

Alzheimer's? Senile Dementia? *Not if I can help it!*

An informal discussion by Marilyn Sidwell
owner of Nutrition Pure and Simple

... You don't know
what you don't know

- brain fog bingo
- fuzzy thinking
- memory lapses

This paper is about these frightening aging-related problems

- Alzheimer's and Senile Dementia
- Type 3 Diabetes (brain specific diabetes)

Help us get the word out! This Basic BRAIN Protocol provides safe and effective preventive measures you can take to protect your brain. We recommend three products from Nutrition Pure and Simple. Don't forget to work puzzles, take walks and eat well. It's the least you can do to protect your mental and physical well-being as you age.

Honey, do you know where I left my keys? Sound familiar? Protect your brain. Buy a quality multi vitamin, like **Ultra Vites**, which provides the active form of B-Vitamins. Nutritional deficiencies in the elderly are a major problem. Why? As a group, we don't eat well, don't chew well, don't smell worth a darn - and for a host of other reasons we are more likely to be malnourished than any other age group. This leads to mental and physical problems.

We know that the B-Vitamins are very important for people of all ages. New research reveals that many people have a genetic problem converting them to their active form in the body. This is a problem that likely accelerates foggy thinking. Many people believe it is helpful to supplement with Vitamin B12 for better brain function. Truth; **all** of the B Vitamins are necessary for the brain to work well. In fact, all the ESSENTIAL nutrients must be present every day. Ultra Vites is the result of careful research by Dr Jones.

We recommend Ultra Vites, 2 per day. This complete and easy-to-digest multi vitamin supports your daily nutritional needs. For the same reason you put gas in your car to make it go, you **must** nourish the wonderful chemical factory that you live in. You should also eat high quality protein daily.

What did we have for dinner last night? I forgot.

Ultra Omega Linic is the best Omega blend - and it is the best support for the brain! It provides **essential** fatty acids. They are "Essential" because the body and brain **MUST** have them daily. Unfortunately we seldom eat fish.

Does it matter? Yes!

- DHA (docosahexaenoic acid) is important for brain structure. CAT scans of the brain show a loss of brain structure as the brain ages. This loss is even more severe in Alzheimer's disease. The brain 'shrinks' in size.
- EPA (eicosapentaenoic acid) is important for brain function. There are tests that show that those with Alzheimer's have a definite loss of function. Many doctors are using fish oil for treatment.
- None of the studies we can find are also using the essential fatty acid GLA (gamma linolenic acid). However, studies do show a decrease in another essential fatty acid, Arachidonic Acid (AA) in Alzheimer's - and GLA is a precursor of AA. GLA also amplifies the effectiveness of fish oil because it is a precursor of the prostaglandin 1 series. For best results consider 4 to 8 capsules of Ultra Omega Linic per day.

Bonus: Fish oil supplementation is today's most popular support supplement for Arthritis and all related skeletal body pain.

Do I know you? There is a third product that might help you keep your brain going: **Ultra Monolaurin**.. For years doctors have recommended monolaurin for colds and flu (and other viral and bacterial infections). With all the recent talk about the benefits of a ketogenic diet, Monolaurin and Coconut oil are leading the Brain Function discussion.

How does monolaurin relate to the problems of the aging brain? A good question!

A little biochemistry. The main source of energy for brain cells is glucose. The source of glucose is carbohydrate.

Scientists have recently discovered that Insulin is produced by the healthy brain. In Alzheimer's disease the brain loses its ability to produce insulin from glucose. The brain becomes insulin resistant. This has caused some to call this condition **Type III Diabetes**. The brain cells lose their ability to use glucose for energy. When this happens brain cells die and the brain shrinks. But brain cells **do** have the ability to use Ketones for energy - if they are available. Hence the current intense interest in the ketogenic diet. When the body metabolizes medium chain fatty acids (MCFAs), ketones are formed in large amounts. Coconut oil contains 60% MCFA. Ultra Monolaurin contains 90% medium chain fatty acids.

If you decide to add coconut oil to your diet, be sure that it is not hydrogenated, and that it is Pure Virgin coconut Oil. Coconut milk and flour are also good additions, as is coconut itself.

There is recent work involving the successful use of coconut oil for Alzheimer's Disease. In addition, there is a prescription drug Axona™. The active ingredient is a synthetic medium chain triglyceride (MCT). Studies have shown improvement in Alzheimer's patients using Axona™.

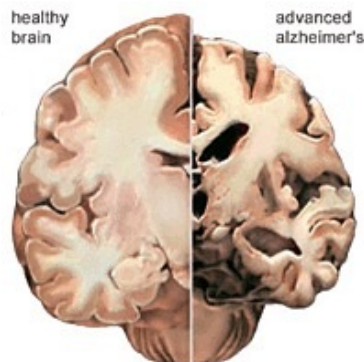
Neural tissue does use ketones as an energy source when glucose is not available. One of the benefits of the Atkins-type, low carbohydrate diet, is that it produces ketones.

As mentioned above Coconut oil is about 60% MCFA.

Ultra Monolaurin is a 90% pure Mono glyceride distillate from coconut oil. Lauric Acid is the highest MCFA by percentage in Ultra Monolaurin. In addition, it contains the other MCFAs, Myristic Acid, Capric Acid and Caprylic Acid. Each of them has a proven benefit in the body

Note: Monolaurin, myristic acid, capric acid and caprylic acid are monoglycerides - not triglycerides.
Note: Lauric acid (found in mother's milk and other sources) becomes monolaurin in the human body.
The information below are rough estimates of the MCFAs in the various coconut products.

- Density of coconut oil 0.908 (1ml = 0.91 gm) and it contains about 55% MCFA. Therefore 45 ml of coconut oil (4 tablespoons) contains about 22.5 gm MCFA
- MCFA content of Ultra Monolaurin: 1/4 tsp = 0.75 gm. 1 tsp = 3 gm. 1 Tbsp = 9 gm
- Axona™ (a prescription medical food) packet = 44 gm powder with 20 gm cyrillic triglyceride, approximately 20 gms MCFA.



Check out this [Basic Package with Monolaurin](#)

Ultra Vites, Ultra Omega-Linic and Ultra Monolaurin are the 3 products we recommend for a healthy and well functioning brain as you age. They keep your brain operating at peak performance.

In addition to these 3 products, Dr Jones always recommends the Low Carbohydrate Lifestyle Modification, which supplies lots of ketones, for his aging patients.

for more information visit jjConsulting.net

*These statements have not been evaluated by the FDA.
Products are not intended to diagnose, treat, cure or mitigate any disease.*