

ALZHEIMER'S PREVENTION?

According to Dr. Dale Bredesen, author of The End of Alzheimer's, Alzheimer's disease is the third leading cause of death in the U.S. and the number one cause of death in the U.K. It is a trillion dollar global problem, one that can potentially bankrupt Medicare. It affects not only the patient, but also family members and caregivers. New research identifies many mechanisms of cause, such as leaky gut (intestinal permeability), chronic inflammation, presence of the APOE4 gene, loss of trophic (hormonal) support and toxin exposure.

Leaky gut is an inflammatory state of the gut and can be the result of prolonged exposure to medications or gluten/wheat, autoimmune diseases, Lyme's disease, poor diet, high HbA1C, eating trans fats, all things that can result in a drastic deterioration of the microbiome. Prolonged exposure to toxins such as mold, iron, copper and mercury is also being studied as a probable cause of the amyloid plaque formation typical of Alzheimer's disease. Loss of trophic support would be abrupt or even gradual hormonal changes resulting in the brain's loss of ability to support neuronal connections. For example, 95% of adults are deficient in the hormone, pregnenolone, a neuro-stimulating hormone. Low vitamin D (acts as a hormone) levels can also result in a decline in both cognitive ability and memory. So, we can see that it is important to address the root cause of this devastating disease. Alzheimer's medications cannot do this, although they have been proven to diminish some of the symptoms. What can WE do?

1. Fix your gut. Make sure you've taken gluten and wheat products out of your diet. Address your microbiome with the proper probiotics. Stop eating trans fats.

2. If you are pre-diabetic or diabetic, take steps to lower your fasting glucose (80-90), fasting insulin (<5) and HbA1C (should be below 5.5) and think about using intermittent fasting to improve insulin resistance.

3. Reduce toxin exposure. There are now 3 identified types of Alzheimer's disease. Type 1

begins to affect people in their 60's, Type 2 affects those in their 70's and Type 3 affects those beginning in their 50's. Type 3 has been shown to, most often, be toxin-related. One of the reasons could be that in our 50's we may experience some bone loss and the result is the release of toxins, like mercury, into our bodies. Did you know that 12.8% of the first-responders at the World Trade Center are reported to have cognitive decline in their 50's? Start eating SMASH fish, that's salmon, mackerel, anchovies, sardines and herring. Stop eating farmed fish, as they are being fed food they are not designed to eat. This changes their microbiome and so their cellular makeup. Stop drinking out of BPA-laden plastic bottles and stay away from second-hand smoke. Sadly, I still see people smoking in their cars with another adult or even a child in the vehicle! If they are smoking in their cars, then they are probably smoking in their homes.

4. Get a "cognoscopy" (as per Dr. Bredesen). This would include an online cognitive assessment and bloodwork that is not usually ordered by a primary care physician. Know your genetic risk for Alzheimer's by getting your APOE status. Remember that this only reveals a person's propensity for developing Alzheimer's, it does not guarantee that you will actually develop it.

So, like so many diseases and conditions that have some genetic propensity, we can all do a better job being more proactive about cleaning up our diet, fixing our gut and limiting exposure to toxins whenever we can. It's not easy, but isn't it about time we all take a little more responsibility for our own health?

Alzheimer's Disease: A functional approach to prevention and treatment.

Join us on October 21st at 7:00 pm for an exciting workshop at Nutrition and Weight Loss Center. Space is limited so sign up today. Call us at 732-609-3366.



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