



# Alzheimer's - Conventional vs. Natural Treatments

## Alzheimer's Treatment



No statements made in these materials have been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease. Consult your medical professional first before making any changes to your medical treatments or medication.

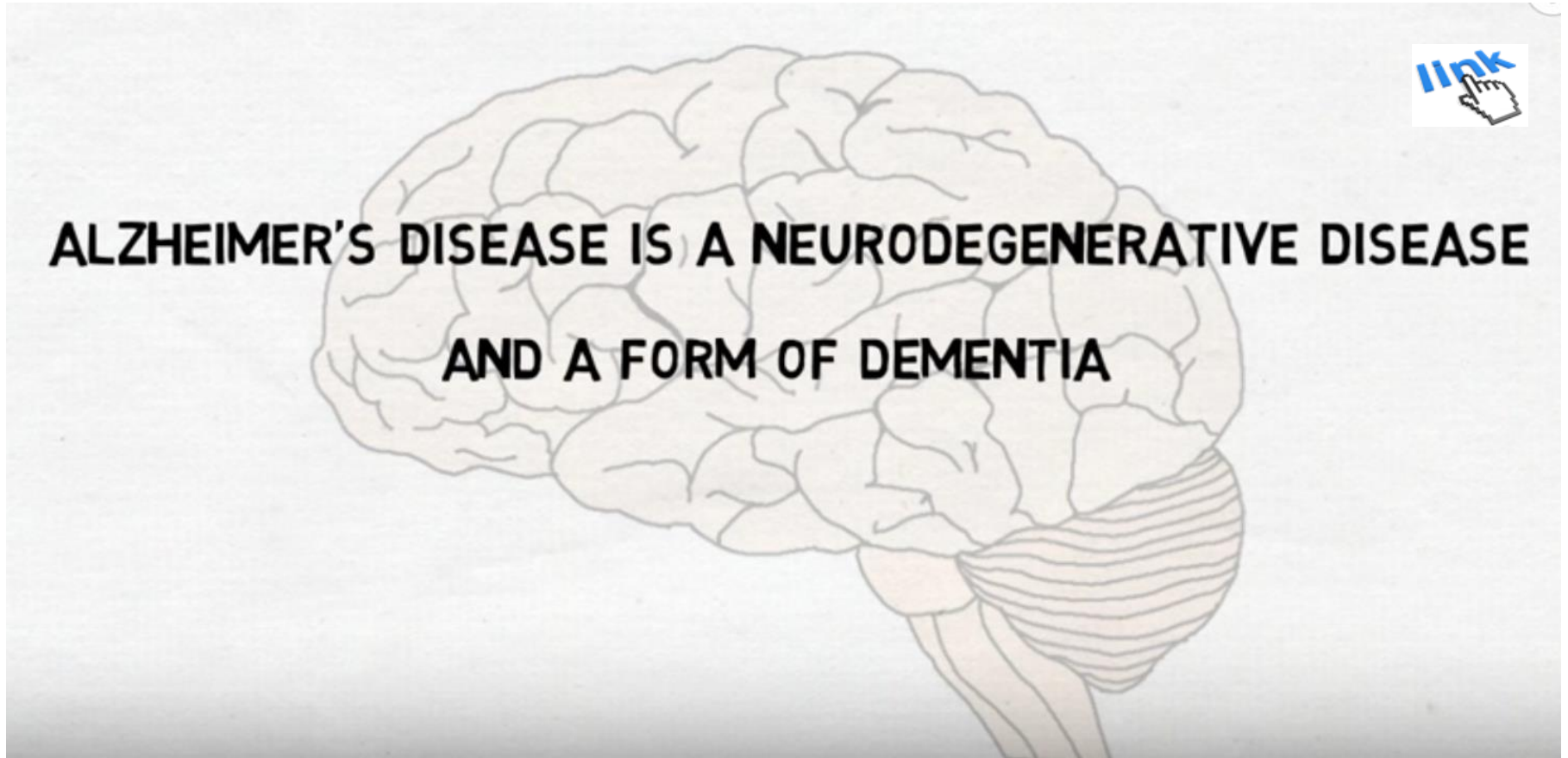
Please note I am not a medical doctor and thus cannot prescribe or diagnose. I am not a licensed dietician. However, I do want to assist people who choose to make positive lifestyle and dietary changes by making available to them the very best and most reliable information from my personal research, experience and education.

"Seek the Truth and then be Willing to Follow It wherever it leads!"



# What is Alzheimer's?

(Note: Medical Community Opinions)



[What's the Difference between Dementia and Alzheimer's disease?](#)



# Conventional Medical Treatments for Alzheimer's



## [Aricept Commercial](#)



# Independent Alzheimer's Medication Analysis



## [The Hard Truth about Alzheimer's Drugs](#)

**Consumer Reports: Aricept (Donepezil), Exelon, and Razadyne do little to help most people and pose risks. “If the patient doesn’t improve in 3 months, stop taking it!”**



# Is Alzheimer's Irreversible?

## The “Modern” Medical Community’s Opinion:

**Alzheimer's** disease is an **irreversible**, progressive brain disorder that slowly destroys memory and thinking skills, and eventually the ability to carry out the simplest tasks.

**[Alzheimer's Disease Fact Sheet - NIH Institute on Aging](#)**





# What Might Cause Alzheimer's?

- According to the NIH, “Scientists don’t yet fully understand what causes Alzheimer's disease in most people.”

Interestingly, there hundreds of studies that point to the causes. Big Pharma earns dollars on Treatments, not Prevention or Cures!

- The Link Between Alzheimer's Disease & DDT – Berg
- Alzheimer's Caused by Carbs? - Dr. David Perlmutter
- B12 Absorption Problems in older adults
- Alzheimer's Might be "Brain Diabetes" - Mercola



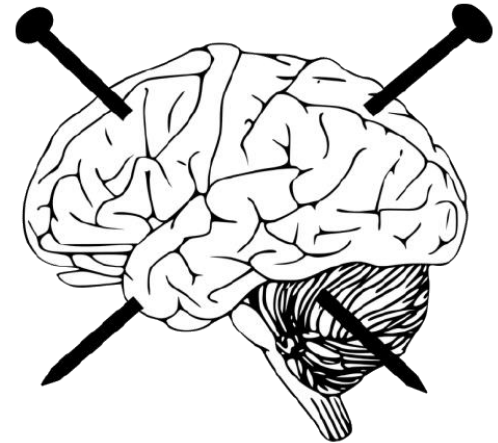
# What Causes Alzheimer's – Aluminum?

- [The Link Between Alzheimer's & Aluminum Toxicity](#)  
– Mercola:
- **We take in aluminum from our nose, mouth, & skin (via vaccines & antiperspirants), which accumulate over time, especially in your bones & brain.**
- **Aluminum is neurotoxic, targeting your central nervous system, which can lead to serious immunological and neurodegenerative disorders**
- **Recent studies show that aluminum contamination in food, drugs, and consumer products is much worse than previously thought**



# Causes of Memory Disturbances

- **Anxiety**
- **Stress**
- **Depression**
- **Infection**
- **Thyroid imbalance**
- **Dehydration**
- **Nutritional deficiencies such as insufficient Magnesium, Zinc, Vitamin B6 & B12, and folate**
- **Alcoholism**
- **Medication**
- **Substance abuse**
- **Lack of exercise / sedentary lifestyle**







# What are Bad Brain Habits?

link

Daniel G. Amen, MD

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What Are Bad Brain Habits? (3:50)



# So What Can We Do? - Seek the Truth!

Then be willing to Follow it Wherever it Leads

- **Fructose**. Keep your total fructose consumed to below 25 grams per day.
- **Improve Magnesium Levels**. Magnesium threonate crosses the Blood-Brain barrier
- **Optimize vitamin D levels** Strong link to low vitamin D in Alzheimer's patients
- **Keep your fasting insulin levels below 3**. This is indirectly related to fructose,
- **Vitamin B12**: Foods rich in B12 may reduce their risk of Alzheimer's in later years.
- **Eat a nutritious diet, rich in folate**, such as the one described in my [nutrition plan](#).
- **High-quality animal-based omega-3 fats**, such as krill oil.
- **Avoid and remove mercury from your body**. Dental fillings are 50% mercury
- **Avoid aluminum**, such as antiperspirants, non-stick cookware, [vaccine adjuvants](#), etc.
- **Exercise regularly**. Exercise can slow down the onset and progression of Alzheimer's.  
**Avoid flu vaccinations** as most contain both mercury and aluminum
- **Eat plenty of blueberries**. Wild blueberries are known to guard against Alzheimer's
- **Challenge your mind daily**. Mental stimulation is associated with a risk of Alzheimer's.
- **Avoid anticholinergics** Nighttime pain relievers, antihistamines, sleep aids, certain antidepressants
- **Avoid statin drugs**. Statin drugs are particularly problematic because they suppress the synthesis of cholesterol and deplete your brain of coenzyme Q10



# So What Can We Do to Reverse it?





# So What Can We Do to Reverse it?

## [Alzheimer's Natural Treatments - Dr. Axe](#)

### Notable Alzheimer's Breakthroughs of 2016

1. What you eat **TOTALLY** matters
2. Exercise is a potent Alzheimer's preventer
3. A job could act like an anti-Alzheimer's drug
4. Certain prescription and OTC drugs could increase your Alzheimer's risk: [Benadryl, Dramamine, Advil PM, Unison](#)
5. Your Gut Plays a big role in Alzheimer's disease



# Supplements that Reduce Your Risk and also Treat Alzheimer's disease

1. Fish Oil with DHA (1,000 mg daily)

[fish oil benefits](#)

2. Vitamin D3 (5,000 IU daily) [Vitamin D deficiency](#)

3. CoQ10 (200 mg daily) [CoQ10](#) decreases as we age

4. Ginkgo Biloba (120 mg daily) [Ginkgo biloba](#) improves brain circulation

5. Phosphatidylserine (300 mg daily)

[Phosphatidylserine](#) improves brain cell communication

6. [Astaxanthin](#), found in wild-caught salmon

7. [Frankincense oil](#) and [rosemary oil](#) support brain function and neurological development.



# Summary

- Alzheimer's disease **is not** a normal part of aging.
- The disease is characterized by toxic plaques and tangles in the brain
- It leads to memory loss, personality changes, trouble performing everyday tasks and death.
- Researchers show a Mediterranean diet, regular physical activity and a healthy BMI go a long way in lower your risk of developing the toxic plaques and tangles that lead to Alzheimer's disease.

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