

Restoring and Preventing Dementia

Key facts

- Dementia is a syndrome in which there is deterioration in memory, thinking, behavior and the ability to perform everyday activities.
- * Although dementia mainly affects older people, it is not a normal part of aging.
- Worldwide, around 50 million people have dementia, and there are nearly 10 million new cases every year.
- Alzheimer's disease is the most common form of dementia and may contribute to 60–70% of cases.
- Dementia is one of the major causes of disability and dependency among older people worldwide.
- Dementia has a physical, psychological, social, and economic impact, not only on people with dementia, but also on their carers, families and society at large.

Dementia is a syndrome – usually of a chronic or progressive nature – in which there is deterioration in cognitive function (i.e. the ability to process thought) beyond what might be expected from normal aging. It affects memory, thinking, orientation, comprehension, calculation, learning capacity, language, and judgement. Consciousness is not affected. The impairment in cognitive function is commonly accompanied, and occasionally preceded, by deterioration in emotional control, social behavior, or motivation.

Dementia results from a variety of diseases and injuries that primarily or secondarily affect the brain, such as Alzheimer's disease or stroke.

Dementia is one of the major causes of disability and dependency among older people worldwide. It can be overwhelming, not only for the people who have it, but also for their carers and families. There is often a lack of awareness and understanding of dementia, resulting in stigmatization and barriers to diagnosis and care.

Causes of Dementia

- Alzheimer's disease is the most common type of dementia.
- Atherosclerosis: narrowing and blockage of the small blood vessels inside the brain can result from consumption of adulterated omega 6 fatty acids (canola, soy, cotton seed, safflower and sunflower seed oil).
- Chronic inflammation: causes fibrosis in the brain.
- Glyphosate: causes leaky brain allowing viruses, bacteria, and toxic metals and chemicals to enter the brain.
- Toxic Bowel: direct connection to the brain via lymphatics and vagus nerve.
- A single stroke, where the blood supply to part of the brain is suddenly cut off.
- Lots of "mini strokes" that cause tiny but widespread damage to the brain.
- Adulterated oils (canola, corn, soy, cotton seed, safflower) turn the cell membranes into plastic decreasing nutrients not the brain cells and exiting of waste products.
- Lewy body dementias (LBD) are the second most common form of degenerative dementia. The only other form of degenerative dementia that is more common than LBD is Alzheimer's disease (AD). LBD is an

umbrella term for dementia associated with the presence of Lewy bodies (abnormal deposits of a protein called alpha-synuclein) in the brain.

- Vascular cognitive impairment
- Frontotemporal dementia: accumulation of protein and deterioration of the frontal lobe of the brain.
- Parkinson's disease: amyloid plaque deposits.
- Huntington's disease
- HIV
- Traumatic brain injury
- Drugs can cause or contribute to dementia:
 1. Statins (Lipitor and Crestor)
 2. New research by scientists from the University of Nottingham in the United Kingdom has analyzed the link between anticholinergics, which work by inhibiting a chemical messenger called acetylcholine, and dementia.

Their effect is to help relax or contract muscles, and doctors can prescribe them to help treat bladder conditions, gastrointestinal problems, and some of the symptoms of Parkinson's disease. **People aged 55 or over who had taken strong anticholinergics on a daily basis for at least 3 years had an almost 50% higher chance of developing dementia than people who had not used this type of medication.**

3. Antidepressants, antipsychotic drugs, anti-Parkinson's drugs, bladder drugs, and epilepsy drugs were associated with the highest increase in risk of getting dementia.

Anticholinergics used to treat:

- **Urinary incontinence**
- **Overactive bladder (OAB)**
- **Chronic obstructive pulmonary disorder (COPD)**

List of anticholinergics

- **atropine (Atropen)**
- **scopolamine**
- **dicylomine**
- **belladonna alkaloids**

4. The 7 Worst Foods for Your Brain

(1). Sugary Drinks: A high intake of fructose and especially high fructose corn syrup can lead to obesity, high blood pressure, high blood fats, diabetes and arterial dysfunction. These aspects of metabolic syndrome may lead to an increase in the long-term risk of developing dementia. Sugar increases brain inflammation and impaired memory by causing fibrosis or scarring of the brain tissue.

(2). Refined Carbs: Foods that are high-GI and high-GL have been found to impair brain function. The Glycemic Index Foundation (GIF) classifies the GI of foods as either low, medium, or high:

- low GI is 55 or less
- medium GI is 56–69
- high GI is 70 or greater

The GIF explain that several factors influence how fast a particular food raises someone's blood sugar. These factors can include:

- how refined the carbohydrate is
- the physical and chemical structure of the food
- the cooking method
- how much fiber the food contains
- how much protein, fat, and acid the food contains

Generally speaking, refined and processed carbohydrates metabolize into glucose more quickly. Foods with fiber, protein, and fats release glucose more slowly, so they have a lower GI. Longer cooking times can break foods down, which means that someone consuming those foods absorbs glucose quicker.

The following foods are high in GI:

- white and whole wheat bread
- white rice
- breakfast cereals and cereal bars
- cakes, cookies, and sweet treats
- potatoes and fries
- chips and rice crackers
- fruits such as watermelon and pineapple
- dried fruits such as dates, raisins, and cranberries
- sweetened dairy products such as fruit yogurts

Some low GI breakfast options may include:

- scrambled eggs with smoked salmon
- buckwheat pancakes with berries
- breakfast quesadillas with black beans, spinach, and mushrooms

Lunch options

Low GI lunch options can include:

- black bean soup
- mango chicken and almond on rye bread
- cauliflower and celeriac soup

Dinner options

Low GI dinner options can include:

- lamb shanks with barley, garden peas, and mint
- Tex-Mex tofu soft tacos
- Indian-style spiced vegetable and cheese parcels

Snack options

Low GI snack options can include:

- a slice of cinnamon, oat, and almond loaf
- homemade full-of-fruit muffins
- raw almonds, walnuts, pistachio, pine nuts

(3). **Foods High in Trans Fats:** These are extracted from plants using either a chemical solvent or oil mill. Then they are often purified, refined, and sometimes chemically altered. Trans fats, or trans-fatty acids, are a form of unsaturated fat. They come in both natural and artificial forms. Artificial trans fats or partially hydrogenated fats — are hazardous to your health.

These fats occur when vegetable oils are chemically altered to stay solid at room temperature, which gives them a much longer shelf life. In the United States, manufacturers can label their products “trans-fat-free” as long as there are fewer than 0.5 grams of these fats per serving. One U.S. study of store- bought soybean and canola oils found that 0.56–4.2% of the fats were trans fats — without any indication on the packaging. the best thing you can do is to reduce the amount of processed foods in your diet.

(4). **Highly Processed Foods:** A study including 52 people found that a diet high in unhealthy ingredients resulted in lower levels of sugar metabolism in the brain and a decrease in brain tissue.

One of the ways processed foods negatively impact the brain is by reducing the production of a molecule called brain-derived neurotrophic

factor (BDNF). This molecule is found in various parts of the brain, including the hippocampus, and it's important for long-term memory, learning and the growth of new neurons. Any reduction can have negative impacts on these function.

(5). **Aspartame:** is an artificial sweetener used in many sugar-free products. Aspartame is made of phenylalanine, methanol and aspartic acid. Phenylalanine can cross the blood-brain barrier and disrupt the production of neurotransmitters. Aspartame is a chemical stressor and may increase the brain's vulnerability to oxidative stress. Studies show that people who have a high aspartame consumption were more irritable, had a higher rate of depression and performed worse on mental tests. Aspartame is also associated with causing migraine headaches. Another study showed that people whose consumption of aspartame was high also had an increased risk of stroke and dementia.

A 150-pound (68-kg) person should keep their aspartame intake under about 3,400 mg per day, at the maximum. For reference, a packet of sweetener contains about 35 mg of aspartame, and a regular 12-ounce (340-ml) can of diet soda contains about 180 mg. Amounts may vary depending on brand.

(6). **Alcohol:** excessive consumption can have serious effects on the brain. Chronic alcohol use results in a reduction in brain volume, metabolic changes and disruption of neurotransmitters, which are chemicals the brain uses to communicate. People with alcoholism often have a deficiency in vitamin B1. This can lead to a brain disorder called Wernicke's encephalopathy, which in turn can develop into Korsakoff's syndrome. This

syndrome is distinguished by severe damage to the brain, including memory loss, disturbances in eyesight, confusion and unsteadiness.

(7) **Fish High in Mercury:** neurological poison that can be stored for a long time in animal tissues. After a person ingests mercury, it spreads all around their body, concentrating in the brain, liver and kidneys. In pregnant women, it also concentrates in the placenta and fetus. The effects of mercury toxicity include disruption of the central nervous system and neurotransmitters and stimulation of neurotoxins, resulting in damage to the brain.

Conventional Treatment and Care:

There is no treatment currently available to cure dementia or to alter its progressive course. Numerous new treatments are being investigated in various stages of clinical trials.

“Most of the things worth doing in the world had been declared impossible before they were done.” Louis D. Brandeis.

How to reverse dementia:

Comprehensive Treatment Approach:

1. Remove the seven toxic foods from the diet.
2. Have the patient consult with their physician to stop any medication that causes dementia: statins are one of the biggest offenders.
3. Have a dental evaluation by a qualified practitioner to diagnose contributory factors: RC, cavitations, Hg toxicity, malocclusion with a cranial component.
4. Reduce exposure to EMFs: stop using ear buds, headsets, and holding your phone close to your ear. Radiation headset (airtube). Use the speaker on your phone.

5. Start eating fresh, organic foods. Juice several times a week; Pure Synergy.
6. Detox the liver, kidneys, intestines, and lymphatics:
 - a. Food grade diatomaceous earth, glutathione, curcumin, Essiac tea, Liver Chi, Kidney Chi, homeopathic lymph drainage.
 - b. Good probiotic: Kaqun Drops, Prescript Assist, or Bravo.
 - c. Address any parasite issues: Ivermectin.
 - d. Toxic bowel: direct connection from the bowel to brain: Lymphatics and vagus nerve.
7. Define the “splinters” in the brain initiating the dementia. Quantum Testing.
 - a. Most common ones are: glyphosate and other pesticides, insecticides, and herbicides. Glyphosate opens up the blood brain barrier.
 - b. Heavy metals: Hg, As, Ni, Cd, Pb, Al
 - c. Infections: CMV, EBV, Herpes simplex, Lyme
 - d. Vaccines and adjuvants trapped in the brain.
 - e. Dental infections, toxic root canal teeth, toxic dental materials, malocclusion.
 - f. Concussions: directly affect the circulation within the brain.
4. Define the nutrients that will remove the “splinters.”
 - a. Iso Pathic Phenolic Rings: herbicides, pesticides, and insecticides.
 - b. Platinum Plus: heavy metals
 - c. Curcumin: chemicals in the liver, brain, kidney, etc.
 - d. Glutathione: chelates chemicals
 - e. Cat’s Claw: CMV

f. Viru Chord: Effective against viruses

g. Vanish: for infections.

h. Use topical clay packs (Medi-Dental Pak + Liver Detox) to pull out toxins from the brain.

5. **Repair the brain:**

a. Repair the cell membranes: Clinician's Preference (11:1 of omega 6:3)

b. Reduce the fibrosis in the brain: Zymessence

c. Increase oxygenation via ozone treatments

d. Protomorphagens: desiccated nutrients made from brain tissue:

Neurotrophin PMG

e. Theraphi: Scalar energy with 18 healing frequencies

f. Test the appropriate Schuessler Cell Salts (12 different ones): silicae is one component needed by all cells of the body.

g. Bacopa: Effective herb for repairing the brain neurons; promotion of Neurogenesis in the Hippocampal Dentate Gyrus; cell proliferation, neuroblast differentiation, brain-derived neurotrophic factor.

h. Ginkgo Biloba: Effective herb for repairing and regeneration properties of the brain neurons.

i. PQQ (Pyrroloquinoline quinone): triggers growth of new mitochondria; boosts the energy output from each mitochondria.

j. MSM (Methylsulfonylmethane): essential for restoring protein and making the cell membranes more porous and flexible.

k. Huperzine A: is used for Alzheimer's disease, memory and learning enhancement, and age-related memory impairment.

l. Zymessence: dissolves the scar tissue in the brain to improve circulation.

m. Vinpocetine: supports healthy brain blood flow, memory, concentration & overall cognitive function. Supports oxygen & glucose use by the brain.

n. Huperzine A: is a powerful and promising neuroprotectant that promotes brain health and cognition; a clinically studied Chinese club moss extract to promote brain health, memory and cognition. Huperzine A supports the metabolism of acetylcholine, a neurotransmitter important to brain health.

o. Near-Infrared spectrum of light: studies show its effectiveness in repairing the neurons in the brain. Studies are finding that near-infrared light increases connections in between neurons and stimulates the formation of new ones. Low-level near-infrared light has neuroprotective effects and slows the death of neurons.