



LongLife Medical, INC

Where the best of all medical worlds come together

Brain Boosting I

The bad news is that deteriorative brain disease- including Alzheimer's- is on the rapid rise in the country. One authority estimates that there will be an incidence of Alzheimer's among people over 65 which run as high as 20% by the year 2030. This is tragic and scary.

But the good news is that there may be some steps that people can take to help avoid this awful end.

In study after study in Europe, there have been two nueronutrients that have emerged as standouts in helping people who already have Alzheimer's. These are acetyl-L-carnitine and phosphatidyl serine. And they can be obtained at your local health food store; don't wait for symptoms of Alzheimer's to occur. Begin a preventive program now, with these and others. You should see a difference to your brain's performance within a matter of days to a couple of weeks.

The brain is 85% fats, and in America we tend to eat diets loaded with bad fat, called trans fatty acids. This results from so much processing of our foodstuffs, such as hydrogenation. This, for example, makes peanut butter creamy and attractive to consumers. Read your labels: every thing from candy through cooking fats have been hydrogenated!

The result of all this bad fat- which is incorporated into biologic membranes, where just about everything happens that is happening in the human body- is that we lose the important properties of the membranes. Rather than to be fluid and supple, they become rigid and poorly functioning from free radical attack. The bad fats in the membranes are very subject to free radical deterioration.

Good fats are simply not available in the average American diet. But you can supplement your diet with essential fatty acids- for example from flax oil. And you can avoid hydrogenated fats by being a careful label reader. The best cooking oil, if you must cook with oil, would appear to be virgin olive oil. The Greek diet is the healthiest diet of all, from a cardiovascular standpoint, and they use olive oil and lots of fish.

Phosphatidyl serine, acetyl-L-carnitine, and flax oil all participate in a favorable fat metabolism picture that is beneficial to the brain. Flax oil-liquid, not pills- is taken one tablespoonful in natural culture yogurt twice per day: phosphatidyl serine is taken one 500mg capsule (which yields 100mg of pure Phosphatidyl serine) twice per day for people with mild memory dysfunction; it can be increased to two twice per day for those with more significant memory loss.

Studies even suggest that it should be taken by adults not currently suffering memory dysfunction- one capsule twice per day for 90 days each year for prevention.

Phosphatidyl serine has also been found to elevate mood in the elderly and even help some folks with seizure disorder, since it is known to stabilize nerve membranes.

Acetyl-L-carnitine is a powerful memory stimulant, taken in 500 mg capsules, three each morning with food and with one B-100 and one 400 IU Vitamin E. Another B-100 is taken later in the day with other nutrients.

By: David C. Korn DDS, DO, MD (H)

LongLife Medical Inc. Leads

"Staying Stronger Longer"