

# #2: BOOST YOUR BRAIN POWER WITH SUPPLEMENTS



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# Boost Brain Power with Supplements

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If you're eating a healthy diet, you don't need to take any additional supplements, right? In theory, eating a healthy diet should provide you with all the nutrients your brain and body need, but the reality is something altogether different.

First, modern farming practices have depleted soils of minerals in almost every country in the world, which means that the nutritional quality of the foods we eat has also decreased.

For example, the calcium content of broccoli in 1950 averaged 12.9 milligrams per gram of dry weight. Today, the calcium content of broccoli is around 4.5 milligrams per gram of dry weight. In fact, the average vegetable purchased at your local grocer has 5 to 40 percent fewer minerals, including magnesium, calcium, and iron than vegetables grown 50 years ago.

Pesticides found on foods can interfere with hormone production in our bodies, skewing thyroid function, hormonal balance and even our central nervous system. This doesn't mean you should stop eating fruits and vegetables. Eating a diet rich in vegetables is still one of the best ways to improve and maintain your mental focus. However, a healthy diet may not be enough. Most adults need supplements to get the nutrition their body and minds really need for optimal functioning. Think of supplements as an insurance policy for your brain.

Another problem inherent with modern living is exposure to toxic metals. Did you know that during the period between 1945 and 1971, humans were exposed to higher levels of lead than at any other time in history? So how do toxic metals affect memory?

It all has to do with myelin. Myelin is the white lining in our brain that cushions and protects nerves, allowing them to send messages to each other quickly and efficiently. It's a bit like the rubber that coats electrical wires. If it becomes worn or thin, the wires in your brain become tangled and frayed.

You may have trouble remembering dates, names and phone numbers or feel slow and sluggish in general.

As you age, your brain naturally produces less myelin. Exposure to toxic metals accelerates this process ten-fold, causing your brain age to seem much older than it really is.

In fact, a 4-year study at John Hopkins University found that adults with high levels of lead in their bodies had a much higher rate of cognitive decline, causing their brains to age by at least five years older than their actual age.

Mercury is another metal known to harm your brain. A study at the University of Calgary Medical School found that even small amounts of mercury can kill brain cells. And mercury is found everywhere-in gasoline, in dental fillings, in ceramic cups, and even in the air you breathe.

Free radicals, mutant molecules that damage your cells, are another source of mental slow down. These scavengers cause oxidation in your body, just as water causes metal to rust. In effect, free radicals cause your brain to rust out.

Free radicals can also cause amyloid plaques to build up in the brain. These plaques form a sticky substance between nerve cells, so messages don't travel as efficiently. When free radicals damage mitochondria, or the power plants of the brain, your brain produces less energy. As a result, you may feel forgetful, sleepy and fuzzy.

Fortunately, there's a solution backed by solid scientific research that can protect your brain from the ravages of modern life – nutritional deficiencies, exposure to toxic metals and free radicals. Supplements give you the boost you need to keep your mind sharp and focused.

## **The Low-Down on Supplements**

Although you should plan on getting most of the nutrients you need from whole foods, there are several supplements that are known to improve brain function. You can reverse the effects of aging and modern living by taking supplements every day. Not only will you keep your mental focus razor-sharp, you'll feel younger too.

The FDA doesn't regulate supplements, so it's up to you to do your homework. Some supplement manufacturers make wild claims that aren't supported by research.

Occasionally, a supplement may negatively interact with prescription medications. Talk with your health practitioner about any supplements.

### **A Hard Pill To Swallow**

*Many people complain about "fish burbs" after fish oil supplements. To solve this problem, store the supplement in the freezer or buy enteric coded capsules, which dissolve in small intestine. Take the tablet with a meal and 8 to 10 ounces of water.*

## Green Light: Supplements that Boost Memory

The following supplements contain nutrients that are known to boost memory, and are generally safe to take. Follow all dosage instructions carefully.

- Acetyl-L Carnitine (ALC) is known to repair mitochondria and rebuild myelin. A Stanford University study found that people with cognitive decline who took an ALC supplement showed significant improvement in memory and brain function.
- Bacopa, a natural herb used by ancient Indian holy men to recall entire books from memory, increases your body's production of the neurotransmitter GABA. This neurotransmitter helps you feel calm and at ease, while improving memory and focus.
- Choline helps the body produce a steady supply of the neurotransmitter acetylcholine. In one Duke University study, participants who took a choline supplement had 50 percent fewer "senior" moments of forgetfulness.
- Phosphatidylserine, or PS. PS is one of the natural fatty acids in your brain that keeps the circuits running smoothly. As you age, though, your body produces less PS so supplementing is important. In one study, participants who took PS supplements showed remarkable improvements in memory and focus. Although the average age of the participants was 64, their brains functioned more like that of a 52 year old.

- Vinpocetine, an extract from the periwinkle plant has been shown to improve memory by increasing oxygen flow to the brain.
- Luteolin, a potent, antioxidant-like compound found in many plants, including carrots, peppers, celery, olive oil, peppermint, rosemary, and chamomile. New research shows luteolin helps protect your brain cells from the damaging effects of toxins. It also improves “working” memory, which allows you to recall information you just learned—whether it’s the name of someone you just met or where you put your glasses or keys.
- Blueberry extract. You may remember from the food report that blueberries contain more antioxidants than almost any other food. Antioxidants work to destroy free radicals, clearing the rust from your brain so you can think more clearly. Blueberry extract is a simple way to get the antioxidants you need every day!
- 800 mg of folic acid daily. A diet rich in eggs, fresh vegetables and citrus fruit may give you the folate you need, but a supplement provides extra insurance.
- 1,000 mg. of fish oil or flaxseed oil daily. Most Americans don’t get enough Omega-3 fatty acids, so essential for good memory and brain function.

**Taking a daily supplement is a good idea for everyone.**

- Vitamin C: 2,000-4,000 mg. daily
- Vitamin E: 400-800 IU

- Beta-carotene: 15,000-40,000 IU
- (Remember, these antioxidants are best found in fruits and vegetables, but prevent cell damage from free-radicals that can cause memory loss)
- Selenium: 100-300 mcg
- Grape Seed Extract: 50-200 mg
- Coenzyme Q10: 300-1200 mg
- Green Tea Extract: 30-150 mg
- Multivitamin, preferably derived from whole food sources, that contains B vitamins. Avoid those with copper, which is associated with memory loss.

## **Yellow Light: Consult Your Doctor**

The following supplements may be effective at increasing memory function, but are given the yellow light for several reasons. They may be fairly new and have not undergone adequate testing; they may have the potential for side effects, or they may interact with prescription medications.

- Gingko biloba: Research outcomes on gingko are inconsistent. Some studies say it helps memory; others indicate it doesn't. Gingko biloba has caused spontaneous internal bleeding in some people and can interact with prescription medications.
- Huperzine A: This supplement increases the levels of acetylcholine, a brain chemical that aids memory and cognitive function. Its antioxidant properties protect brain cells, as well. On the downside, Huperzine A can lower heart rate and should be used with caution by people suffering from asthma, gastrointestinal or urinary obstruction, peptic ulcer disease, or chronic obstructive pulmonary disease. Consult your doctor before taking Huperzine A if you are taking anti-coagulant medications.



- Ginseng: This herb has been used for centuries around the world to increase alertness and cognitive function, but study results are mixed. If you want to try ginseng, look for a standardized extract containing 4 to 7 percent ginsenosides. Take 200 milligrams daily for two weeks, followed by a week break. If the product is helpful, continue two weeks on, two weeks off.

In rare cases, ginseng has been known to cause increased breast tenderness, menstrual abnormalities, insomnia, raised blood pressure and nervousness. It should not be taken by pregnant women, or women with a strong family history of breast cancer.

## **Red Light: Prescriptions and OTC's That Affect Memory**

Several pharmaceutical products are known to negatively impact memory and cognitive function. Talk to your doctor to weigh the potential benefits and risks of any prescription and discuss alternative solutions.

*Do not stop taking a prescription medication without first consulting your health practitioner.*

Anticholinergic drugs contain a compound that blocks the nervous system transmitter, acetylcholine. One study found that taking one of these drugs increases the risk of developing mild cognitive impairment.

Taking more than one of these drugs doubles the risk.

**Anticholinergic drugs include:**

- Benadryl and any product containing diphenhydramine
- Dramamine
- Excedrin PM
- Nytol
- Sominex
- Tylenol PM
- Paxil
- Detrol
- Demerol
- Elavil

Additionally, statins, used to lower cholesterol, can cause a host of side effects including memory loss, anemia, cataracts, mood swings and muscle problems.

Adapting a healthy diet can often eliminate the need for these medications, which include the following drugs:

- Lipitor
- Advicor
- Altoprev
- Crestor
- Vytorin

# What's Happening To Your Brain Right Now May Shock You...

Have you been noticing more "senior moments" lately?

More embarrassing incidents when you forget what you were about to say or can't recall someone's name? Or more frustrating searches for misplaced car keys or eyeglasses?

Then you may be shocked to learn these memory lapses could be due to this overlooked cause of memory problems and Alzheimer's. What is it?

***Your brain is SHRINKING!***

That's right...starting at around age 60, the thinking portion of your brain begins to waste away. Plus the hippocampus-where memories are stored-often becomes damaged.

Stress makes matters even worse. A new Yale University study shows that repeated exposure to stress reduces brain volume and function-even if you're fit and healthy.

[Click here](#) for some important information about how to stop your brain from shrinking-and enjoy a razor-sharp memory again!

You'll also find out about the four health and lifestyle factors that a recent study at the University of California found could be making your brain shrink even faster.

Chances are you have at least one of these factors...because millions of your fellow Americans are in the same boat! It's no wonder the number of people with Alzheimer's is skyrocketing.

**At least 1-in-8 Americans age 65 or older have Alzheimer's. Nearly HALF of Americans over age 85 have it.**

But that's not all. More than 200,000 Americans UNDER age 65 are suffering right now from early-onset Alzheimer's. So it's not just an "old people's" disease.

What's more, Alzheimer's is the ONLY cause of death...among the top 10 in America...that conventional medicine *doesn't* have a way to prevent, cure or even slow down!

But I've got some great news for you. I've uncovered some surprisingly simple ways you can stop your brain from shrinking...and keep yourself safe from Alzheimer's.

What's more, these easy, natural solutions and many more can dramatically boost your memory...help you learn new things more quickly...and improve your concentration so you can get more done in less time.

[Click here](#) and you'll know exactly what you need to do to recall names, phone numbers, shopping lists, and other information just as easily as you did 10...maybe even *20 years ago*.

Even more important, you'll [discover how to make sure you NEVER end up in a nursing home](#) or forget who your loved ones are due to Alzheimer's...**Here's to keeping your brain forever young!**

Joe Barton

Founder & CEO

Barton Publishing Inc.

There's plenty you can do to stop your brain from shrinking and enjoy a sharper memory, better focus, and the peace of mind you deserve. These simple yet powerful remedies I want to tell you about are M.D. reviewed and approved, and backed by clinical studies. [Simply click here right now for all the details...](#) and give yourself one less thing to worry about!

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