

The End of Alzheimer's

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Alzheimer's can be prevented and in many cases its associated cognitive decline can be reversed. That bold statement comes from one of the country's leading researchers, Dr. Dale Bredeesen, in his book *The End of Alzheimer's*. Dr. Bredeesen is a Professor of Neurology at the University of California, in L.A., where he summarizes his work and over 200 peer reviewed articles he and his colleagues have assembled. Although many of his concepts are not new to our viewers what is new is the way he organizes the material. I wanted to introduce you to his work for two reasons.

The obvious one is that your patients are concerned. Patients are looking for ways to predict and prevent Alzheimer's and despite the billions of dollars spent on research there is little hope on the horizon.

The second reason is that all of us are aging, the people we love are aging and there are things that we can do



right now to forestall and reverse cognitive decline.

This book gives you the tools to predict, prevent and treat cognitive problems. You may not feel skilled to treat an advanced case of dementia, but Dr. Bredeesen points out that "the process of cognitive decline is occurring 10 years before Alzheimer's is diagnosed."

That's what this book is about, what to look for and how to fix what you find. Let me repeat this important concept, the process of cognitive decline is occurring ten

years before Alzheimer's is diagnosed. We don't just wake up and are diagnosed with Alzheimer's. The brain is slowly deteriorating. The good news is that the deterioration process can be measured and monitored and therefore need not be permanent.

Just as osteoporosis represents the bone resorption forces called osteoclastic outperforming osteoblast or bone building cells, we can look at cognitive decline as an over activation of synaptoclastic signaling and a reduction of synaptoblastic

signaling. The course can be altered if you understand the process, and apply strategies to alter the course. And the sooner the course is altered, the greater the benefit.

His program is called ReCODE which stands for reversing cognitive decline. For me the beauty of Dr. Bredesen's work is his ability to organize testing strategies to assess the process and then monitor the effectiveness of the therapy. Some of the tests he suggests are very sophisticated but most of them are simple blood tests. He calls his battery of tests a "cognoscopy".

He asserts that Alzheimer's is not one disease rather three distinguishable types or syndromes. The three different causes or types of Alzheimer's are: an inflammatory based type, an atrophic type and one caused by toxins. And in each type he describes tests that support the grouping.

The Inflammatory type is hot, an overstimulation of free radicals and cytokines and as a result the immune system participates in the destruction of healthy neurons. It's basically over activity of the synaptoclastic process.

Atrophic refers to the process of building synaptoblastic signaling to repair and rebuild neurons. He says these forces are cold, meaning they are not keeping pace with the destructive synaptoclastic process.

The third and most difficult type to treat is the one called toxins. What makes it so complicated are the number of potential toxins in our environment, he calls this type vile. These toxins might be metals like mercury or aluminum, molds, an imbalance of minerals like zinc and copper or infection. It takes more detective work and a greater commitment to a clean lifestyle.

Speaking of lifestyle not surprising he suggests a mild ketogenic diet. He calls it Ketoflex 12/3. Space 12 hours between dinner and breakfast and make sure your dinner meal is completed three hours before you go to sleep. Ketones should be in the 0.5 - 4 mmol/L range. To know and keep you in that range, it is important to get a ketone meter that will measure ketones with a blood spot. Blood levels for ketones are much more sensitive than urine tests.

Many researchers refer to Alzheimer's as "type 3 diabetes". If there is a sugar utilization problem in the brain, the brain won't have enough energy to repair, inflammation sets in, oxidation increases and neurons start dying. Less energy means new brain cell growth is retarded. That is one reason you hear about the benefits of medium chain triglycerides referred to as MCT and coconut oil.

Medium chain triglycerides are 6-12 carbons long and are directly utilized as an energy source for the brain. The C-8 fraction is the one most researched for neurologic issues and appears to raise ketones the highest. Bio-MCT oil by Biotics Research Corporation contains approximately 98% of the C-8 fraction.

You can see a TM where we discussed MCT oil as an energy source in detail to the right.

There is no way we can summarize a book like this in one or even two sessions. We will come back to this topic in the future and highlight some of the botanicals that maximize synaptoblastic signaling. But for now click to the right to see his cognoscopy, the tests he suggests to determine which syndrome or category, someone falls into.

Thanks for reading this week's Tuesday Minute. I'll see you next Tuesday.