

Alzheimer's Disease

By Christa Way

Alzheimer's disease presents as a decline in intellectual function. As the disease progresses, there is severe memory loss, particularly short-term memory, as well as disorientation and confusion. Dramatic mood swings and behavioral changes may also occur.

The precise causes of Alzheimer's disease are unknown, but a number of interesting facts have been found through research. Many of the findings point to nutritional deficiencies. Other findings show a connection between Alzheimer's disease and heavy metal toxicity.

Body Balance is a wonderful foundational support for the entire body in so many ways. There is a substance called alginic acid in sea vegetables that has been shown to chelate heavy metals out of the system very effectively.

Brains of people with Alzheimer's have been found to contain much higher than normal levels of toxic mercury and aluminum. A direct correlation has been demonstrated between the amount of inorganic mercury in the brain and the number of amalgam surfaces in the mouth.

Yet another culprit in the death of brain cells is the malfunctioning of the immune system. Powerful immune system proteins called complement proteins have been found around the plaques and tangles in the brains of people who have died of Alzheimer's. **Body Balance** is a wonderful way to bring foundational health to the immune system, as it is the minerals that feed the enzymes that fire life into the cells of the immune system. The development of the neurofibrillary tangles and amyloid plaques in the brain that are characteristic of Alzheimer's have been directly associated with mineral deficiency.

One reason people suffer from Alzheimer's is insufficient supply of nutrients to the brain. The life of the body is in the blood. It literally feeds and nourishes every cell within our bodies. The brain is

surrounded by a protective envelope called the blood-brain barrier, which allows only certain substances to pass from the bloodstream into the brain. If the blood is "thick" with cholesterol and triglycerides, the amount of nutrient-rich blood that can pass through the blood-brain barrier decreases. Over time this can result in the brain becoming malnourished. By using **Body Balance** on a daily basis, a person is getting a tremendous amount of nutrients not normally available to the body and hence to the brain, as the nutrients in **Body Balance** are able to pass directly into the bloodstream and through the blood-brain barrier.

Another of the most important factors involved in the deterioration of memory is exposure to free radicals. Levels of antioxidants and carotenoids (the precursors to Vitamin A) are also low in people with this disease. **Body Balance** is high in natural carotenoids and very high in antioxidants, which act as scavengers and "gobble up" the free radicals.

True Greens is exceptionally high in antioxidants. One of the things that we are starting to discover is that the more antioxidants we can get into our system on a daily basis, the more profound will be their ability to act. **True Greens** also contains lecithin which is needed by the brain for improved memory. The grapeseed extract in **True Greens** is one of the most potent antioxidants known. Its efficacy lies in its ability to readily pass the blood/brain barrier and protect the brain cells from free radical damage.

Amino Charge - The functioning of the brain depends on substances called neurotransmitters. These are brain chemicals that act as electrical switches in the brain. If the brain does not have an adequate supply of neurotransmitters or the nutrients to make them, it begins to develop the equivalent of a power failure. The nutrients that the body uses to make neurotransmitters are amino acids. The amino acids serve as fuel for the brain and prevent excess ammonia from damaging the brain. They are vital for normal brain function. They also enhance brain metabolism and slow deterioration of memory, as well as reduce the production of free radicals. They help sharpen learning, memory and awareness, elevate mood, and aid in preventing depression.

Sunbright contains herbs which are known to enhance memory and brain function as well as the potency of the amino acids. Ginkgo biloba has the ability to increase blood flow to the brain. According to a report published in JAMA (Journal of the American Medical Association) ginkgo biloba can stabilize and, in some cases, improve the mental functioning and social behavior of people with Alzheimer's disease. Gotu kola is also helpful for memory.

Taheebo is a powerful support for the immune system

Vitali-C Plus enhances immune function and is a powerful antioxidant.

Sunset can help calm people who anger easily and can improve sleep patterns when used at bedtime.

Other suggestions:

If there are amalgam fillings present, get those removed and replaced with something else. This has to be done by an experienced dentist, otherwise it can release much more of the toxin into the system.

Do not drink straight tap water as it often contains aluminum. However, it is important to drink at least 2 liters of clean healthy water a day.