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logical health

ALTERNATIVES

Reverse Alzheimer's!

The 30-cent, all-natural
“cocktail” that slams
the brakes on
Alzheimer's disease

By Fred Pescatore, M.D.



After decades of research and billions of dollars spent, mainstream medicine has come up empty-handed on Alzheimer's.

The best you can hope for is delaying symptoms for a year or two...if you're lucky.

Why? Because they've missed the forest for the trees...

They're so hung up on plaques and tangles that they've utterly ignored the most obvious symptom of Alzheimer's that shows up 10 years *before* the disease really starts to take hold.

I'm talking about brain shrinkage.

It's a fact, a brain riddled with Alzheimer's shrinks up like a grape in the summer sun...utterly devastating areas involved in thinking, planning and memory.

And mainstream medicine has no drugs, treatments, or therapies to combat it.

But just months ago, an Oxford University study proved that a "pennies-per-day" all-natural cocktail of three simple B vitamins can halt brain shrinkage in its tracks.

The astonishing results, published in the renowned medical journal *The Proceedings of the National Academy of Sciences*, showed that patients with mild to moderate brain shrinkage who took vitamin B6, vitamin B12, and folic acid **slowed brain shrinkage by an unheard of 90%!¹**

Yes, I said 90%! Put simply, this treatment is pulling patients back from the abyss of Alzheimer's.

And if that sounds crazy to you, I can assure you no one was more surprised than the researchers themselves...

Even senior author of the study, A. David Smith was caught totally off guard, saying, "It's a big effect, much bigger than we would have dreamt of, I find the specificity of this staggering."

And it's an effect you can see with your own eyes.

Researchers took MRI scans of patients' brains and highlighted the specific areas that were protected by this natural cocktail...and amazingly, they all lined up perfectly with areas normally ravaged by Alzheimer's disease.

After viewing the MRIs, Paul Thompson, professor of neurology and head of the Imaging Genetics Center at UCLA School of Medicine said, "I've never seen results from brain scans showing this level of protection."

In fact, the only thing more impressive is the effect these three, simple B vitamins have on memory.

An earlier study performed in 2012 showed that patients taking vitamin B6, B12, and folic acid trounced their placebo-taking peers by a whopping 69% on memory tests!²

As lead researcher David Smith of Oxford University put it...

"It's the first and only disease-modifying treatment that's worked."

And with rates of Alzheimer's expected to skyrocket in the coming years to 115 million Americans (or 1 in 3)...it couldn't have come along at a better time!

Jess Smith, a communications officer for the U.K. Alzheimer's Society, says this simple treatment has the power to "halve the number of people dying from [Alzheimer's]."

But don't expect your doctor to recommend *anything* but pharmaceuticals anytime soon...Why?

Because the money generated from Band-Aid-like Alzheimer's drugs adds up to over \$600 billion dollars a year. Put another way, **Alzheimer's disease is simply too big to cure.**

And as you've seen—it's only going to get bigger.

Pharmaceutical companies (and the FDA who gets paid to approve their products) simply have too much to lose by publicizing a pennies-per-day natural treatment with the potential to wipe out Alzheimer's for good.

But if you or a loved one are suffering from Alzheimer's, you don't have to wait! I've seen in my own patients the remarkable effects these three simple B vitamins can have on cognitive function—and on overall health. So if you're not already supplementing with B vitamins, it's time to get started.

The doses used in the studies were:

- 0.5 milligrams of vitamin B12 (equivalent to 500 micrograms)
- 20 milligrams of B6
- 0.8 milligrams of folic acid (equivalent to 800 micrograms)

You can get quality B vitamin supplements in any natural food store or vitamin shop, as well as from online supplement retailers. And upping your intake of foods rich in these nutrients certainly won't hurt either. Animal products like fish, poultry, meat, and eggs are your best food sources of vitamin B12 (clams and liver are particularly rich in this nutrient). Tuna, chicken, turkey, and cantaloupe offer up a good dose of B6. And spinach and other dark green leafy vegetables are good sources of folic acid.

But there's another way to give your brain even more protection from the ravages of Alzheimer's. This one is equally simple—and completely free!

A little exercise leads to big brain benefits

According to four new studies presented at the 2012 Alzheimer's Association International Conference in Vancouver, exercise may be one of the best ways to protect yourself from Alzheimer's.³

One of the studies involved 120 sedentary adults without dementia. Half of them were assigned to a walking group. The other half did stretching exercises. A year later, each volunteer had their brain's hippocampus (the memory region) measured with an MRI.

After just one year, the size of the hippocampus increased by 2 percent in the walking group. This is significant because, as I mentioned above, brain shrinkage is one of the hallmarks of Alzheimer's.

Another study found that resistance training (also called weight training, or strength training) led to improvements in three brain regions involving memory. You can get these effects at home by lifting some 5-pound weights while you watch TV. Twice a week—that's all you need.

This research reaffirms what I've been advising my patients for YEARS now. You can stave off all sorts of serious chronic diseases—including dementia—with just a little bit of effort every day. And you don't have to spend hours in the gym. In fact, you don't even have to break a sweat.

Just a simple walk every day, and some light weight training a couple of times a week. That's all it takes to protect your body—and your mind.

Heart test predicts dementia

It's hard to imagine a heart disease test could predict your risk of dementia better than an actual *dementia* test. But according to recent research, this is one fact you can file under "strange-but-true."

Researchers looked at British subjects from the Whitehall II cohort study, all with an average age of around 55 years old.⁴ They compared Framingham heart disease and stroke risk scores—a popular test to gauge 10-year heart risk—with Cardiovascular Risk Factors, Aging and Dementia (CAIDE) risk scores. (This latter test estimates dementia risk based on a number of midlife risk factors.)

Subjects took cognitive tests that covered factors like memory, vocabulary, and reasoning skills three different times over the 10-year follow-up.

At decade's end, high heart disease and stroke risk scores translated to cognitive decline in almost every area.

Ultimately, heart test results were stronger predictors of later mental decline.

So what's the bottom line? The secret to a sharp mind lies, quite literally, in your heart.

SOURCES:

- ¹ "Preventing Alzheimer's disease-related gray matter atrophy by B-vitamin treatment," PNAS 2013; May 20 (epub ahead of print)
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- ⁴ "Predicting cognitive decline: A dementia risk score vs the Framingham vascular risk scores." *Neurology*. 2013;80(14):1300-6.

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