

The Truth About Alzheimer's and Memory Loss

“Am I losing my mind?” How many times have you forgotten a name or a face (or lost your car keys) and wondered if you're developing Alzheimer's? Here are the best new ways to prevent this disease and improve your memory at the same time...NO OTHER CONDITION rouses more fear in folks than losing their mental abilities. Not cancer. Not heart disease. Not even blindness. The very thought of not being able to recognize your loved ones, or forgetting what you said just moments ago, scares the heck out of people. And with good reason. Doctors say we're at the mercy of this disease. That we're helpless. But that's baloney. Hopefully they'll correct this misconception soon. They may not have an effective treatment or cure yet, but there's plenty you can do to dodge this disease. And many of the proven Alzheimer's-blockers you'll read about in my Special Report, *Protect Your Brain From Alzheimer's and Memory Loss*, can also make your memory better! For example...The B-vitamin connection. Did you realize that over half the people diagnosed with Alzheimer's and now in treatment facilities may not really have the disease? A closer look found that, in most cases, their problem was actually a deficiency in vitamin B12, the nutrient most critical to memory function as well as Alzheimer's prevention. One study found that people with low levels of it were 4 times more likely to develop the disease. And a Canadian research learned that Alzheimer's patients with the least vitamin B12 in their blood had the most brain impairment. So, how much vitamin B12 should you be getting every day to boost your memory and block Alzheimer's? Much more than what's in the average multivitamin, that's for sure. If you're over 50, your needs are even greater. My Report gets into the specifics, including other B vitamins you need more of to help your B12 work even better. Alpha-lipoic acid. New research says ALA is another nutrient that protects the brain and improves memory. (It's also the most powerful antioxidant of them all, so you should be taking it anyway.) When Alzheimer's patients were given ALA, their condition stabilized. They didn't get better, but they stopped getting worse. And not one drug therapy currently being used can do even this much. If you have a friend or loved one with the disease, please read this part of my Report right away. With Alzheimer's, every minute counts. Why Alzheimer's is rare in India. Another big discovery is curcumin (also known as turmeric), an ingredient in curry powder. Researchers at the University of California confirm its uncanny ability to protect the brain from Alzheimer's. (This may explain why Alzheimer's is so rare in India.) Not a fan of curry? Don't worry. Curcumin is now available in capsules and my Report has all the details. The aluminum link. Finally, stay away from aluminum. Strong research links it to Alzheimer's. My Report contains new medical studies that you should definitely see. After reading them, you'll want to distance yourself from this menacing metal. I first warned my readers of this in June, 1987. MY ADVICE: Avoid aluminum cookware, antacids, and any food or drink that comes in an aluminum can. Most antiperspirants contain aluminum, too. If the one you're using does, at least make sure you're using a roll-on or stick—not aerosol! Inhaled aluminum particles may be the most dangerous of all because they travel directly to the brain. Full details in my FREE Report.

Shortcuts To A Sharper Memory If your short-term memory could use a perk-up, there are two quick-fixes that will surprise you by how well (and fast) they work. The first is RNA (ribonucleic acid), a little-known cousin of the B-vitamin family. It's a key factor in the recall process, especially short-term memory. You can find it in most health food stores. “How much do I need?” Dr. George Goodheart has devised an easy test to determine how much extra RNA your brain may need. Stand on one foot with your eyes closed. Have a friend time you to see how many seconds you can hold this. Persons deficient in RNA can only last a short time, and practice won't help. Next, chew one RNA tablet and try the test again. If you see little or no improvement in your time, chew another tablet and retest yourself. The number

of tablets it takes to see a significant improvement is your daily dosage. Recheck days later to adjust your dosage downward as your short-term memory improves. Quick-fix #2. Your brain cells talk to each other through a chemical called acetylcholine (an important neurotransmitter). When it runs low, brain function is weak and spotty, and result in “Duh-h.” Studies show that taking lecithin supplements increases acetylcholine levels in the brain and improves all mental abilities, particularly memory. In medical studies, when a group of seniors took lecithin capsules, they exhibited fewer memory lapses and had noticeably better recall. Another study involving college students found that high doses of lecithin significantly improved short-term memory and test scores...and the effect occurred almost immediately! Lecithin can be purchased in capsules, as a liquid, or as granules. (The granules are, by far, the least expensive form.) My Report, Protect Your Brain from Alzheimer's and Memory Loss, brings you all the details.

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