



Dr. Sears'

CONFIDENTIAL CURES

Your Guide to Truth and Lies in
Medicine from Around the World

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The Simple Two Step Tune-Up for a Faster, Sharper Brain

If your brain cells sit idle, without mental stimulation and without a constant fresh supply of nutrients, they die. Plain and simple. And the longer it goes on, the greater your chances are of suffering not just forgetfulness but neurological diseases like Alzheimer's.

But there's good news. You can avoid all of that if you keep your brain active.

That means doing two things. One is to get more blood flowing to your brain. Better circulation keeps your brain cells supplied with nutrients and oxygen.

The second is to *use* those brain cells.

If that seems a bit simple, it is.

It's the onslaught of bad health information coming from institutionalized medicine that's made it seem more complicated. They've convinced everyone there's a complex and inevitable process of decline, and that any problems can only be cured by drugs.

But that's not backed up by real science.

Even so, if I try and say otherwise, I get in trouble. I can't mention Alzheimer's most of the time. I can't tell you how to improve your brain function and avoid disease.

Only in *Confidential Cures* can I tell you it's not natural for your brain to slowly wither and die.

My 20-plus years of experience as a board-certified anti-aging doctor tell me so. And contrary to what mainstream medicine tells you, my research shows our brains keep most of their structural and functional plasticity – the ability to grow and form new connections – throughout adulthood and even into our later years.¹

Which means you're not programmed for old age, no matter what the health dictocrats want you to believe. You *can* keep your thinking clear and your brain healthy for a lifetime, and I'm going to show you how...

Step 1) Turn Your Body Into a Nutrient "Super Highway"

Oxygen is the MOST important thing your brain needs.

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Games aren't just fun, many are just the kind of mental exercises that build new pathways in your brain and keep your mind young and sharp.

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Every time your heart beats, oxygen-rich blood is pumped to your brain. In fact, your brain uses 25 percent of your body's total blood flow alone.

But as you get older, blood flow to your brain drops and starts to flow less efficiently, if you don't do anything about it.

A clinical trial out of the famous Framingham Heart Study demonstrated this. Researchers examined more than 1,500 middle-aged and older people, and found that people whose hearts pump more blood to the brain are less likely to experience brain shrinkage than those with hearts pumping less blood to the brain.²

The single best way to improve blood flow to your brain is with physical exertion. This gets blood to the brain and lowers the risk of blockages. It also helps the growth of new brain cells.

In fact, exertion protects your brain even when there are other factors trying to attack your brain cells. For example, in an animal study, researchers found mice exposed to chronic resistant stress had high levels of brain inflammation.

But when they had the animals do physical exertion, their brains were completely protected from the effects of those outside stresses.³

In another study, researchers followed 1,700 elderly people for six years. The people who exerted their bodies regularly lowered their risk of Alzheimer's by 30 to 40%! And that was just with 15-minute workouts, three times a week.

Another study, published in the journal *Trends in Neurosciences*, found working out benefits both learning and memory. Physical exertion improves the strength of your synapses.⁴

This improved strength you get using your brain's natural plasticity, gives you the mental drive that networks your brain for better cognition, memory, fluidity, versatility, and adaptability.

The pumping ability of your heart is critical for this. Getting blood and fresh oxygen to your head is the basic idea behind preventing Alzheimer's.

But remember, you need the right kind of exercise to increase oxygen uptake and blood flow to have a real effect. That means progressively challenging your capacity, instead

of doing low-intensity endurance exercises like jogging or aerobics.

The High-Powered Exercise You Can Use to Increase Blood Flow and Prevent Brain Disease

My P.A.C.E. program is specifically designed to increase the amount of oxygen your lungs can transport through your body, increasing blood flow to the brain as well.

There's a study out of Denmark that illustrates this. The researchers had people train using higher intensity on one leg and low-intensity exercise on the other leg.

They found the leg that used high-intensity exertion had better blood flow and increased oxygen uptake, while aerobics-style training did not have this effect on the other leg.⁵

And remember, these studies weren't even about P.A.C.E.-like exertion. They were simply looking at higher intensity for short periods vs. lower intensity for longer periods. If they would have tested for P.A.C.E., there would have been even more dramatic differences.

Because P.A.C.E. not only employs intensity, but also progressivity and acceleration. When you progressively increase the challenge you give your body by a little each time, you're building the capacity for greater blood flow and oxygen uptake your brain needs.

In fact, here's a brain-boosting P.A.C.E.-style exercise you can do right now...

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My P.A.C.E. program is specifically designed to increase the amount of oxygen your lungs can transport through your body, increasing blood flow to the brain.

They're called **Alternating Split Squat Jumps**. This is a great exercise that requires plenty of intensity. Plus, they're excellent for building strength and power in your legs and lower body.

And you don't need more than three or four feet of space to do them.

Here's how to do an **alternating split squat jump**:

1. With your feet shoulder-width apart, step backward about two feet with your right leg. (Your left foot will be flat on the ground in front of you, while your right will be on the ball of your foot behind you.)
2. Lower your body by bending your hips and knees until the front thigh is parallel to the floor.
3. Jump straight up using the power from your front leg, and quickly switch legs while in the air.
4. As you jump, bring your arms forward and throw them above your head.
5. Land so your right foot lands in the forward position and vice versa.
6. Do another squat, bringing your arms back down.
7. Repeat, alternating your legs, until you've reached your target intensity. Rest, recover. Do two more sets.

If you find these difficult, you can reduce the amount of strength required by using a narrower stance when jumping and landing. And if that's still too tough, start off with a standard jump squat and work your way up to these.

After physical exertion, the second thing you need to do to keep your brain active is to start using it as much as possible...

Step 2) "Game" Your Brain for More Mental Might

When you learn things, the messages travel from one neuron to another, creating connective pathways called synapses. The more of these connections, or synapses, that you develop between brain cells, the better your brain will perform.

Keeping the connections you have, and constantly creating new pathways, is the key to building a better brain, no matter what your age.

So, how do you do this?

One way is to keep your mind challenged – keep it guessing. The best way to do this is to create your own “mental education program”...

Education turns out to be one of the best forms of protection against brain diseases like Alzheimer's. In fact, a Mayo Clinic study showed that 25 percent of those with an eighth grade education or less had mild cognitive impairment, which leads to Alzheimer's.

The disease only showed up in 8.5 percent of those with a college degree or higher.

Evaluate your habits and start using your opposite hand and foot for more activities. For example, if you're right-handed, start brushing your teeth, combing your hair, or using a calculator with your left hand.

It will seem odd at first, but even performing these types of tasks once starts improving brain function.

You can also repair and improve your brain by playing games. It's true. Games aren't just fun, many are just the kind of mental exercises that build new pathways in your brain and keep your mind young and sharp.

Take crossword puzzles, which are a favorite of mine. Even the simple ones get you thinking about people, places and things you may not otherwise think of, or even try to remember.

In fact, a study I read showed that two-thirds of the people following a “mental education program” showed significant improvement, and 40% returned to pre-decline cognitive performance levels.

What's more, they maintained these benefits indefinitely. Regular mental stimulation offers another plus: it can protect from mind-robbing diseases.

The best places to start on the Web are:

- SharpBrains (sharpbrains.com)
- Brainist (brainist.com)

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- NeuroMod online memory improvement test (memory.uva.nl/en/test/)
- Brain Rules (brainrules.net)
- Mempowered (memory-key.com)
- The Original Memory Gym (memorise.org)
- Happy Neuron (happy-neuron.com/)
- Cool Math Games – great for kids (coolmath-games.com)
- Lumosity Brain Games – requires login (lumosity.com)
- Brain Metrix (brainmetrix.com)
- Posit Science – clinically proven software (positscience.com)
- Grey Matters – The mental gymnasium (gmmentalgy.m.blogspot.com)

Other good mental exercises include word and math games.

The Internet and your local library are filled with books and exercises that can help you learn new things, so you can constantly create new synapses and improve your brain performance as you age.

One fun book you can buy at your local bookstore is called *Arithmetricks: 50 Easy Ways to Add, Subtract, Multiply, and Divide Without a Calculator*, by Edward Julius.

Another is *21 Games for the Mind That Won't Shut Up!* by AT Lynne. There's also *Mind Hacks: Tips & Tricks for Using Your Brain*, by Tom Stafford and Matt Webb. ■

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Supercharge These Power Packs to Re-Energize Your Aging Brain

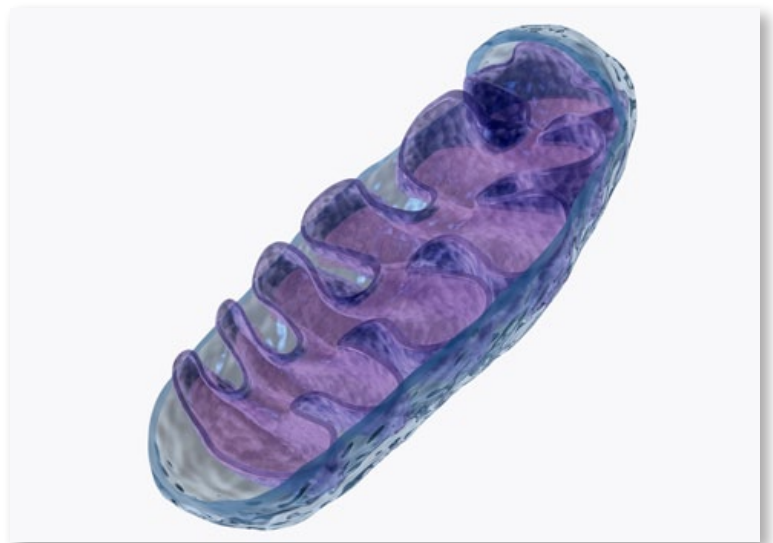
Mitochondria are the most important thing I'm researching for my practice right now.

They're the little energy producers located in every cell in your body. They convert your food into energy and power your organs.

As we get older, we begin losing mitochondria either from cell loss or degradation.

In fact, when we look at photographs under a microscope of aging cells, less than 5% of the mitochondrial DNA from the muscle tissue of a 90-year-old subject is intact.¹

That means 95% of the mitochondria is damaged.



Mitochondria are the power plants of your cells. Not only does losing them sap your energy, but it can lead to many diseases.

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This can cause lapses in memory and those “senior moments”... but it can also be much more dangerous.

In my research, I’ve been able to confirm my suspicions about the detrimental effect of mitochondrial dysfunction.

I’ve found compelling evidence in my own practice that link mitochondrial dysfunction with neurological degenerative diseases. Almost all of them.

Parkinson’s, Alzheimer’s, Huntington’s and Autism... All Linked to Mitochondrial Dysfunction?

Through my extensive research, I’ve found other doctors and scientists who’ve done great work on mitochondrial dysfunction, and their results mirror what I’ve found in my practice.

In the *Journal of Bioenergetics and Biomembranes* I read a study that specifically found mitochondrial dysfunction contributes to impaired cognition in Parkinson’s disease.²

- The *Journal of Neuropathology and Experimental Neurology* published a little-known study where the researchers identified increased oxidative damage as an “early event” in Alzheimer’s disease.³
- I believed this oxidative damage came from mitochondrial degradation (worsening of your mitochondria), and studies like one in the *Journal of Neuroscience* support my findings.
- This particular study indicates vulnerable neurons in Alzheimer’s disease have increased mitochondrial degradation,⁴ directly linking Alzheimer’s disease to mitochondrial dysfunction.
- The Geriatric Research Education Clinical Center examined patients with moderate to severe Huntington’s, and found all the characteristics consistent with mitochondrial loss present.⁵
- The *Journal of the American Medical Association* published a study where

researchers looked at children with autism. These children were more likely to have mitochondrial dysfunction than typically developing children.⁶

The list goes on and on.

I’ve found study after study and case after case from my own practice that makes it clear: Mitochondrial dysfunction has its fingerprints on neurodegenerative diseases.

So it’s crucial we take care of our brains as we get older. The best way to do this is by re-growing and rebuilding your mitochondria. It’ll not only improve your cognition, but protect your brain.

Big Pharma wants you to believe the only way to do this is to take their expensive and toxic chemically produced drugs.

But the drugs don’t work, as I’ll show in on your next article.

The good news is, you can naturally re-grow, repair and rejuvenate your mitochondria to help increase cognitive function, eliminate “senior moments” and protect your brain.

In my practice, my patients have achieved great results using these two nutrients to re-grow and rejuvenate their mitochondria.

It’s One of the Only Natural Ways to Help You Re-Grow, Revitalize and Birth New Power-Packed Mitochondria...

Perhaps the best natural cure I’ve found for re-growing and repairing mitochondria is pyrroloquinoline-quinine. Also known as PQQ.

It’s very effective, in scientific terms, because it up regulates some biochemical pathways that are very fundamental to youthful cell metabolism and energy production.

PQQ causes mitochondria to multiply. Yes, it naturally multiplies and ramps up energy production.

So you not only get more mitochondria, but bigger,

Continued on the next page...

more robust, higher-energy-producing mitochondria.

PQQ is so powerful that researchers have found it protects against the plaques that form on the brain in both Alzheimer's⁷ and Parkinson's⁸ diseases.

It also protects against brain injury and improves memory.

After suffering a brain injury, a group of animals were trained for five days to do a maze test.

The animals given PQQ easily completed the maze, but none of the animals that weren't could complete the maze. And the more PQQ the animals got, the faster they could complete it.⁹

PQQ also goes well with CoQ10. CoQ10 helps you make the fuel you burn inside your mitochondria, so it increases the amount of energy you produce. And PQQ increases the number of engines you have to burn the fuel.

The good news is, despite what most nutritionists and alternative doctors believe: **Many foods have PQQ in them, including various vegetables, fruits, milk, and animal products.**¹⁰

Foods with the most PQQ are:

- The fermented soy product, Natto
- Eggs
- Parsley
- Kiwi fruit
- Green peppers
- Tofu

Green tea and oolong tea also have PQQ. Even wine and whiskey have a bit in them.

You can also take PQQ as a supplement. But I have to warn you: *the amount used in scientific studies is equivalent to a human dose of 10 mg, yet most supplements only use a 5 mg dose.*

The reason is that PQQ is expensive, and many supplement makers want to get away with giving you either lower quality or a lower dose. So if you choose to take a supplement, check the dosage first.



PQQ causes mitochondria to multiply. Foods with the most PQQ include eggs, parsley, green peppers, tofu and kiwi fruit.

Aside from PQQ, I have another potent alternative you can try to help boost your mitochondria...

Can You Naturally Stimulate Brain Growth?

I have found one nutrient that gives my patients and me more of a boost in brainpower than anything else I've ever used. And most doctors today don't even know about.

It's called acetyl L-carnitine (ALC).

I've seen how it has restored razor-sharp thinking to my patients who take it. Studies show when you have a deficiency in mitochondria, supplying the brain with ALC rebuilds it.¹¹

ALC shores up your ability to recall words and names, follow what others are saying, and think and reason clearly. You won't have to worry about losing the foundation of your memories.

ALC provides a range of brain protection, improving mood and memory. It protects the brain from damage due to poor circulation, and helps repair injured nerve cells to normal function.

When researchers started looking deeper into how ALC worked, they found it stimulates your brain to grow more neurites – the branches that are extensions of your brain cells. These let brain cells communicate with each

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other. And ALC does this at the same rate as your body's own nerve growth stimulant called "nerve growth factor" (NGF).

ALC actually stimulates NGF itself. It also helps keep the receptors for NGF healthy and vital.

ALC boosts production of adenosine triphosphate (ATP), the basic fuel every cell in your body needs to make and transport energy.

It even works in people who've already shown signs of senility or Alzheimer's.

Researchers looked at the effects of ALC in people with mild cognitive impairment and even early-stage Alzheimer's disease. With as little as 1.5-3 g per day, they showed significantly improved brain function across the board after three months.¹²

Food is always your best source for nutrients, and ALC is no exception. You can make some ALC from foods that have the amino acid lysine, like red meat, pork, parmesan cheese, cod, nuts, eggs, and the super-food spirulina.

If you find you can't get enough ALC through food, I recommend supplementing with at least 500 mg of ALC every day on an empty stomach.

Look for a formula that has only L-carnitine and not D,L-carnitine. D-carnitine is synthetic, and it interferes with the action of natural L-carnitine. Also, liquid ALC is more absorbable compared to the powders and capsules. ■



Acetyl L-carnitine (ALC) provides a range of brain protection, improving mood and memory. It protects the brain from damage due to poor circulation, and helps repair injured nerve cells to normal function.

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The Super Root That Stops – Even Reverses – Alzheimer’s and Dementia

My patients joke and call them “senior moments.” But it’s no joke when you don’t recognize someone you’ve known for years. Or you can’t remember how to get somewhere in your own home town.

If you’re worried about developing Alzheimer’s disease or age-associated dementia – *or even if you’re already suffering* – there’s new hope you may be able to slow down and reverse brain deterioration.

But don’t expect to hear about this outside of **Confidential Cures**. On the outside, revealing something can cure or reverse symptoms of disease can get me fined by the FDA, and even put out of business.

Why? Because the FDA protects its partners in the drug industry. And standard medicine’s approach to Alzheimer’s is to look for solutions from synthetic lab creations. Drugs like Aricept.

You see, very simply, Alzheimer’s disrupts the communication between your brain’s neurons. It causes a protein buildup of plaque, which causes tangled bundles that interfere with your neuronal network’s ability to communicate and function properly.

A British study found that, over the long-term, Aricept failed to improve the quality of life of those taking it.¹

Patients taking the drug showed minimal improvement for the first 24 months. But after that, the drug no longer improved their condition. Patients still had to be institutionalized and spend their incomes on caregivers.

That suggests the minimal benefits are not worth the cost of the drug over the long run, only to have the same end result.

Other Alzheimer’s drugs that are available are donepezil, galantamine and rivastigmine. But they all fail to work as advertised and have side effects like:

- Nausea
- Vomiting
- Diarrhea



Alzheimer’s disrupts the communication between your brain’s neurons but there’s new hope you may be able to slow down and reverse brain deterioration.

- Headache
- Fatigue
- Insomnia
- Muscle cramps
- Muscle pain

Those Alzheimer’s drugs are so ineffective the National Institute for Clinical Evidence (NICE), the group that reviews drug efficacy for Great Britain, is asking to have them removed as recommended treatments by the UK government’s National Health Service.

The story doesn’t end there.

Last year Eli Lilly admitted its proposed new Alzheimer’s drug solanezumab provided no benefit to those with Alzheimer’s.

And Johnson & Johnson and Pfizer have said their drug, bapineuzumab, didn’t help Alzheimer’s symptoms, either.

In fact, when *Consumer Reports* wanted to do a recommendation for Alzheimer’s drugs, it ended up recommending exactly zero of them, saying they were all way too expensive and didn’t work.

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They based some of their findings on a large-scale analysis by the U.S. government's Agency for Healthcare Research and Quality published in April 2010. That review found that Big Pharma's drugs for Alzheimer's didn't delay the onset of the disease, and didn't improve cognitive function, or even maintain it.

An earlier review by the American College of Physicians and the American Academy of Family Physicians said the same thing.²

Even so, Big Pharma would like you to think their drugs are the only options. And their partners at the FDA are happy to try and make sure you never find out otherwise. So they try to keep a muzzle on doctors like me.

But here in *Confidential Cures*, freedom of speech still applies. So I can tell you the alternatives to these drugs.

One of them is PQQ, which I've already told you about.

However, there's also an ancient root that can help your brain stay sharp and agile, and perhaps even prevent or reverse the effects of Alzheimer's and dementia naturally.

Retain Your Brain

Our brains produce a compound called acetylcholine. This chemical messenger (neurotransmitter) is vital to memory, judgment and clarity of thought.

Dementia and Alzheimer's patients produce an enzyme

called acetylcholinesterase (AChE). This enzyme breaks down acetylcholine. That leads to many cognitive problems.

But there is a natural compound that stops the breakdown of acetylcholine and helps restore proper brain function.

It's called **turmeric**.

Turmeric is the root from the ginger family that's one of the spices in Indian curry. Its components are curcuminoids, the main one being curcumin.

I've written to you about the different kinds of turmeric my friend Westi grows in his garden in Bali.

His rows of turmeric go on as far as you can see.

He has the regular orange turmeric (*Curcuma longa*), and also "white turmeric" (*Curcuma zedoaria*), among others.

But no matter which kind you use, they all have potent anti-dementia effects.

One remarkable study on turmeric's ability to stop Alzheimer's comes from the Department of Neurology at Kariya Hospital in Tokyo, Japan. Published a few months ago, it tells the story of three people with Alzheimer's disease who each experienced an incredible reversal of symptoms after taking turmeric.

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Avoid These Alzheimer's Traps

- **Aluminum:** Long-term exposure to aluminum can increase your risk of Alzheimer's disease by 60%.³ I avoid commercial antiperspirants because they contain aluminum.
- **Homocysteine:** A key study published in the prestigious *New England Journal of Medicine* found a direct link between homocysteine, age-related dementia, and Alzheimer's. Those with elevated homocysteine levels were nearly twice as likely to develop Alzheimer's.⁴
- **Extra Pounds:** People who are overweight are twice as likely to develop Alzheimer's disease.⁵
- **Mental Inactivity:** Research shows the more you use your brain the lower your risk of Alzheimer's. Researchers at Columbia University discovered that people with less than an eighth-grade education had twice the risk of developing Alzheimer's as those with higher education. And if those with lower educational levels worked at mentally nonstimulating jobs, the risk was three times higher.
- **Artificial Sweeteners:** When too much aspartame gets into your brain, it leads to the death of cells in the brain and spinal cord. There is evidence to link this toxin to serious nervous system disorders such as Parkinson's disease, Alzheimer's, and dementia.⁶

Their cognitive decline was very severe, and all three had hallmark symptoms of dementia: irritability, agitation, anxiety, apathy, incontinence and wandering.

They were prescribed turmeric powder capsules and started recovering from these symptoms right away. After only 12 weeks of the treatment, the symptoms decreased significantly. And two of the people began to recognize their family again within one year of treatment.

All of the people are still taking turmeric, and their symptoms have not returned.⁷

Curcumin Connection to Cutting Off Alzheimer's

As I did more research, I found it's the curcuminoids in turmeric that could be the secret to helping you keep your memory longer.

One study looked at a mixture of curcuminoids to see if they had acetylcholinesterase (AChE) inhibitory and memory-enhancing activities.

When they gave the curcuminoid mixture to rats, ALL of the compounds showed a pronounced effect on stopping the breakdown of acetylcholine.⁸

In another animal study, researchers were able to use turmeric to reduce the beta-amyloid plaque that builds up on the brains of Alzheimer's patients by 40%. The turmeric also reduced buildup of a harmful protein called *tau* by 80%.⁹

Why is that important? Because the buildup of plaques and tangles from the proteins known as beta-amyloid and tau cause your brain cells to die off. The result? Communication in the brain shuts down.

Turmeric seems to stop the threat from these harmful proteins, as well as block AChE.

One study out of UCLA found curcumin may even help macrophages to clear the amyloid plaques found in patients with Alzheimer's disease. Macrophages are important because they help you fight foreign proteins and then effectively clear them.

Researchers took blood from nine volunteers – six Alzheimer's patients and three healthy people – and treated



The white turmeric (*Curcuma zedoaria*) Westi dug up to show me has a yellow/white coloring. I later found out the plants are only supposed to grow to about 1-3 feet tall, but as you can see, Westi's are more like 5 or 6 feet high!

some of the macrophages with curcumin. Then they introduced beta-amyloid plaque to the blood.

The macrophages treated with curcumin showed an improved uptake and ingestion of the plaques, proving that curcumin helps the immune system to clear the amyloid protein.¹⁰

Other studies have shown that curcumin crosses the blood brain barrier and binds to plaques, destabilizing beta-amyloid plaques.¹¹

Turmeric also enhances the synthesis of glutathione, a potent antioxidant produced by the body. It is severely reduced in people with Alzheimer's. This reduction in your natural antioxidant support might be one of the ways Alzheimer's and dementia are able to progress.¹²

And as it turns out, white turmeric is also anti-cancer. It contains a protein toxic to cancers called ribosome inactivating protein (RIP), which can help disrupt cancer's process of duplicating itself.

With RIP, the development of cancer cells can be inhibited, and it can also prevent damage to your genes.

Here are three easy ways to benefit from this impressive root:

1. Buy the root. You can buy turmeric in conventional ground form, or whole.

Whole turmeric is much milder than ground turmeric. It's sweet and spicy at the same time,

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so I like blending it into a smoothie in the morning for a little gingery kick.

Ground, dried turmeric is available online, at sites like pinnercreekorganics.com or alibaba.com.

If you're going to buy it ground, make sure it's all turmeric and not just some of the root ground up with curry powder, which has other spices.

Steep it in hot water with lemon and honey for a soothing turmeric tea.

2. Use the daily tonic. There are some small companies making ready-to-drink turmeric juices. But I'd be skeptical until more information comes out on them, because an excess of sugar – or worse, artificial sweeteners – will reverse the brain-protective effects of the turmeric. Instead, why not make the traditional Balinese daily tonic that my friend Lelir showed me how to make? You can get it here...

3. Take turmeric as a supplement. Studies use up to 3 grams of extracted root daily. I recommend you get at least 500 mg of turmeric's major compounds, the curcuminoids, each day.

But there are some who believe turmeric supplements aren't as effective because they either aren't absorbed very well or pass through your system too quickly.

Look for a curcumin supplement that contains piperine (a black pepper extract that increases the absorbency of other compounds) or a highly bioavailable form of turmeric, so it's more absorbable.

In fact, in the study I mentioned earlier, it was only the optimized form of turmeric that reduced the plaque associated with Alzheimer's. With the optimized form, the integrity of the turmeric extract will be

preserved in the harsh environment of the stomach, so it can be delivered to your brain.

How do you recognize the more bioavailable turmeric? Well, you're probably going to get what you pay for. Cheap turmeric is going to have less curcumin and will not be optimized. ■

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Al Sears, M.D.

Al Sears, M.D., is a medical doctor and one of the nation's first board-certified anti-aging physicians.

As a board-certified clinical nutritionist, strength coach, ACE-certified fitness trainer and author, Dr. Sears enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

In 2010, Dr. Sears unveiled his proven anti-aging strategies in *Reset Your Biological Clock*. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, Dr. Sears made history by bringing telomere biology to the general public.

Dr. Sears shocked the fitness world by revealing the dangers of aerobics, "cardio" and long-distance running in his book, *PACE: The 12-Minute Fitness Revolution*.

In 2004, Dr. Sears was one of the first doctors to document the true cause of heart disease and expose the misguided and often fatal drugs-and-surgery approach to heart health.

In *The Doctor's Heart Cure*, Dr. Sears outlines the easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).