

XYNERGY PRODUCT INFORMATION

Preventing Alzheimer's – the answer could lie in your mouth?

By the time you reach 80 years old, you have a one in five chance of getting dementia, and most people who get it are over 65. Twenty per cent odds on suffering some form of dementia... you may find that uncomfortably high. But, research is now beginning to support what many nutritionists have been saying for years – that lifestyle changes could prevent Alzheimer's disease.

There are 820,000 people in the UK with dementia, yet studies carried out at the University of California have found that a 'couch potato' lifestyle with little or no exercise is the biggest culprit. A healthier diet, more exercise and giving up smoking could actually halve Alzheimer cases.

Smoking, a poor diet, obesity, high blood pressure and cholesterol were found to contribute to Alzheimer's as they cause damage to the blood vessels in the brain. Blows to the head can also increase the risk of developing the disease later in life.

But, it was also claimed that spending years at school and university protect the brain in old age, presumably due to stimulation of the brain. Carrying on as we are is not an option with predictions of over 1 million Britons expected to have Alzheimer's in the next 10 years, particularly as people live longer. It is always a good idea to have homocysteine levels tested because high levels of this amino acid in the blood can lead to the disease as well as other serious illness.

Symptoms of dementia

Dementia is a collective name for progressive degenerative brain syndromes that affect memory, thinking, behaviour and emotions. Alzheimer's disease is the most common form of dementia. Symptoms of which are:

- Memory loss
- Inability to find the right words to say or lack of understanding of other people
- Difficulty in performing routine tasks
- Changes in personality and mood

Surely it doesn't need to be like this?

Report shows link to nutrition

A report issued by two charities - The Mental Health Foundation and Sustain - showed that one of the reasons for the increase in mental illness in the UK has been our change in diet. It found that changes in the way that food is produced and manufactured has reduced the amount of essential fats, vitamins and minerals that we eat.

People are eating far fewer Omega 3s fatty acids (from oily fish, seeds and nuts) than they used to and consuming far more Omega 6 fatty acids. Apparently the unbalanced intake combined with a lack of vitamins and minerals is linked to depression, concentration and memory problems.

It was also found - no surprise here - that only 29 per cent of 15 to 24 year olds eat a meal cooked from scratch every day. Young people are not eating enough fruit and vegetables and a lack of amino acids found in healthy foods is leading to depression, apathy, lack of motivation and not feeling relaxed.

Other findings showed:

- Men eat more takeaways and ready meals than women
- There has been a 34 per cent decline in the consumption of vegetables in the UK since the 1940s
- Only 13 per cent of men and 15 per cent of women eat five portions of fruit and veg a day
- Britons eat 59 per cent less fish than they did 60 years ago (an excellent source of Omega 3s).

- That some foods damage the brain by releasing toxins or oxidants that harm healthy brain cells
- A diet with adequate amounts of complex carbohydrates, essential fats (Omega 3 and 6s), amino acids, vitamins and mineral and water enables a balanced mood and feelings of wellbeing

One man who bucked the trend and got better

This case study comes from the website: <http://www.mentalhealthproject.com> the website of the Brain Bio Clinic which uses nutrition to help children and adults with problems ranging from ADHD and dyslexia to Alzheimer's and schizophrenia.

'Alzheimer's Disease Reversed

At 47 my memory started to decline. I had a difficult time finding my car in parking lots. Sometimes I couldn't remember my own telephone number. I was in a perpetual fog; confused, disoriented and becoming a crabby obnoxious jerk.

On my 50th birthday in 1983 our family doctor sent me to hospital for a CAT scan. He told me I had Alzheimer's disease and quietly explained what was happening to my brain. He said that I might have as long as seven years to live. A few days later another physician rechecked my X-rays and pointed out the brain atrophy revealed by the CAT scan and said there was no doubt about the accuracy of the diagnosis. Now at the age of 70 my CAT scans are completely normal. My clarity of mind and memory are back. How did I get better?

The turning point came after I read Dr Hal Huggins' book 'It's All in Your Head' about mercury poisoning from silver dental fillings so I had 26 mercury fillings removed. Within a few months I was back to my old self again.

I know a physician diagnosed with Alzheimer's disease who could not practise, but who recovered within two hours of having 13 root canals removed! They are more toxic than mercury fillings. There has never been an uninfected root canal. Any dentist who tells you otherwise is a blatant liar.

Then I discovered I had low stomach acid (7.2). That's not enough acid to even digest cake very well. I told Dr Hal Huggins, and he checked his mercury toxic dental patients and found that every one of them had low stomach acid. Mercury toxicity not only causes low stomach acid, candida overgrowth, leaky gut syndrome, food and cerebral allergies, it denudes the myelin sheath that surrounds the synapses in the brain causing the neurofibrillary tangles found in deceased Alzheimer's patients.

My advice for anyone with chronic disease, especially schizophrenia, Alzheimer's, dementia and other neurological disorders such as multiple sclerosis – that your doctor does not know the underlying cause for and you are not getting better, is to look in your mouth.

If you have mercury fillings find a dentist who has not been placing mercury amalgam fillings for many years, because the protocol for replacing silver dental fillings correctly is not taught in dental schools. Before doing anything get a biocompatibility blood test. Dentists use more than 1,750 different dental materials. I had silver/mercury amalgam under 70 per cent of my crowns and they had to come out too.

Find out about your allergies and chemical sensitivities. Work with a nutritionist and get advice on taking a comprehensive supplement programme including Vitamin B3, B6 and folic acid. I don't know of one person who followed this advice and did not get better!

It's All In Your Head: by Dr Hal Huggins is available on Amazon.

Xynergy comment from Brian Morris:

I remember at the Natural Products show in London one year, I was expounding the toxic metal-clearing virtues of Chlorella to a visitor at the Xynergy stand. He turned out to be a dentist with many years experience... and he was adamant that mercury fillings were a serious problem and everyone should have them removed. Chlorella will help reduce the toxicity but is not the end-game solution. Returning to dementia, at Xynergy we have just taken on an excellent range of Comvita Omega 3 Fish Oil products. Manufactured from sustainable fish stocks, this range includes extra strength EPA and DHA fish oils – two vital essential fatty acids. These are fruit flavoured... and I am taking one of them.