

## *Alzheimer's & Poor Brain Function*

Scientific research indicates Alzheimer's occurs when nerve cells in several key areas of the brain are damaged or destroyed. These changes disrupt the flow of information between body and brain resulting in a decline of mental function. Heavy metal poisoning is a key cause in the 10-fold increase in Alzheimer's we've seen in this century. We absorb heavy metals, such as aluminum and mercury, from so many sources in modern times. Our coal-burning power plants emit 40 tons of mercury into our air each year! This mercury lands in water and concentrates within certain fish, and also in the air we breathe. Mercury toxicity is one of the plagues of modern times. I have helped a few people with Alzheimer's using cilantro. God has created this common herb as a solution to naturally "chelate out" heavy metal. Cilantro has specific phyto-chemicals that do this. Get tested for mercury levels, (see autism). Several nutrients in scientific studies have proven to help Alzheimer's patients recover their mental function. Vitamin E, protector of nerve cells, is believed a breakthrough in treatment of Alzheimer's disease. The embryo of the wheat berry (wheat germ), contains the highest forms of biologically active vitamin E and is the most concentrated food source of Vitamin E in the world, 65% by weight. Vitamin B12 supplementation was shown to reverse impaired mental function in a study where 61% of Alzheimer's cases with low blood levels of B12 had a near complete recovery taking B12 [139]. Acetyl L-Carnitine (ALC) has been shown to benefit Alzheimer's patients. The results of studies using ALC are outstanding, and the studies have been well controlled and extremely thorough. In a group study on Alzheimer's, 1500 mg of ALC daily resulted in significant improvement in mental function, particularly in memory and in constructional thinking [140]. Zinc deficiency is one of the most common nutrient deficiencies in the elderly and important for maintaining high mental capacity. To test the benefits of zinc supplementation in Alzheimer's patients, 10 patients were given 27 mg of zinc per day. An amazing 80% showed improvement and one patient was labeled "unbelievable" by both medical staff and family [141].

### **Food-Healing Protocol:**

- 1) Drink the morning tonic (see morning tonic pg 26) and 20oz of Smoothie that are 75% vegetable. Follow Smoothie Formulas and take extra cilantro. Put in smoothies & salads. Best is the watercress and cilantro salad w/hemp oil. Eat raw corn daily. Corn has phospholipids for the brain.
- 2) Eat a few boiled oysters every day. Each one has 15mg of zinc, which is shown to be highly deficient in most cases of Alzheimer's. Start out with just a few each day. Zinc is very important. Take 3 wheat germ oil pearls from "Standard Process" after each meal. This is the best form of vitamin E on earth. Standard Process makes the best wheat germ supplement.
- 3) Take Wobenzym, 3 tablets x 3 times daily. Helps to dissolve intracellular waste, reported after 40 years. Will improve response to inflammation and helps Alzheimer's. No side effects (see enzymes)
- 4) Take zeolite and adjust dosage to comfortable detox levels. Zeolite gets rid of mercury and other metals. See Zeolite Also "Curamed Turmeric" 3 caps x 2 daily, (see turmeric & zeolite)
- 5) \*DHA 2 soft gels x twice daily w/meals  
\*1500mg Acetyl L-Carnitine once daily with meal  
\*2mg Vitamin B-12 once daily with meal  
\*300mg CoQ10 once daily with meal  
\*6 dropperfulls (squirts) Wild Red Reishi extract once daily in morning (Helps Alzheimer's See Reishi)

### **Morning Tonic & Tea Ritual**

Before drinking smoothie 5 minutes after first waking up, I recommend something we call, "The Morning Tonic". It's a time saver for busy people to take the world's most powerful digestive probiotics, endocrine enhancing herbs & cardiovascular boosting mushroom in one single shot.

Step #1: Take 4 ounces of water in a tall glass

Step #2: Add One 2.7 oz Good Belly Big Shot (*see probiotics*)

Step #3: Add 1-3 squirts of Wild Red Reishi (*see Reishi*)

Step #4: Add 1-3 squirts of Ginseng Sublime (*see ginseng*)

Step #5: Add 1 Tablespoon of Maca Powder (*see maca*)

Step #6: Stir well and drink it all on the spot

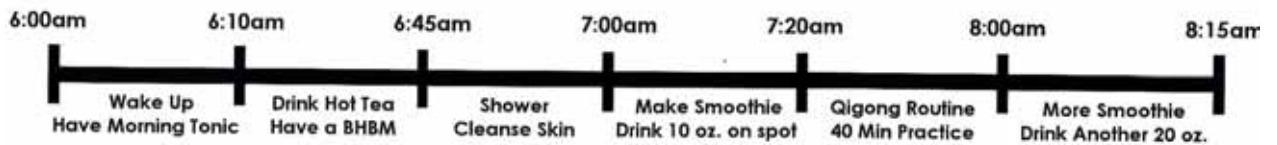
Immediately following your morning tonic I highly recommend the following sequence:

- (1) Drink 1-3 cups of hot water, green tea, or yerba mate while sitting in a relaxed posture
- (2) Use bathroom to have a big-huge bowel movement/continue drinking tea until bowel movement
- (3) Take a shower using an exfoliating scrub brush with natural soap and shampoo
- (4) Blend up a delicious high-phytochemical smoothie and drink 10 oz on the spot
- (5) Practice Qigong for 40-60 minutes

- (6) Drink another 15-20 oz of smoothie right after practicing Qigong
- (7) Start your day full of Qi and vitality

**Time Expand to Meet Our Needs**

If you are a busy person you simply must create time in your morning to follow this system. Ideally, this means practicing both Qigong & Food-Healing. For some people merely waking up early is a life-changing and profound shift. Giving yourself time in the morning is the secret of life. Try waking at 6am each morning and go to sleep between 10-11pm. This gives plenty of time to take a morning tonic, enjoy tea, shower, drink smoothie & practice Qigong before starting your day. Improving the energy flow within your body is priceless, enjoyable and mandatory if you are on a healing journey. It is important to strengthen your life force energy and immune system on a daily basis. Qigong deals directly with the energy of life and offers very noticeable health benefits if practiced regularly.



*Busy people working by 9:00am are advised to WAKE no later than 6:00am*

Imagine if every morning began with an endocrine boosting probiotics herbal morning tonic, a relaxing cup of yerba mate tea, a big-huge bowel movement, a shower with exfoliating skin brushing, 30 ounces of high-phytochemical smoothie down the hatch and 40 minutes of Qigong practice! ALL BY 8AM! The herbs and probiotics are taken on an empty stomach. Yerba mate tea or hot water cleanses the kidneys and stimulates a big huge bowel movement once your intestinal flora has been restored. This ensures good internal hygiene. Drinking only 10 ounces of smoothie before Qigong practice is enough to hold you through the routine and keep you feeling light. After practicing you'll be hungry to down another 20 ounces. This is the best routine I have ever created for myself and I encourage you to use it.

**Brain Smoothies:**

**1) Brain Function "Mind Power Smoothie"**

1 ½ c. distilled water, 2 ears fresh corn cut from cob, ¼ c. raw pumpkin seeds, 2 oz. organic goji berries, ½ lemon w/ pith & seeds, ½ inch fresh ginger root, 3 nodes fresh cilantro, 10 dried cordyceps

**2) Brain Function "Coffee Replacement Smoothie"**

2 c. distilled water, 2 ears fresh corn cut from cob, 2 carrots, 1 Fuji apple w/skin & seeds, 1 small yellow beet, 1 fist parsley with stems, 2 tsp. hemp nut or flax seed, 1" slice ginger root, 2 fresh basil tops w/stem, ½ lemon w/ pith & seeds, 2 tsp. bee pollen (last 20 seconds of blending)