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## Effective Treatment for Alzheimer's and Dementia



**Jacob Teitelbaum, MD,** is the director of the Practitioners Alliance Network and author of the popular free smartphone app "Cures A-Z." He also wrote the best-selling book *From Fatigued to Fantastic!* and other popular publications. He has headed studies on treatments for fibromyalgia, chronic fatigue syndrome, and autism. [www.EndFatigue.com](http://www.EndFatigue.com)

If you or a loved one has been diagnosed with Alzheimer's disease, this article can offer hope and help. Studies have shown that between 30 and 50 percent of those diagnosed with Alzheimer's turn out not to have it. Instead, they had other, reversible conditions.

Problems with memory and other cognitive functions are often linked to **Metabolism, Infection, Nutrition and Drug** side effects. I use the acronym **MIND**. Addressing these factors can markedly improve cognitive function. Even people who do have Alzheimer's can see improvements.

### Metabolism

**THYROID HORMONE:** Both high and low levels of thyroid hormone often cause confusion and memory loss—even if the blood tests are in the "normal" range. They also increase the risk of Alzheimer's disease.

**TESTOSTERONE:** Every 50 percent increase in testosterone is associated with a 26 percent decrease in the risk of developing Alzheimer's.

### Infections

Infections can leave anyone feeling fuzzy, pushing cognition over the edge in dementia.

### Nutrition

Here's my recipe to improve brain function:

- 1) Take a multivitamin that contains 500 micrograms (mcg) of B12 and at least 400 mcg folic acid; 200 milligrams (mg) magnesium; 2,000 units of vitamin D; and 50 mg of the other B vitamins.
- 2) Omega 3s from fish oil are critical for brain function. Eat three to four servings of tuna or salmon each week, or supplement every day. Look for a supplement with a high dose of omega 3s.
- 3) Consider curcumin. Alzheimer's is 70 percent less common in India than in the US, likely because of the large amounts of turmeric used in curries and other Indian dishes. Animal studies show that the curcumin in turmeric dissolves the amyloid plaques that are found in the brains of Alzheimer's patients. Look for special formulations of curcumin that allow for greater absorption.

### Drugs

Medication side effects are a very common cause of mental decline. Ask your doctor to review all of your medications. Make sure that you're only taking drugs that you absolutely need, and ask if it's safe to take a three-week trial period off from each one to see if they're contributing to the dementia.

Cognitive problems can improve and even go away!

**NOTE:** Do you live in the US? For information on participating in a study using the MIND protocol for Alzheimer's or dementia, call 410-573-5389 and leave your phone number.