose. That's the brain's principal energy source.

In fact, without glucose, the neurons in the brain began to die. But Dr. Newport discovered another energy source which can "refuel" the brains of Alzheimer's patients.

This other energy source is called "ketones." Ketones are a fat that's easily digested and used by your body. Your liver converts them into an alternate energy source for your brain.

Athletes, soldiers, and bodybuilders use them to power their bodies through tough conditions. They do this by drinking a type of oil made of medium chain triglycerides (MCT).

Coconut oil is made up of 60 percent of MCT. Big Pharma has already seized on this. In fact, there's a new Alzheimer's drug in the works that uses MCT oil as a key component.

But Dr. Newport says the coconut oil *alone* may reverse the effects of Alzheimer's disease. Her husband began taking coconut oil twice a day. After two weeks he could draw a simple clock—which he couldn't do prior to the coconut oil. (Drawing a clock is a typical test for Alzheimer's.) After two months, he was more himself, joking and alert. His focus had increased. His memory improved. And he was more active.

Fast forward two years: He's now running again and doing yard work. His short-term memory is so improved that he remembers all recent events and conversations with accuracy. Here's the best part: his MRIs show that his brain atrophy has ceased. And actually *improved* past his original MRIs from years earlier.

Your brain is made up of fats. The right kind of fat is beneficial to your thought process. The wrong kind may actually promote diseases like Alzheimer's.

Studies show that trans fats get absorbed into your brain cells and change them.

Renowned nutritional counselor Dr. Raymond Peat points to a 1980 study. This study found rats who were fed milk-with-soy-oil absorbed the oil into their brain cells. This changed their cells on a fundamental level. It made those cells become abnormal.^{iv} Studies show that trans fats do the same.^v

On the other hand, Dr. Peat says your brain needs healthy fats to function at an optimum level. Coconut oil is such a fat.

You can start taking coconut oil to promote your brain health even if you have no symptoms of Alzheimer's. It's used in cooking throughout the Philippines and parts of India and Thailand. These countries have some of the lowest levels of Alzheimer's in the world.

Coconut oil is versatile. You can use it in place of other vegetable oils in cooking. You can also use coconut milk in place of regular milk in many recipes.

But the easiest option is to just take it by the spoonful. Dr. Newport gave her husband eight teaspoons of coconut oil throughout the day. She started to see improvements after about two weeks. Two months into the coconut regimen, he was acting more like himself.

You can find coconut oil in most natural foods stores and some supermarkets. But be sure you're getting the pure virgin coconut oil to reduce your exposure to the chemical extraction process.

Protect Your Brain from Alzheimer's With the Sunshine Vitamin

The study was published in the *Archives of Internal Medicine* and first reported at the International Conference on Alzheimer's disease.^{vi}

The authors of this study examined the blood levels of vitamin D in 3,325 adults over the age of 65. Then they compared these numbers to the participants' scores on a series of tests and exams designed to measure memory, orientation in time and space, and ability to maintain attention.

The researchers classified the subjects as "cognitively impaired" if they scored in the worst 10% among those in the study.

The results showed that the risk of cognitive impairment was 42% higher in those who are "deficient" in vitamin D. That's a significant finding. But the real shocker was the rate of impairment in those who were "severely deficient" in the sunshine vitamin. These patients exhibited a 394% higher likelihood of impairment!

"The odds of cognitive impairment increase as vitamin D levels go down," says study author David Llewellyn. "Given that both vitamin D deficiency and dementia are common throughout the world, this is a major public health concern."

The same group of researchers also worked on an earlier related study. It also offered evidence supporting this simple truth: seniors who get their daily dose of "sunshine" maintain stronger cognitive functioning. Conversely, as vitamin D levels fall, the risk of mental impairment rises.

Vitamin D can be found in some foods. The best sources are oily fish, such as herring, mackerel, and sardines. However, the quantities in food are much, much smaller than what you need for optimal health.

In fact, according to noted vitamin D researcher, Dr. Michael Holick, the average light-skinned person will produce up to 10,000 IU of vitamin D within just half an hour of summer sun exposure. You would have to eat 58 cans of sardines to get the same amount of vitamin D.

This indicates that “nature knows best” and the optimal way for us to achieve appropriate vitamin D levels is through exposure to sunlight.

However, many of us live in climates where it is just not possible to get enough sunlight for most of the year. Others spend too much time indoors and are not able to enjoy the sun as much as we should.

In addition, we gradually lose our capacity to produce vitamin D from sunlight as the body ages—a time when we need it most. According to Dr. Iain Lang, one of the authors of the Alzheimer’s and vitamin D study, “Getting enough vitamin D can be a real problem, particularly for older people, who absorb less vitamin D from sunlight.”

The only way to know if your vitamin D levels are putting you at risk for cognitive impairment—and a host of other diseases—is to have your levels tested. The test is inexpensive and can be performed with a simple blood draw.

The optimal level of vitamin D ranges from 50–70 ng/mL. If your levels fall below this range, you should make plans to enjoy some time in the sun more often (without burning). If that is not possible or practical, consider supplementing your diet with vitamin D3. Then check your levels again after a few months to ensure that your levels are within range.

But there’s an easy way to boost the anti-Alzheimer’s effects of this important vitamin...

Nature's Simple Combination to Prevent Alzheimer's

Early research offers hope that two regularly available compounds—used together—may combat Alzheimer’s disease.

The research comes from Dr. Milan Fiala at UCLA. Dr. Fiala is a leading researcher in the field of Alzheimer’s. He’s a graduate of the University of Geneva, Switzerland with an MSc from Harvard. In 2008, he was given the “Alzheimer Award” by the *Journal of Alzheimer’s Disease*.

He's convinced that curcumin may fight Alzheimer's disease. Dozens of studies support his theory. Dr. Fiala has spent the last 10 years testing this out in the lab. He's published several studies that show it protects brain cells from dying.

Curcumin, as you may know, is a heavy ingredient in Indian curries. People there often consume it on a daily basis. Alzheimer's is very rare in India. In fact, one study showed that it occurs in less than 1% of people there. So his research has plenty of support.^{vii}

Now Dr. Fiala made another big breakthrough. One that combines curcumin with vitamin D—a combo he believes delivers powerful protection.

Dr. Fiala's earlier work shows that a protein called amyloid-beta accumulates in our brains, causing plaque to build up over time. This breaks down mental function and leads to Alzheimer's.

Dr. Fiala was the first to show that curcumin can combat this. He found that the spice helps the immune system remove this protein from our brains.

He took blood samples from six patients with Alzheimer's disease and from three healthy control patients. He isolated specialized cells called macrophages. These are the "cleanup crew" of the human immune system. They go through the body, swallowing up waste products. Normally, they remove abnormal amyloid-beta protein from brain cells.

But as Dr. Fiala showed...they don't work well in Alzheimer's patients. Compared to those in the healthy control patients, they are almost useless.

He treated these macrophages with curcumin for 24 hours. They dramatically improved. The curcumin boosted their cleaning power, allowing them to remove the protein that leads to Alzheimer's.

"Curcumin improved ingestion of amyloid-beta by immune cells in 50% of patients with Alzheimer's," says Dr. Fiala. "These findings demonstrate that curcumin boosts the immune system of specific Alzheimer's disease patients."

But what about the other 50%?

Dr. Fiala and his team conducted another study by adding vitamin D3 to curcumin. It shows that the combination powers up the cleaning crews. They then remove the protein.

They found that curcumin helps bind the protein to the “cleaning crew.” Vitamin D boosts the cleaners’ absorption of the protein—in all patients. That allows the “cleaning crew” to remove the dangerous protein. Just like healthy people.

“Vitamin D3 and curcumin offer new treatment possibilities for Alzheimer’s,” says Dr. Fiala.

He notes that both compounds are completely natural and safe. That means you can take steps today to prevent Alzheimer’s.

Getting curcumin is easy. It’s found in abundant amounts in Indian food and spicy curry. But you can also buy it in supplement form at most good health stores.

Dr. Sally Frautschy—associate professor of UCLA—says she eats curry four times a week.

She recommends adding tablespoon or 200 mg of curcumin each day.

Two Simple Nutrients That Really Fight Dementia

A group of researchers at the University of Ulm may have uncovered a safer, more effective treatment for dementia.

In one study, scientists compared nutrient levels in the blood of two groups of elderly adults. They placed “mildly demented” patients in one group. Healthy people were in Group 2. Taking into account lifestyle factors, they then compared the levels of antioxidants between both groups.

And they made a surprising find.

“There is evidence that diet and dietary supplements may affect the risk of developing dementia,” the authors of the study wrote in the *Journal of Alzheimer’s Disease*. Data now supports a relation between antioxidants and dementia risk. Prior studies had mixed results.

The study showed antioxidants vitamin C and beta-carotene levels were much lower in those patients with mild dementia.^{viii}

That’s not surprising considering what a study conducted at Lund University found. Researchers treated mice suffering from Alzheimer’s with vitamin C. And what they saw was jaw-dropping.

Vitamin C was disintegrating amyloid plaques in their brains.^{ix}

Katrin Mani, a professor of molecular medicine at Lund University, mentions that fruit isn't the only source for this disease-fighting antioxidant. She states, "In our experiments, we show that the vitamin C can also be absorbed in larger quantities in the form of dehydroascorbic acid from juice that has been kept overnight in a refrigerator."

You may be able to find these special drinks at your local Fresh Market or Whole Foods. You can also purchase them online.

Older people need antioxidants more than most everyone else. These substances help protect against free radicals. These killers can make us sick and contribute to aging.^x

As we age, our tissues require more vitamin C. It's needed for healing, growth, and repair. And now we're learning it may be crucial in protecting our brains against dementia.^{xi} It's important for normal brain function. And it may protect brain cells.^{xii}

Elderly people with poor diets are at risk for a vitamin C deficiency.^{xiii} And therefore, may be at a higher risk for dementia. People who live alone, smoke, and have a low income, are at an even greater risk.^{xiv,xv}

To avoid a deficiency, it is best to get your vitamin C from food, rather than in supplement form.^{xvi} However it can't hurt to add a pill to your daily routine.

Dietary antioxidants (including vitamin C) are necessary nutrients for everyone, not just the elderly. They can fight the free radicals that not only contribute to dementia and Alzheimer's, but heart disease, cancer, osteoporosis, and more.^{xvii}

The Harvard School of Public Health lists these as "excellent sources" of vitamin C:^{xviii}

- Citrus fruits (or unsweetened citrus juices)
- Berries
- Red or green peppers
- Tomatoes
- Broccoli
- Spinach

For beta-carotene, which converts to vitamin A^{xix}, the Mayo Clinic suggests carrots, dark-green leafy vegetables, sweet potatoes, broccoli, cantaloupe, and winter squash.^{xx}

As always, aim for fresh, unprocessed foods. Choose organic produce. It has been shown to have higher vitamin C content...and less nitrates.^{xxi}

But, as you're about to discover, it's not all about what you add to your diet. If you want to fight off dementia and Alzheimer's, it's just as important what you *don't* eat...

BONUS CURE! Avoid This Food if You Want to Avoid Alzheimer's

New research has found yet another link to what we eat and Alzheimer's disease.

Researchers from the Mayo Clinic tracked people between the ages of 70 and 89.^{xxii} After four years, they found that the group of people showing signs of mild cognitive impairment had a higher intake of one particular type of common food. In fact, the people who got the majority of their calories from this food had a much higher risk of developing dementia. Four times to be exact.

The results even shocked the researchers...

Lead researcher Dr. Rosebud Roberts said, "I thought the big problem would be eating too little protein." But it wasn't. So what raised the risk of dementia?

Diets loaded with carbohydrates.

Dr. Roberts and her team say the high glucose found in carbohydrates is to blame.

"Sugar fuels the brain, so moderate intake is good. However, high levels of sugar may actually prevent the brain from using the sugar," she said.

How?

From the study, scientists found that sugar affects blood vessels in the brain. The high sugar intake develops a protein that acts as plaque and clogs spaces between brain's nerve cells. Blockage in the brain is associated with Alzheimer's disease.

Colette Heimowitz, vice president of Nutrition and Education for Atkins Nutritionals Inc. and who was not part of the study says, "This (study) is consistent with what we've seen in past published research on how a lower carbohydrate diet can help to reduce the risk of Alzheimer's."

Researchers also found that protein did make a difference. People who ate more protein had a 21% reduced risk of developing dementia. While those who consumed more fats from nuts and oils dropped their risk by 42%.

That doesn't mean load up on just protein and fat. As Dr. Roberts says, "you need a balanced diet of protein, fats, and carbohydrates."

So how should you adjust your diet to ward off dementia?

There are many diets out there pushing low-carb. There is the Mediterranean diet that is primarily made up of plant-based foods.^{xxiv} That includes fruits, vegetables, whole grains, legumes, and nuts. The Mediterranean diet also includes fish and poultry as its protein base.

Then there's the Paleo diet.^{xxv} This is the one we highly recommend. It sticks to what our ancestors used to eat: meat, fish, eggs, tree nuts, vegetables, roots, fruits, and berries. Everything straight from the earth. No processed junk.

You already know that a simplified diet, one high in fruits, vegetables, and protein helps your heart.

But now it may just save your memory too.

Big Pharma may not want you to know about these solutions... And your doctor may not even know about them. But the fact is, the first step to fighting Alzheimer's may be as simple as stepping into your own kitchen.

Apples... Coconut oil... Vitamin D... Curcumin... And a low sugar diet. It doesn't get much simpler than that.

If you or a loved one have Alzheimer's, or if you're simply hoping to preserve the memories you have, we strongly recommend incorporating each of these natural "treatments" into your regular routine.

ⁱ <http://www.ncbi.nlm.nih.gov/pubmed/23883379>

ⁱⁱ <http://www.ncbi.nlm.nih.gov/pubmed/19158432>

ⁱⁱⁱ <http://www.ncbi.nlm.nih.gov/pubmed/16945610>

^{iv} <http://raypeat.com/articles/articles/coconut-oil.shtml>

^v <http://www.forbes.com/sites/alicegwalton/2014/11/19/another-strike-against-trans-fats-theyre-bad-for-the-brain-study-finds/>

^{vi} Arch Intern Med. 2010;170(13):1135-1141

^{vii} <http://news.bbc.co.uk/2/hi/health/1668932.stm>

^{viii} <http://iospress.metapress.com/content/h3215182vr7h5830>

^{ix} <http://www.sciencedaily.com/releases/2011/08/110818101645.htm>

^x <http://www.nlm.nih.gov/medlineplus/ency/article/002404.htm>

^{xi} <http://www.ncbi.nlm.nih.gov/pubmed/22366772>

^{xii} <http://www.parkinson.org/Parkinson-s-Disease/Treatment/Complementary-Treatment/Antioxidants-Vitamin-C-and-E,-Mediterranean-Diet.aspx>

^{xiii} <http://www.limestrong.com/scurvy.htm>><http://www.limestrong.com/scurvy.htm>

^{xiv} <http://link.springer.com/article/10.1007%2Fs11606-008-0577-1>

^{xv} <http://ajcn.nutrition.org/content/90/5/1252.short>

^{xvi} <http://www.ncbi.nlm.nih.gov/pubmed/22366772>

^{xvii} <http://www.webmd.com/a-to-z-guides/features/anti-aging-diet>

^{xviii} <http://www.hsph.harvard.edu/nutritionsource/vitamin-c/>

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- ^{xix} http://www.mayoclinic.com/health/beta-carotene/NS_patient-betacarotene
^{xx} <http://www.mayoclinic.com/health/drug-information/DR601461>
^{xxi} <http://www.organicag.org/organic/fruit/64.html>
^{xxii} <http://usatoday.com/story/news/nation/2012/10/17/carb-diet-alzheimers/1637481/>
^{xxiii} <http://liveinthenow.com/article/could-the-carbs-you-love-cause-dementia-or-alzheimers>
^{xxiv} <http://mayoclinic.com/health/mediterranean-diet/CL00011>
^{xxv} <http://webmd.com/diet/features/diet-review-the-caveman-paleo-diet>