

November 2010

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Dr. Saunders' Personal Alzheimer's Protection Plan

5 Prevention Techniques to
Protect Your Brain Tissue

Adopting a Smart Brain Diet

Alzheimer's Disease:
Forgetting the Elderly

Remember to Exercise...
Exercise to Remember

Memory Supplements
Review

GRANDMA'S CURE CORNER
HOW TO BE A HEALTHY CAREGIVER

Home Cures That Work

November 2010 – Alzheimer’s Disease

Table of Contents

<u>Dr. Saunders’ Personal Alzheimer’s Protection Plan</u>	3
<u>Healthy Recipes & Eating Ideas: Adopting A Smart Brain Diet</u>	7
<u>Grandma’s Cure Corner: How To Be A Healthy Caregiver</u>	13
<u>The 7 Rungs of the Health and Wellness Ladder: A Simple Solution To Help You Overcome Alzheimer’s Disease (AD) Naturally</u>	16
<u>Spiritual Dimensions of Wellness: Alzheimer’s, Forgetting the Elderly</u>	24
<u>SPECIAL FEATURE: Holiday Eating Tips</u>	28
<u>Anti-Aging Care: Remember to Exercise...Exercise to Remember</u>	31
<u>Celebrity Health Watch: Rita Hayworth</u>	33
<u>Product Recommendation: Brain Sustain</u>	35
<u>Product Review: Memory Supplements Review</u>	36
<u>Weight Loss Corner: Throw Another Shrimp on the Barbie!</u>	38
<u>Free Remedy Report: Scabies</u>	40



Dr. Saunders' Personal Alzheimer's Protection Plan

by Dr. Scott Saunders

5 Prevention Techniques to Protect Your Brain Tissue

“I think he has Alzheimer’s disease...” the wife of a man in his seventies began. Larry was having difficulty concentrating, had problems with memory and wasn’t able to work anymore. He seemed depressed all the time. We did some testing and found that all those years of welding had built up a large amount of heavy metals in his body – including lead. After a series of chelation treatments to “get the lead out” his wife



said, “He’s like a teenager! He smiles again. He’s working, laughing, playing with the grandchildren and...” she leans forward and whispers, “We have sex again.”

Alzheimer’s is a decline in memory and cognition, which means the ability to think. There are many causes of declining mental function, as we noted above. The loss of brain function is not always Alzheimer’s disease. Unfortunately, most doctors will “diagnose” every old person with dementia as “Alzheimer’s” and not look for any other cause. It’s important for family members to know that there are many other ways to lose memory and anyone — at any age — with thinking problems needs proper testing to find out why.

This topic is personally important to me because my family moved into the home of my grandparents to take care of my grandfather who was diagnosed with Alzheimer’s disease. It was a very difficult job for four adults to manage his care because he didn’t recognize us, or even his wife of over fifty years. Now, I’m told I am at an increased risk of having this disease, so I have tried to find how to avoid and prevent it.

Here’s what I’ve learned.

Avoid Inflammation

Inflammation comes from our food. When we eat high-calorie and low-nutrient foods we create inflammation. These include all processed foods, sweets, starchy foods, and fatty foods. In short, all the things your mom told you to avoid!

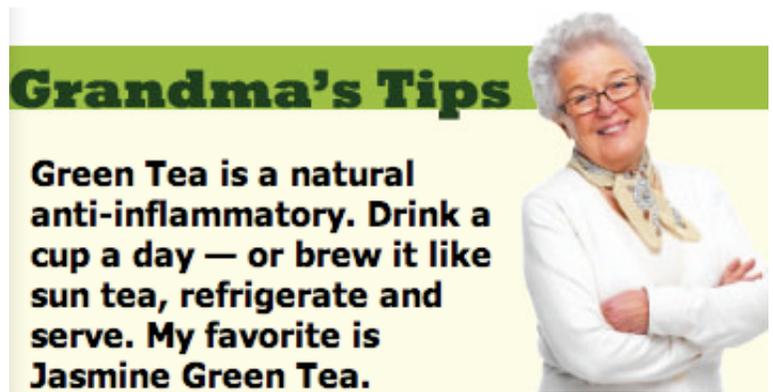
Instead, eat high-nutrient, low-calorie foods, such as fresh vegetables, fruit, whole grains, beans, nuts and seeds.

Moreover, we can turn off the genes that produce inflammation by fasting. One to three days per month of fasting will keep most inflammation at bay. I know of one patient who was bent over with a genetic arthritis called Ankylosing Spondylitis. He went to Russia and went on a twenty-day fast that put his disease into complete remission. He is still doing well — as long as he fasts for several days per month.

Detoxify Continually

We can find all sorts of “Detox” or “colon cleanse” programs on the internet, but the best way to keep toxins out is [amprotect=all] first to not let them in and second, to continually clean. What would happen to your kitchen if you only cleaned it once per month — or once a year? Do you only bathe once a week? The inside needs to stay clean like the outside. So, while many “cleansing” programs may work, they are only a one-time experience. What about the rest of the time? What we really need is continual cleaning. This is how you keep your insides clean and continually detoxify:

1. *Eat lots of fiber.* Try to avoid “fiber enriched” foods like cereals and fiber bars because they lack a balance of soluble and insoluble fibers. Instead, eat fruit, vegetables, whole grains, nuts, legumes and seeds. Don’t eat anything that has the fiber taken out like white flour products, pasta, white rice, and processed foods.



2. *Eat green foods.* The chlorophyll in foods actually binds to heavy metals and other toxins to remove them from the body. In fact, the best way to “chelate” or remove mercury is by eating cilantro or coriander leaf.
3. *Sweat.* The glands in our body concentrate toxins such as heavy metals; so sweating helps us to rid the body of the things that can impair our mental function. Some people use various types of sweat-producing machines: saunas, hot tubs and so forth, which are fine, but exercising to sweat several times per week is free and has further benefits, as we’ll discuss.

Stay Physically Active

Physical activity keeps our blood flowing, including blood circulation to the brain. In fact, the single best thing anyone can do to stay out of a nursing home is to walk. One of my patients is 96 and still walks a mile to the store every day and carries the bags home. Her granddaughter offers to drive her, but she insists it keeps her young – and it does!

It is important not to overdo exercise by trying to do more than you can. Do what you enjoy and make it easy, and then increase by very small increments, such as adding a few more steps, or a minute, to your workout every week. The small increases will add-up to a large amount in a year.

Moreover, you don’t have to workout *every* day. The evidence shows that only a few days a week is adequate.

Stay Mentally Active

“Use it or lose it” is as true of the brain as it is of our muscles. The more we use our brains, the better they work for us. Activities that don’t require the use of the brain such as watching TV or movies actually cause the brain tissue to atrophy. The best way to determine this is if you can get better or improve in an activity, then it’s good for you. You can’t get better at watching TV!

At the UCLA Brain Research Institute where I worked, many brains are stored for study. When the microscopic “neurofibrillary tangles” were first described as diagnostic of Alzheimer’s disease, many brain functions were tested and found to contain them. In some cases, when the family was contacted they denied any lack of memory or mental manifestations of the disease. It was found that even if people had the damage to brain tissues, they didn’t show symptoms if they remained mentally active.

Learn new things. When people hear about the importance of keeping the mind active, they are often told to play games, crossword puzzles, Sudoku, bridge, and so forth. While this may be helpful, the best way is to learn and grow. Start a new hobby. Learn a new language (this is an excellent way to keep the mind active). Go back to college. Take on projects. Volunteer your services or your experience. There is so much need, both locally and out in the world.

Consider Supplements

The previous steps are the most important part of the prevention of Alzheimer's disease, but there are other ways to both slow the progression and reverse the disease. I don't prescribe drugs for Alzheimer's disease because the available drugs have more risks than benefit. However, there are some supplements that often help and don't hurt.

A recent study showed a reversal of brain lesions in rats that were given *niacinamide*, a form of vitamin B3. Don't get *niacin* because it will cause flushing.

Other supplements that may be useful for improving mental function and memory include:

- Huperzine A – 50mcg per day
- Vinpocetine – 5-10mg per day
- Ginkgo Biloba – three times per day
- Magnesium – 400mg per day
- Niacinamide – 2 grams per day



There are also many nutritional supplements available for Alzheimer's disease, all of which include the B-vitamins because these are necessary for brain function. A good one that I would recommend comes from Dr. David Perlmutter, MD, called *Brain Sustain*. (See this month's Product Recommendation for *Brain Sustain* Ordering Information.)

Alzheimer's disease is a significant problem as the population ages. Our research shows that it is preventable and may even be reversible. As in any illness, "An ounce of prevention is worth a pound of cure."



Dr. Scott D. Saunders, MD is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine.



Adopting A Smart Brain Diet

By David Randall

According to current research, a smart brain diet is one that reduces the risk of dementia and Alzheimer's. This diet is designed to encourage good blood flow to the brain and is low in fat and cholesterol. Like the rest of your body, the brain needs the right balance of nutrients to function and perform properly, as well as to continue to function as we age. A smart brain diet is most effective when combined with continued physical and mental activity, and deep social interactions.

The brain is an extremely complex organ. It works non-stop and does an infinite amount of tasks. Even while we sleep your brain is working; we must feed it the right nutrients to help us concentrate, stay motivated, improve our memory and prevent mental deterioration.

Manage your body weight for good overall brain and body health

A long-term study of adults found that those who were obese in middle age were twice as likely to develop dementia in later life. Those who also had high cholesterol and high blood pressure had six times the risk of dementia. Adopt an overall food lifestyle, rather than a short-term diet and eat in moderation. A larger lunch is better than a big dinner.



Things to remember for keeping a healthy weight:

- Eating a heavy meal before going to bed can disrupt your sleep, but a lighter meal will help you get more rest at night.
- Eat in moderation
- Adopt a long term healthy eating lifestyle

Reduce Your Intake of Foods High in Fat and Cholesterol

Studies have shown that high intake of saturated fat and cholesterol clogs the arteries and is associated with higher risk for Alzheimer’s disease. However, HDL (or “good”) cholesterol may help protect brain cells. Be sure to add protein to help you sustain a good energy level. Protein breaks down in the digestive system into amino acids and research has shown that some types of amino acids can improve alertness and mental agility.

Things to remember for heating low fat:

- Try baking or grilling food instead of frying
- Use polyunsaturated fats, such as olive oil or canola oil, instead of butter or partially hydrogenated oils
- Choose lean cuts of meat
- Eat more fish
- Eat more fiber



Increase Your Intake of Cell Protective Foods

Current research suggests that certain foods may reduce the risk of heart disease and stroke, and appear to protect brain cells.

Antioxidants

In general, dark-skinned fruits and vegetables have the highest levels of naturally occurring antioxidant levels. Such smart vegetables include:

- Kale
- Spinach
- Brussels sprouts
- Alfalfa sprouts
- Broccoli
- Beets
- Red bell pepper
- Onion
- Corn
- Eggplant

Fruits with high antioxidant levels include:

- Prunes
- Raisins
- Blueberries
- Blackberries
- Strawberries
- Raspberries
- Plums
- Oranges
- Red grapes
- Cherries



Omega-3 Fatty Acids

Coldwater fish contain beneficial omega-3 fatty acids:

- Halibut
- Mackerel
- Salmon
- Trout
- Tuna

We need fatty acids to keep the brain running properly. Omega-3s, specifically, help to enhance cell-to-cell communication and protect brain cells.

The most widely available source of omega-3 is fish, but mega-doses of omega-3 are also found in flax seed (the biggest botanical source), as well as walnuts and chia seeds.

The Truth About Eggs

Consider whole eggs once or twice a week. Egg yolks have a special nutrient that has been proven to boost brain power by making the brain work faster. Aside from being an excellent source of protein, eggs also have vitamins like choline, a fat-like B-vitamin that has been shown to enhance memory and minimize fatigue.



Nuts

Some nuts can be a useful part of your diet. Almonds, pecans and walnuts are a good source of vitamin E, a natural antioxidant.

Hydration

The brain is 75% water and needs a steady supply of it. Dehydration can affect cognitive ability. A dehydrated brain causes the release of the stress hormone cortisol, responsible not just for an increase in the body's fat storage and muscle depletion, but also for negating the brain's ability to store and create information.

Vitamins May Also Be Helpful

There is some indication that vitamins, such as vitamin E, or vitamins E and C together, as well as vitamin B12 and folate may be important in lowering your risk of developing Alzheimer's. A brain-healthy diet will help increase your intake of these vitamins and the trace elements necessary for the body to use them effectively.

In Conclusion

Eating healthy is not only important for your overall health, but it is even more important for optimal brain function, memory and mental health. The way we feel and how well we concentrate often have a lot to do with how we eat smart. These simple steps outlined above can go a long way in helping you deal with life's daily challenges physically, as well as mentally.

BRAIN BUSTING RECIPES

Aunt June's Brain Healthy Smoothie

- 1 cup frozen blueberries
- 1/2 tbsp Spirulina (from the health food store)
- 1/2-cup nonfat plain yogurt
- 1 tsp ground flaxseed
- 1/2 handful of almonds

Blend and enjoy!!



Heart Healthy Honey Glazed Sweet Potatoes



- 1/4 cup water
- 2 Tbsp brown sugar
- 2 Tbsp honey
- 1 Tbsp olive oil
- 2 pounds sweet potatoes (4 large) peeled and cut into wedges

Directions:

Preheat oven to 375 F. Lightly coat a 9x13 baking pan with cooking spray. In small bowl whisk water, brown sugar, honey and olive oil. Place a single layer of sweet potatoes in the pan and pour the brown sugar, honey and olive oil mixture over to coat. Cover and bake until tender (about 45 min). Turn sweet potatoes once or twice to re-coat. When tender, remove the cover and continue to bake for about 15 more minutes.

Nutritious Trail Mix

- 1 cup of each dried fruit: raisins, blueberries, cranberries, plums
- 1 cup unsalted peanuts, sunflower seeds or almonds
- 2 cups whole grain cereal, unsweetened
- 1/2 cup dark chocolate chips (optional)

Mix and place in zip lock bags for nutrition on the go.



David Randall, diagnosed at the age of 15 with type 1 Diabetes, started to learn everything he could about living healthy. With a love for cooking, he made his way through college teaching young diabetics how to manage the disease. He then turned his ambitions towards spreading what he knows and loves to others, having ghost written for over 10 years on nutrition, vitamin and mineral supplements, as well as cooking and healthy lifestyle. David spends his free time with his family in Northern Michigan sailing, cooking and volunteering.



How To Be A Healthy Caregiver

by Grandma Barton

As the American population ages, more and more people each year will be diagnosed with Alzheimer's disease or another form of dementia. Already, there are more than 5 million Americans suffering with Alzheimer's. The care of these aging individuals falls mostly on the shoulders of their family, and some friends, through the winding maze of this disease, sometimes without ever finding the exit out. Eleven million people are providing unpaid care to support Alzheimer's patients; care that takes an emotional, physical, and financial toll on family caregivers.



According to a study from New York University:

- Caregivers are twice as likely as non-caregivers to report physical and mental health complications.
- One in three caregivers use medication for caregiving-related health problems.
- Depression among caregivers is three times greater than for non-caregivers in their age group.

If the mind maze of Alzheimer's wasn't difficult enough, the stress and toll of caregivers is another layer of the puzzle on top of an already crooked path.

Another study compared the healing process of caregivers and non-caregivers. The two groups were given identical wounds. Caregiver's wounds took up to 24% longer to heal than non-caregivers. Their immune systems were too stressed to function efficiently.

The stress pile on one caregiver can be daunting. Yet, they keep doing and doing and doing. They keep caring for others and ignoring their own needs. The mantra repeats, “I can do this one more day. Just one more day. And one more day.” Until, after years of self-neglect, caregivers discover the breast lump or have a heart attack or stroke. Then, the elders they are caring for need to go into a nursing home, because those crucial to their survival and health can’t be there for them. Worse, they are left alone to adjust without stable care they rely on because their caregivers are just too ill.

Not All Spouses Can Be Good Caregivers



If you are caregiving for a spouse with Alzheimer’s, the emotional pain can reach extreme levels. It may have nothing to do with the love you have for your spouse, but you may find yourself married to someone with the strain of dementia and an altered personality who is effectively not your husband or wife.

Allow the grieving process over the loss of a soul mate to take its course. Consider seeking outside help to relieve yourself of the caregiving duties, either hire-in help or arrange for assisted living. Consider this as a gift to oneself and the spouse, as well as avoiding any potential elder abuse out of anger. Love may never die, but facing a future together may now look different when one is caregiving for an aging Alzheimer’s patient.

Sibling Responsibilities

If you have siblings and are caring for a parent with Alzheimer’s, are you shutting them out to prove to you are the best at caregiving or the only one qualified? Welcome help and specifically tell them what you need. Give them the chance to help and realize family dynamics are always at play when taking care of aging parents and Alzheimer’s patients.

With Alzheimer's Disease Life Changes, But Love Does Not

The National Family Caregiver Support Program (NFCSP) can offer respite care for caregivers – even to sobbing phone callers! Established in 2000, the National Family Caregiver Support Program is administered differently in each state, through Federal funding work and community based services to provide coordinated support for caregivers and their family.

To take advantage of this program, go to your state's website and look under "aging services," which should be able to connect you with the right agency or respite care service. Stay sane and don't let the support go to waste! After all, it is part of your tax payments!

Learn to stand up for yourself; talk to friends and tell your story at a support group. Listening to others share their story can help detach from your own stress and help to take time off a bit so isn't just a matter of survival.

It's far easier to say than to do, but caregivers must practice self-care. Because what happens to children "Jon and Meg," and parents Mom and Dad if your health collapses? Health problems, including depression, are rampant among caregivers and thirty percent of our caregivers die before the people they are caring for. Thirty percent! Don't be a statistic. Practice self-care.



Grandma Barton is grandmother to Joe Barton, founder of Barton Publishing and Home Cures That Work. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.



A Simple Solution To Help You Overcome Alzheimer's Disease (AD) Naturally

by Martin Jacobse

Has someone you care about recently been told it's time to settle their personal affairs and start arranging for "long-term" care — all because of symptoms of Alzheimer's?

If your life seems to be suddenly going down a road you don't want to go down because of an Alzheimer's diagnosis, then STOP and turn it around.

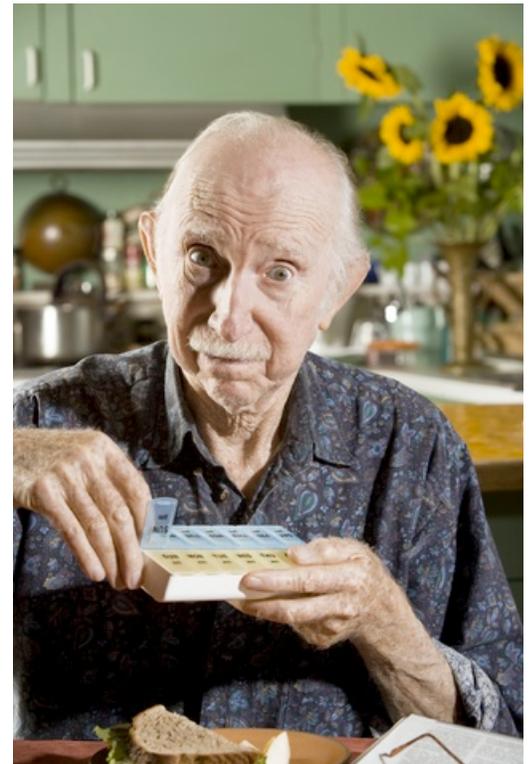
There's only one reason 50% of Americans are told they will have irreversible Alzheimer's disease (AD) by the time they reach 85 . . . because it's a BIG FAT LIE that's sells more drugs!

Statistics like that are appalling because they're nothing but ignorant predictions based on the absurd assumption people aren't going to find their own cure for the problem.

Truth is Big Pharma would love to sell their Alzheimer's drugs to everyone, if they could get away with it. They claim there's no cure, because they don't know the cause. Problem is they're just not looking hard enough.

Just because your doctor is a "nice person" doesn't guarantee he or she knows what they're doing. There are a lot of well-intentioned doctors out there that are nothing more than glorified drug dealers.

I know. It's sad. But, what do you expect when only 3% of our medical institutions and universities don't even offer nutritional and dietary courses? Medicine should be about healing, not money.



The fact is huge pharmaceutical companies currently fund many schools. Once funded, Big Pharma can influence the students, teachers and even the study courses.

“Despite the investment of hundreds of billions of dollars of research, not even a single degenerative disease has been cured in the last hundred years.” ~ Dr. Alan Greenberg.

So, once you get past the misinformation and lies, you’ll find relief that Alzheimer’s disease is NOT a drug deficiency or the inevitable “long term” sentence it’s being played out to be.

Discovering The Truth about AD

The cause of Alzheimer’s is suspected to be a combination of poisons from vaccines, pesticides, herbicides, heavy metal amalgams (dental fillings) and artificial food additives (known to be neurotoxins), all coming together at once.



Frankly, it’s no wonder we’re seeing an explosion of neuro-degenerative diseases! Consider all the carcinogenic and excitotoxin Americans are exposed to Americans these days.

IF people keep taking drugs to treat simple nutritional imbalances caused from toxic exposure, then 50% or more of Americans will wind up institutionalized in some government funded “long term” care ward for Alzheimer’s victims — maybe even before they’re 85 years of age.

Here’s Where Your Brain Needs To Focus . . .

Alzheimer’s disease has a root cause just as everything does; the law of cause and effect is inescapable. It’s a simple concept when you think about it. Problem is most “Big Pharma-trained” doctors haven’t a clue how to find the root cause of anything. Not that they couldn’t, it’s just that they’re not inclined to. Most doctors just “react” to whatever effect, or symptoms, you may be complaining about by writing up another prescription or recommending surgery.

That's typical Westernized medicine in a nutshell.

Getting To The Root Of The AD Problem

The main complaints from Alzheimer's patients are loss of clear thinking, creativity and mental function. Once you lose your ability to reason, you're in serious deep water.

When a doctor can't find the root cause of a health problem, they always treat the symptom and a symptom is just an effect, not the cause.

It's no mystery why mainstream media isn't advertising a real solution for Alzheimer's disease (AD). It's the same reason why Big Pharma isn't investing in a natural cure: there's simply more money and power in just treating the symptoms.

If you want to find the cure for Alzheimer's disease, first you need to look for the root cause. So, let's put on our detective shoes and see if we can get to the bottom of all this. Nothing threatens your freedom more than this disease. Read on to learn what you can do!

Normally, when all systems are "Go," your brain and nervous system are continuously sending electrical signals throughout your entire body. As it turns out, your body is 75% water for a good reason. Water is a conductor of electricity if it contains trace minerals, called electrolytes. Every electrolyte carries an "ionic charge" that's either negative or positive.

You have about 50 trillion cells that are in constant communication, as long as there is plenty of minerals and water flowing around to produce enough energy.

It's common knowledge that your mental and motor functions depend primarily on all your cells transmitting and receiving information in the form of energy. As far as your brain is concerned, all energy is information. The more energy, the better the communication. The better the communication, the healthier you are.

That's how you see, feel, touch, smell and move around and think. It's all about communication.

Alzheimer's Disease Is A Communication Breakdown

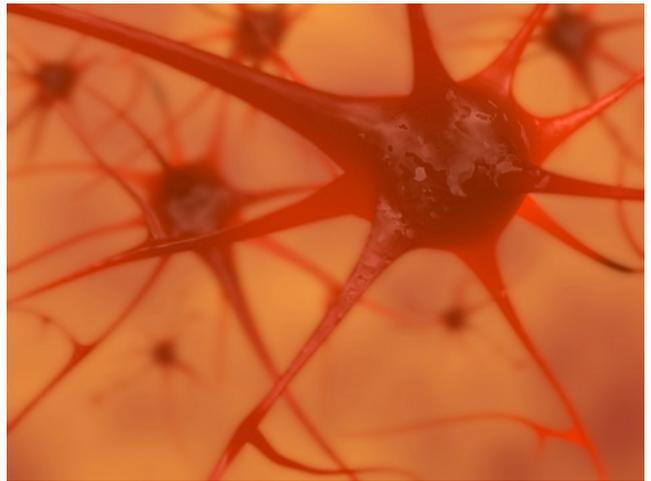
All your cells are electrically charged. Your Red Blood Cells (RBC) carry a small "negative ion charge."

As long as they carry this “ionic” charge, they are able to bounce off each other and more rapidly deliver helpful oxygen, vitamins, minerals and other nutrients to all 50 trillion of your cells.

Healthy Red Blood Cells (RBC) also cleanse your body of acid waste, toxins and carbon dioxide.

Once they lose this electrical charge, then they start clumping together in clusters, literally collapsing in on their selves and creating dangerous blood clots, which can scar brain tissue and become plaque.

The simple lack of healthy water can cause Alzheimer like symptoms. Given time, these clumps of dirty Red Blood Cell (RBC) clots ravage your brain as oxygen, minerals and nutrient levels plunge.



Your Thirsty Brain

A simple case of chronic dehydration threatens all body functions, including your heart, brain and immune system, meaning it is of primary importance to preventing or curing Alzheimer’s disease.

Without adequate water, all of these sensitive body systems will slowly degenerate as toxic build-up destroys your nerve and circulatory system, cell by cell.

To discover the root cause of Alzheimer’s disease (AD), we must be concerned with how to first stop it before we can begin to heal brain damage. Proper hydration is a vital key.

As you know, your brain is the master control center for everything. Here is an interesting fact:

If you’re an adult your brain weighs about 3 pounds and 85% of it is very similar to seawater in composition. That figures out to 2.4 pounds of water. If seawater weighs about 8 pounds a gallon, then your brain needs exactly one third of a gallon of “electrolyte” rich water.

Keep in mind, water without minerals (A.K.A. electrolytes) can’t carry an “ionic” charge and would be useless to any neurons and other signal dependant cells.

Ions are essential to life. Sodium, potassium, calcium and other ions play an important role in the cells of living organisms.

Two times Nobel Prize laureate Linus Pauling showed that 90% of all degenerative diseases are triggered from mineral (electrolyte) deficiencies. (Alzheimer's is a degenerative disease).

There's no doubt if you suffer from brain dehydration, you will also have a mineral (electrolyte) deficiency, which can literally shut down your Central Nervous System (CNS), which your brain is naturally a major cog of.

Considering the rest of your healthy body is only 75% water, it's becomes obvious why your brain, being 80% water, is more dependent on water than any other part of your body.

The vital water bathing your brain cells depends on large amounts of oxygen rich blood to provide minerals and nutrients to create "cerebrospinal fluid" (CSF). This cerebrospinal fluid is higher in sodium than potassium because sodium is vital for neuron activity¹.

Could the root cause of Alzheimer's disease (AD) be from long-term dehydration and mineral deficiencies?

The answer is Yes!

Breaking Through The Blood-Brain Barrier

Your brain is pretty well self-contained compared to the rest of your body.

There are special cell membranes that protect your brain from any sudden changes in blood chemistry, acidity or alkalinity (pH). Your brains capillary walls are perfectly sealed by a special cellular filter called the "blood-brain barrier."

One of the limitations with synthetic drugs is the blood-brain barrier keeps them out. It's a good thing, too.

However, certain natural plant sourced nutrients, mineral ions and amino acids are allowed to pass through making accelerated healing possible using a few natural remedies.

The problem with drugs and other toxins is they damage the blood-brain barrier trying to break through the capillary walls. The result is microscopic bleeding, which ends up as scar tissue, or "plaque" from the blood clotting process.

It's this "plaque" that is found present in so many different neurological problems like Alzheimer's disease, multiple sclerosis, Lou Gehrig's disease and epilepsy, to name a few of these devastating diseases.

The more dehydrated a person is the more likely microscopic bleeding will cause further scarring.

So, now you can see another reason why proper hydration is "at least" a helpful preventative to Alzheimer's disease (AD).

Proper hydration is vital for maximum brain health. Now, let's discuss some other "less obvious" factors which can contribute to Alzheimer's disease (AD).

Chemical Criminals That Rob Brain Power

- Aspartame, an excitotoxin that kills brain cells.
- MSG, another excitotoxin that kills brain cells.
- Methyl alcohol, a byproduct of aspartame that kills brain cells.
- Formaldehyde, another byproduct of aspartame that kills brain cells.
- Mercury destroys neuron fibers. Many researchers, with good reason, feel that the actual cause of Alzheimer's disease (AD) is due to toxic metal that leaches from mercury-silver amalgam dental fillings.
- Aluminum is a protoplasmic poison and a deadly, persistent neurotoxin. Since 1934, aluminum hydroxide has been used as an additive to boost the immune response from vaccines.
- Statins block the cholesterol nutrient necessary for proper neuron and synaptic signaling.



The Natural Solutions I've Found

If I were to put together a food support protocol for Alzheimer's disease (AD), I would consider using all of these:

- DHA, also known as Omega-3 Fatty Acid Docosahexaenoic Acid, comprises 40% of the polyunsaturated fatty acids (PUFAs) in the brain. DHA deficiency is associated with cognitive decline².
- Alpha lipoic acid (ALA): alpha-lipoic acid might delay the onset or slow down the progression of the disease.
- Huperzia serrata: In the late '80s, a research team found that Huperzine-A, an extract of the ancient Chinese herb Huperzia serrata, easily goes through the blood-brain barrier and stops AChE (an enzyme) from destroying your precious acetylcholine.
- Acetylcholine: Although the course of *Alzheimer's* disease is unique for every individual, AD is caused by reduced synthesis of the neurotransmitter *acetylcholine*.
- Phosphatidylcholine: Choline containing phospholipids are essential for the integrity of the cell membrane.
- Daffodil extract (galantamine) suppresses the death of brain cells³.
- Lipoic acid increases acetylcholine (ACh) production.
- Vitamin C may help reduce risk of Alzheimer's by 78%⁴.
- Magnesium depletion, particularly in the hippocampus, appears to represent an important pathogenic factor in Alzheimer's disease⁵.

Grandma's Tips

Huperzine A is believed to work in a manner similar to some prescription drugs for treating symptoms of Alzheimer's disease: increasing the level of the neurotransmitter acetylcholine by blocking its breakdown.



These are a few potential cures I've found in a relatively short period of time. So, never give up hope.

Alzheimer's disease (AD) is considered a progressive neuro-degenerative disorder that destroys human memory and brain function, social communication skills and the ability to carry out every day activities. Leading experts predict if ignored, more than 16 million Americans will suffer from Alzheimer's disease (AD) by 2050.

Alzheimer's disease (AD) is the Number #4 Killer of Americans, causing over 100,000 deaths each year in the USA alone. Currently, AD patients occupy more than half of all nursing home beds.

The solution exists. You simply need to believe in it enough to find the right one for you.

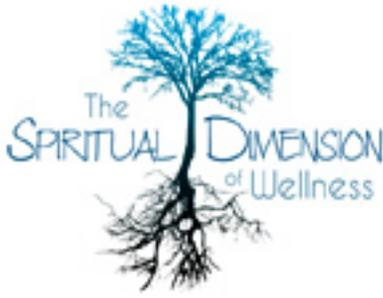
So, keep in mind that “you were born to heal!”

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Martin Jacobse, a hearing and speech specialist of 30 years, was first inspired by the natural home remedies used by his Cherokee Grandmother. He has since expanded his interests into naturopathic, alternative and energy medicine. Excited to share his findings and close the gap between the medical profession and natural home remedies, Jacobse found a passion as an independent medical researcher and ghost writer, dedicating his life to getting the word out as a consumer health advocate for Barton Publishing. Jacobse spends his free time practicing the healing art of magnetic Qigong, publishing books and enjoying the quiet of a small horse ranch near the Tonto National Forest in Arizona.



Alzheimer's, Forgetting the Elderly

by Steven Hickey

In the wisdom literature of the Old Testament, there is an ancient allegory about aging:

“Remember your Creator in the days of your youth, before the days of trouble come and the years approach when you will say, ‘I find no pleasure in them’ – before the sun and the light and the moon the stars grow dark, and the clouds return after the rain; when the keepers of the house tremble, and the strong men stoop, when the grinders cease because they are few, and those looking through the windows grow dim; when the doors to the street are closed and the sound of grinding fades when men rise at the sound of birds, but all their songs go faint... then man goes to his eternal home and mourners go about in the streets. Remember him – before the silver cord is severed... and the dust returns to the ground it came from, and the spirit returns to God who gave it.” Ecclesiastes 12:1-7

It takes a couple of times reading through this for the allegory of aging to really come alive. Notice the picturesque descriptions of:

- Hearing loss
- Loss of vision
- Fewer teeth
- Physical weakness
- Not being as mobile as in earlier years



The allegory describes an aging body and the painful process when the mind and senses fade.

Time is a key theme in Ecclesiastes and the one thing medicine cannot cure. Science cannot tame or stop the biological clock. For centuries, people have sought the fountain of youth, but it most certainly does not exist.

Grandma's Tips

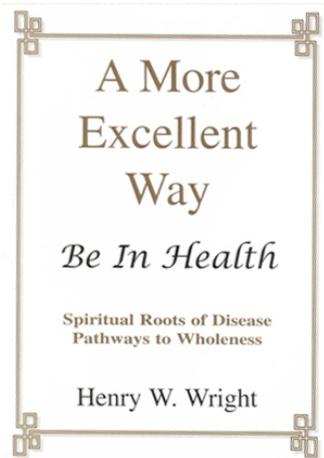
A "sound mind" is clear of fear. There is no benefit in fearing whatever we dread. Face it. Surrender. Trust God for help to overcome. Peace of mind is worth it.



Yet, God is the beginning and the end and is present at both times and each moment in between. Typically, the mind is the last to go, but Alzheimer's is increasingly rearing its ugly head. 2 Timothy 1:7 tells us that "*a sound mind*" is a gift from God. Yet, there is more at work here —far more. Every dimension of human life is inter-related: physical and emotional,

emotional and mental, mental and spiritual. With regard to mental and spiritual dimensions, it is impossible to precisely discern where the one stops and the other starts.

Since ancient days, those who bear the image of God (human beings) have been the targets of the enemies of God. The first thing we learn about the devil in the Bible is not that he's powerful; it's that he's crafty: "*Now the serpent was more crafty than any of the wild animals the Lord God had made...*" He threw up a cloud of confusion at Adam and Eve spiritually: "*Did God really say...?*" (Genesis 3:1) He's been doing it ever since. It's not true that all mental problems are demonic in nature. However, some mental problems are demonic in nature, springing up from spiritual and emotional root causes.



In the case of Alzheimer's, Dr. Henry Wright in his book "*A More Excellent Way*," writes about Alzheimer's as a result of white corpuscles congregating at critical nerve junctions of the brain:

"Whenever I find white corpuscles attacking the body and not doing what God created them to do, I have, without exception, found various degrees of self-hatred and guilt."

Because root causes are emotional and spiritual in nature, cures for this and other ailments are not to be found in a bottle. Science and profitable pharmaceutical companies are quick to look for and generate miracle drugs, placing false hope in things like gene therapy. We live in a culture that lies to people about who they are; youth are celebrated, the elderly are stripped of their value and purpose in society. More and more people are aging here in a society that

says they have no value any more. When people reach a stage of being unproductive and a greater cost to society, the result is a loss of self-worth, self-hatred and guilt from being a burden.

The fact that there is a greater incidence of Alzheimer's today reveals there are causes today that were not experienced in earlier generations. We could quickly make a case for eating healthy brain foods like fish, because they are high in selenium. People with selenium deficiencies tend to suffer greater mental problems and be more susceptible to depression and dementia. We know there are other foods and vitamins that improve memory function:



- Zinc
- Beta-carotene
- Iron
- Avoiding animal fat
- Eating spinach and lima beans (for folic acid)

Beyond promoting foods that are known to enhance mental function, my point in this article is that people reaching the latter stages of their lives need to be valued, when the seasons of aloneness becomes a reality and self-worth becomes an issue. The first step to health for anyone is to gain clarity about who they are in God's eyes. People made in the image of God are of incredible worth. Those who have an understanding and awareness of that are well on their way to a long life of health and wholeness.

Memory loss, in some instances, is the mercy of God — as in the pain of childbirth and after trauma. Most of the time, however, memory loss is nothing that we would welcome. Loss of present-ness and disorientation are frustrating and painful. Alzheimer's is sometimes referred to as the ultimate disease of letting go.

After the death of my father, my mother lived with us for the remaining years of her life. We watched the attacks on her mind up close, which in many ways came down to an attack on her self-worth and usefulness. One evening I reached over and scratched her back for a few moments. Her tears spoke volumes about how we never grow too old



for human touch. Even more remarkable was the peace that was imparted as she had a renewed sense of her worth and value. Alzheimer's is brutal on families and I encourage people to fight it with love because love directly counters the debilitating deception that the elderly have no value anymore.



Steve Hickey, is the founding pastor of a life-giving church with over 700 members, a church planter, a trainer of leaders with John Maxwell's organization, a police chaplain, and is very active in politics as a national voice for the unborn. He's written several books, including his latest, *Momentum: God's Ever Increasing Kingdom* (MomentumHandbook.com). Steve and his wife would like to pray for your specific needs and have a prayer team at the church waiting to hear from you. For more information or

to submit a prayer request visit: www.ChurchAtTheGate.com/prayer.php

Weight
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SPECIAL FEATURE:
Holiday Eating Tips

It's that time of year again - holiday season! Here's something to look forward to: between Turkey day and the New Year the average person will gain between 7 and 10 pounds. The good news is that you can avoid these additional pounds with a little know how.

For most of us the holiday pounds start with Thanksgiving dinner. Did you know that the average person consumes around 3,500 calories on this day alone? Yikes. That equals one pound in extra calories - not to mention the leftovers you will be eating days afterward. Take these tips and make Thanksgiving a guilt free day this year:



Tip #1: Take 2 steps to start your day right.

Step One: Eat breakfast. You see, most people skip breakfast on Turkey day in order to 'save room' for the feast - maybe you have done this yourself. When you eat a healthy breakfast that is high in both fiber and protein two great things happen.

Your metabolism is started early in the day, thus catapulting you into full-fledged calorie burning mode. This will come in handy later in the day.

You won't be famished when you sit down for dinner, so you will have less room to binge. (This means fewer calories land on your waist.)

Step Two: Exercise for 30-60 minutes. I know exercise is the last thing on your mind on a busy holiday, however it is worth your effort. You will negate some of the extra holiday calories and your metabolism will climb even higher.

Tip #2: Lighten the menu.

If you're in charge of the menu this year then you are in luck. As chef you can make a few modifications to the meal that will drastically reduce the fat and calorie intake of each guest. Do the following to lighten your feast:

- Instead of cream-based dip for your veggie platter, use dip made from nonfat yogurt or nonfat sour cream.
- Replace traditional stuffing with an assortment of chopped vegetables. Fill your turkey with mushrooms, eggplant, onions and celery. Or, replace half of your traditional stuffing with chopped vegetables.
- Flavor your mashed potatoes with roasted garlic instead of butter. Or, serve baked sweet potatoes instead of butter laden mashed potatoes.
- Roast vegetables without oil - use cooking spray instead and toss them with dill.
- Use unsweetened apple sauce or pureed plums instead of butter or oil in dessert recipes.
- Put out an assortment of fruit for dessert instead of pies.
- Make the recipe for Low Fat Thanksgiving Green Bean Casserole below.

Tip #3: Use strategy.

Traditional Thanksgiving food items weren't all created equal - nutritionally that is. Roasted white turkey meat (without skin) is a great source of lean protein. Vegetable dishes (without added fats) are also very healthy.

On the other hand, buttery mashed potatoes, white bread rolls, cream based dishes, and heavy gravy are all packed with fat and calories.

Fill your stomach with the healthy items first - white turkey meat and plenty of vegetables. Then simply 'sample' the less healthy items in small portions. This simple strategy will save you tons of extra calories and it won't leave you feeling cheated.

Tip #4: Pace yourself.

Most people get into trouble at Thanksgiving dinner by eating full speed ahead until they finally realize that they are full (after their second and third helping). The trouble with this method is the lag time in communication between your stomach and brain.

You see, you may have satiated your hunger with the first helping, but it takes a little while for your stomach to communicate that message to your brain. And during that lag time you took the opportunity to your second and third plate of food.

This year sit calmly in your chair after that first plate and wait at least 20 minutes before getting seconds. You will be surprised to find that the thought of more food doesn't sound good anymore - and you will have saved yourself unnecessary weight gain.

Well, there you have it: four tips that will get you off to a fit and healthy holiday season. From breakfast to dessert recipes you can lighten your Thanksgiving feast with turkey protein and vegetables dishes to limit your calories.

Low Fat Green Bean Casserole Recipe

Ingredients:

One can (10-3/4 ounces) reduced-fat cream of mushroom soup 1/2 cup fat-free sour cream 1/4 cup fat-free milk 1-1/4 pounds green beans, cut into 1-1/2-inch pieces, cooked until crisp-tender 1/2 cup canned French-fried onions



Directions: Mix soup, sour cream, and milk in 2-quart casserole; stir in beans. Bake, uncovered, at 350-degrees until mixture is bubbly, about 45 minutes. Sprinkle onions on top during last five minutes of baking time. Recipe makes six servings.

Nutrients per serving:

Calories: 81 Total fat: 2.9g Cholesterol: 1.3mg Sodium: 172mg Carbohydrate: 11.6g Protein: 3g Diabetic Exchanges: 2 Vegetable, 1/2 Fat



Nordine Zouareg is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book *Mind Over Body: The Key to Lasting Weight Loss is All in Your Head!* He offers world-class advice on health and fitness, inner balance and stress management, and achieving one's full potential the inner keys to extraordinary performance. An inspiring message of hope and achievement, based on his own extraordinary story. For more information, visit: www.NordineZ.com.

*Anti-Aging
Care*



Remember to Exercise...Exercise to Remember

Studies Show Physical Activity Decreases Risk of Alzheimer's Disease

Exercise is touted as an integral part of fitness, health and maintaining a trim physique, but what if it also could benefit the brain? Recent research suggests that physical activity could be an effective treatment for Alzheimer's disease.

According to the Alzheimer's Association, 5.3 million Americans suffer from Alzheimer's disease, and it is now the seventh leading cause of death. No cure for Alzheimer's exists right now. Regular exercise, however, has been shown to improve cognitive performance in older adults, and researchers say regular exercise and physical activity is better than supplements and prescription drugs in treating the advance of Alzheimer's.



Researchers from the University of Washington conducted a 6-months clinical trial with 33 participants, 17 of whom were women. All showed early signs of Alzheimer's disease and were between the ages of 55 and 85.

Physical Agility for Mental Clarity

The experiment participants underwent an intensive aerobic training program, spending 45 minutes to an hour, four times each week on a stationary bicycle or treadmill. At the end of the six months, the participants saw improvement in mental agility, while the control group showed no improvement. Researchers are planning further studies to conduct larger and longer duration trials, following volunteers for years instead of months, for more conclusive data as to whether exercise can prevent full-blown cases of Alzheimer's.

Exactly how Alzheimer's affects memory is not understood fully, but researchers theorize that protein fragments, known as amyloid plaques, begin to cluster in the brain, causing larger,

more tangled strands of other proteins to appear, which lead to symptoms of dementia often associated with Alzheimer's.

But, how does exercise stop this from occurring? Researchers Allison Bonner and Sandra O'Brien Cousins of the University of Alberta say exercise increases activity in the cortex of the brain, boosts the immune system and may "moderate the arteriosclerotic disease process of the brain," Bonner and Cousins said in a 1996 paper published in *Activities, Adaptation & Aging*.

Resist Alzheimer's with Resistance Training

Other similar studies have been conducted, where researchers have measured the health benefits of resistance training for women between the ages of 65 and 75 who are most at risk for developing Alzheimer's. In one study, after one year of physical activity training, women who had completed the training showed better scores on mental acuity and conflict resolution tests than those who didn't, according to an article, "Regular Exercise and Resistance Training Are Good for the Brain," published on alzinfo.org.

Jeffrey Kaye, director of Layton Aging and Alzheimer's Disease Center at Oregon Health and Science University, told *The Oregonian*, "The challenge now is to understand, at a scientific level, what elements of physical activity really do enhance brain function, and what level, what dose of activity is needed."

Third-year College student Haley Carpenter has a family with a history of Alzheimer's disease, which can be passed down from generation to generation. "It's been hard watching a family member struggle with dementia and the progression of Alzheimer's," she said. But Carpenter said she remains optimistic that progress is being made in Alzheimer's research, especially after learning about the benefits of exercise in her Contemporary Health Issues class.

"I already try to remain as active and healthy as possible and am glad to see my grandparents have incorporated daily physical activities such as biking and doing some weight training," she said. "I do think adding more weight-bearing exercises like walking and running — if possible — could be beneficial as well."



David Kekich is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: www.MaxLife.org. MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.

CELEBRITY HEALTH WATCH

Rita Hayworth: Creative Arts and Imagination Through The End

Rita Hayworth is remembered for who was onscreen – laughing, dancing, tantalizing, tossing red hair and the siren of the ages. However, Alzheimer’s disease turned actress Rita Hayworth anxious, aggressive, and confused robbing this ravishing woman of her mind and eventually, her life.



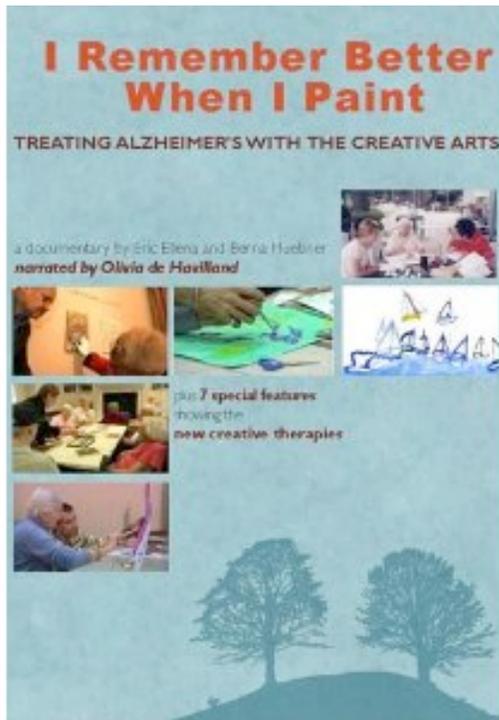
Hayworth suffered from the anxiety, aggression and agitation common to Alzheimer’s, but as the disease progressed she found something that soothed her mood and gave her a focus – painting, a hobby she took up late, and with gusto.

As her mind disintegrated, she worked away at an easel in her apartment, producing beautiful, detailed likenesses of flowers. It brought her peace of mind and helped her to relax.

International Alzheimer’s experts agree that creative activities engage areas of the brain that are not damaged by the disease and reawaken a sense of personality, identity and dignity. Through the expression of art, many will find a different perception and understanding of Alzheimer’s.

Famous painter Norman Rockwell also suffered from Alzheimer’s. It’s been said that Rockwell’s paintings help jog the memory and play a part in memory activities, allowing patients to recall emotional memories. His late paintings are therapeutic for the elderly and dementia sufferers.

Rita Hayworth found refuge in painting as an individual as a form of Alzheimer’s disease treatment. *I Remember Better When I Paint* is a documentary film about the positive impact of art and other creative therapies on people with Alzheimer’s disease from Princess Yasmin Aga Khan, Hayworth’s daughter, who is now president of Alzheimer’s Disease International.



“I Remember Better When I Paint is a 2009 feature length international documentary film about the positive impact of art and other creative therapies in people with Alzheimer's disease, such as Rita Hayworth, and how these approaches can change the way the disease is viewed by society. The film examines the way creative arts bypass the limitations of dementia disorders such as Alzheimer's and shows how patients' still-vibrant imaginations are strengthened through therapeutic art.”

http://en.wikipedia.org/wiki/I_Remember_Better_When_I_Paint

“People still have imaginations intact until the very end of a progressive disease.”
~ Author Unknown

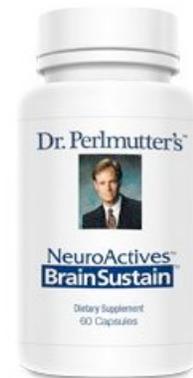


Product Recommendation:

Dr. Perlmutter's BrainSustain

Nutritional Support for Enhancing Brain Function, Maintaining Memory, and Protecting the Brain

BrainSustain was developed by David Perlmutter, MD, FACN, Board-Certified Neurologist and internationally recognized leader in nutritional neurology. This product is the result of over 30 years of research in the clinical neurosciences. Ingredients used in this formula have been evaluated in extensive clinical studies and have been shown to enhance brain function, maintain memory, and protect the brain from the effects of free radicals.



BrainSustain's unique formula enhances brain performance and promotes brain health by improving the energy production of brain mitochondria. It facilitates neural communication, and provides superior antioxidant action that reduces the production and damaging effects of excess free radicals in the brain. This antioxidant action is vital because excess free radicals are associated with brain inflammation – a marker and common thread among such neurodegenerative disorders as poor memory, Alzheimer's disease, Parkinson's disease, multiple sclerosis, ALS, and others.

Taking **BrainSustain** is an easy, daily good health habit, providing the highest level of brain performance enhancing nutrients and powerful brain protection to ensure long-term optimal brain performance throughout your life. **BrainSustain's** key ingredients have been extensively studied for efficacy at some of the world's most well respected medical institutions.

[Order BrainSustain – Food For the Brain - Through This Link.](#)

Product Reviews



Product Review:

Memory Supplements Review

Supplements for Memory & Cognition Enhancement: Ginkgo, Huperzine-A, and Acetyl-L-Carnitine

Several supplements are commonly known to sharpen memory and improve cognitive function. Even if you don't suffer from Alzheimer's disease, people with age-related memory relapse can benefit from these promising approaches.

Ginkgo:

People who reliably take this supplement can have 68 percent lower risk of developing mild memory problems. Made from the dried powdered leaves of the *Ginkgo Biloba* tree with a variety of phytochemicals. However, it's beneficial use for Alzheimer's patients is not tested proven.

Unfortunately, Ginkgo is one of the most adulterated herbs and testing show "spiked" chemical compounds in samples. Only half of the Ginkgo products tested passed inspection. For Alzheimer's disease and vascular dementia the total daily dose is 120 to 240 mg. Those safe for consumption are:

- *Freeda® Ginkgo Biloba (60mg/day)*
- *Ginkgo-Go®! Ginkgo Biloba Extract (120mg/day)*
- *GNC Herbal Plus® Standardized Ginkgo Biloba (60mg/day)*
- *GNC Preventative Nutrition® Memorall (60mg/2days)*
- *Mountain Home Nutritionals (Dr. David Williams Brain Advantage) (30mg/2day)*
- *Nature Made® Ginkgo Biloba (30mg/6day)*
- *Vitamin Shoppe® Standardized Herbs Ginkgo Biloba Extract (120mg/day)*



Huperzine A:

Huperzine A is an extract from a Chinese club moss, known to inhibit the enzyme that is involved in memory and learning, to maintain proper memory function and prevent cell death.

Synthetic Huperzine A does not prove to be effective when taken in supplement form. Doses of 50 to 200 mcg (micrograms) 2x/day have been used for Alzheimer's disease. Those approved for use are:

- *Cognitive Nutrition™ L-Huperzine A (100mcg/1-4day)*
- *GNC Preventative Nutrition® Memorall (60mg/2day)*
- *Solaray® Hup A from Chinese Moss with Support Herbs (50mg/1-4day)*



Acetyl-L-carnitine:

Acetyl-L-carnitine is an amino acid (a building block for proteins) that is naturally produced in the body and found in red meats and dairy products. It helps the body produce energy. Studies suggest acetyl-L-carnitine supplementation prevent age-related declines in energy metabolism and memory.

All Acetyl-L-carnitine products tested past quality control. In Alzheimer's disease, 1.5 to 4 grams daily has been used, usually divided into two or three doses during the day. The following supplements are recommended:

- *BioSynergy™ Acetyl-L-Carnitine (500mg/1-3day)*
- *Bluebonnet Acetyl-L-Carnitin (500mg/1day)*
- *Nutricology® Acetyl-L-Carnitine (250mg/2-6day)*
- *Swanson® Health Products Premium Brand Acetyl-L-Carnitine (500mg/1-2day)*
- *Vitamin World® Naturally Inspired® Acetyl-L-Carnitine (1000mg/day)*



The human brain has remarkable capacity for memory and activity. Keep regular brain nerve cells for a lifetime with a constant flow of these supplemental nutrients such as Ginko Biloba, Huperzine A, Acetyl-L-Carnitine to improve and halt the deterioration of mental abilities and social functioning, especially in those with Alzheimer's Disease!

Weight

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Throw Another Shrimp on the Barbie!

Shrimp may be small in size but make no mistake; they are big in nutrient density!

An extremely versatile food, shrimp is widely available year round, fresh or frozen, which makes it a cookbook favorite and arguably the most popular seafood in the United States. It is also one form of fighting Alzheimer's disease with omega-3s.

If you're looking for a low-fat, low-calorie, high-protein food, look no further. According to Nutritiondata.com, a 3oz serving of shrimp supplies 18g of protein and only 85 calories, which makes it an excellent food for people trying to manage their weight. Shrimp is also a great source of vitamin D, vitamin B12 and selenium, a nutrient that plays an important part of antioxidant enzymes that protect cells against the effects of free radicals.



We've all heard that we need to increase the amount of heart-healthy omega-3 fatty acids in our diet, and shrimp and seafood are a great source. The body cannot produce omega-3 by itself and so it's vital that we get enough from our diet. Omega-3 helps keep the brain healthy and may prevent coronary heart disease by helping to keep the cardiovascular system healthy. In fact, the Harvard School of Public Health recommends eating fish once or twice a week to reduce the risk of stroke, depression, Alzheimer's disease, and other chronic conditions.

Despite these amazing health benefits, shrimp has a reputation for being a high cholesterol food. But a 1996 study done at Rockefeller University Hospital put concerns to rest showing that the cholesterol content of shrimp was no longer a worry. A shrimp diet actually raises levels of HDL, or "good" cholesterol, and decreases levels of LDL, or "bad" cholesterol.

Similarly, if you are worried about mercury levels, don't be. The FDA describes shrimp as being characteristically low in mercury, making it a far healthier choice to species such as shark, swordfish, king mackerel, or tilefish that are notoriously higher in mercury, so eat up!

Fire Grilled Shrimp Skewers

- 1/4 cup of extra virgin olive oil
- 2 tsp of paprika
- 2 garlic cloves crushed
- 1-2 tsp of Tabasco
- 1 tbsp of lime juice
- Sea Salt and Black Pepper to taste
- 2 lbs of large raw shrimp peeled

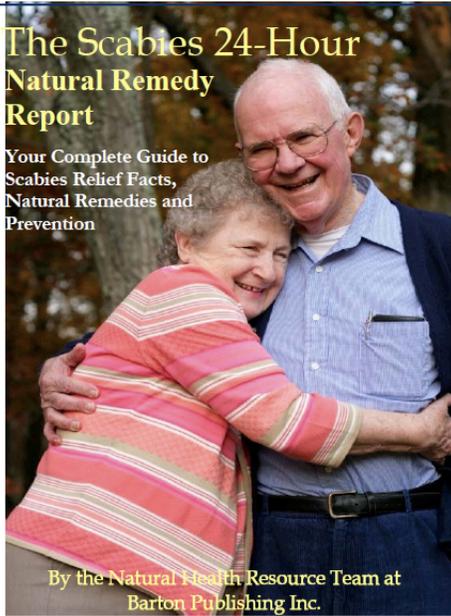
Combine oil, garlic, spices, tabasco, and lime juice in a bowl. Coat shrimp in mixture and allow to marinate for 2-3 hours before grilling. Thread shrimp on to skewers and grill 2 minutes each side or until pink.



Roger Asmus entered a fitness competition and won the Mr. Teenage Colorado in 1991. He was later named Mr. Mile High in 1996 and achieved his dream when he was proudly awarded the title of Mr. Natural Colorado in 1998. Roger has been highly sought after as a model and authority in the fitness world, appearing in national news and magazines sources. Roger is currently one of the top personal trainers in the country and is president of Core Health Innovations™.

The Scabies 24-Hour Natural Remedy Report

Your Complete Guide to Scabies Relief Facts, Natural Remedies and Prevention



By the Natural Health Resource Team at Barton Publishing Inc.

The Scabies 24-Hour Natural Remedy Report

Your Complete Guide to Scabies Relief Facts, Natural Remedies and Prevention

Scabies is an embarrassing and often frustrating condition. When people develop scabies, they often do not know what it means, where they got it or what to do about it.

They think it must mean that they aren't very clean because they picked up mites somewhere. This isn't the case at all. Anyone can get scabies if they are in contact with a person who is already infested. It's much like lice or even bedbugs, two

similar conditions we will talk about later in this guide.

There are a lot of myths about scabies, which we will talk about throughout this guide. This report will tell you all you need to know about what scabies is, how it is contracted and transmitted and what to do about it if you get it.

We'll look at conventional and natural methods for treating scabies and consider things you can do to keep a scabies outbreak from spreading through your household.

This guide will empower you to make the right decisions for you about your scabies treatment. Let's get started, shall we?

Download your free copy of the Scabies 24-hour Natural Remedy Report Here:

<http://www.homecuresthatwork.com/members/access/24HourScabiesRemedyReport.pdf>