

LongLife Newsletter

VOLUME 1, ISSUE 1

DECEMBER 1, 2007

Degenerative Brain Disease

Brain Boosting 1

The bad news is that degenerative 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 neuro-nutrients 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 or at the LongLife Medical Center. 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 proc-

essing 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!



Supplement your diet with essential fatty acids.

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 flax oil and fish oil. 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. Seek the advise of you physician before starting any brain chemistry program.

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

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Brain Chemistry



Brain Boosting 1 cont'

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)



Phosphatidyl Serine has been found to elevate mood in elderly.

Brain Boosting II

A major problem causing memory loss in adults is the age-associated decline of the brain's free-radical-quenching (or antioxidant) abilities. Free radicals are the by-products of metabolism, especially that of oxygen. One of the more powerfully-damaging free radicals bringing memory loss is the hydroxyl radical. As mentioned in an IOD Lead, too much total body iron can stimulate this bad free radical. Any adult with memory loss should have a serum ferritin blood test and get treatment if it is over 200.

Oxygen-rich tissues—such as in brain—generate more free radicals than other tissues. Studies show that the aging brain has a massive increase in DNA damage from free radicals, and also a great decline in the natural antioxidants that protect from such damage in youth.

For example, Co-enzyme Q 10 (CoQ10) is very protective of the brain DNA, as is the brain hormone, melatonin. Both drop off markedly in brain concentration after age forty years. E

CoQ10 is taken a least 100mg once daily with your vitamin E and food, and any other nutrients you take at that time.

Melatonin is best in its sublingual form which requires it to be placed under the tongue. Take it only after dark, say near bedtime, in a dose ranging from 1 to 3 mg. Its actions as a sleep aid and calmative have been well publicized, but its powerful action as an antioxidant and cancer protective is very underrated. It will work better after two to three nights of taking.

Another reason for a drop in brain function is the free radical attack on dopamine, a key brain chemical, or neurotransmitter. **Vitamin C** is helpful in protecting against this and is the only vitamin actively secreted into the brain by the human body. In fact, the body concentrates vitamin C into brain tissue at 100 times the concentration in the blood.

Take 3,000 to 6,000 mg of vitamin C daily, split into two doses. The late Dr. Linus Pauling a two-time Nobel Prize Winner, devoted his life to scientifically demonstrating the many benefits of daily vitamin C supplementation. Iron overload disease patients should not take high doses of vitamin C—only about 500 mg daily.

Many neuroscientists believe that the ubiquitous sweetener, aspartame is neurotoxic and may be adding to the expected increase in deteriorative brain disease. It is found in most diet drinks and other sugar-free products.

Dr. Lester Packer, and expert in membrane biochemistry, sees **alpha lipoic acid** as one of the best anti-oxidants to take. I would recommend adding this to your brain program, 100 mg taken twice daily, with or without food. It can be taken with other nutrients.

*Oxygen rich tissue—
such as the brain —
generate more free
radicals than other
tissue.*



BEYOND C POWDER
15% OFF THE PURCHASE
PRICE UNTIL
DECEMBER 24,2007

LongLife Medical Welcomes Three New Staff Members

LongLife Medical Is Proud to announce three new team members.

Jonné Groves is a Naturopathic Physician, graduated from the Southwest Naturopathic school in Tempe Arizona. Dr. Groves is full time seeing patients at the LongLife Medical Center. Dr. Groves while in school trained under Dr. Korn and follows the same philosophy of caring for her patient's as Dr. Korn.

Naya Shuwayri is a Ho-

meopathic MA trained at the London International college of homeopathy, Naya is certified on the BioMeridian system. This equipment is FDA approved non invasive and painless. The acupuncture points on the hands and feet are tested and the results are reported through the computer and the patient receives instant results. The BioMeridian is also used to test for allergies

to food and chemicals.

Call to schedule a FREE 7 key points screening test today.

Gerald Ray is a Naturopathic graduate from the Southwest Naturopathic school in Tempe Arizona.

Dr. Ray is a Preceptee under Dr. Korn. Dr Ray is scheduled to take his boards in January 2008.



Referral Program

LongLife Medical would like to thank each of our patients for a wonderful year. Your trust and loyalty mean so much to us that we want to give back to you. **Rewards For Referrals**, is a new program that allows you to receive recognition for referring

your family and love ones to the LongLife Medical Center. When you refer a family member or a friend to the LongLife Medical Center we want to know who it is that you referred so that you can get credit. If a couple of movie tickets or a percentage off on

supplements or treatments sounds good, then please let your loved ones know they need to mention who referred them.

Thank you again and all of us here at LongLife Medical wish you and your family the very best holiday season.

*Rewards For Your
Referrals!
LongLife Medical
Thanks You!*

Tour The New Building In Mesa

LongLife Medical opened their new Mesa location on August 24, 2007 and the Grand Opening Party was on November 16, 2007 it was a great turn out and the entire team would like to thank you for your support. LongLife Medical would like to offer to anyone that was not able to make it for the grand opening to schedule a time to come in

and tour the building. LongLife Medical's state-of-the-art medical center is a place you will be proud to refer your family and friends to. The new building sit on the shores of the beautiful lake at the Superstition Springs Village Center. Receive your treatment while over looking the water in our IV room.





Give The Gift of Health This Holiday

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**Where the Best of All
Medical Worlds Come
Together**



**Were on the
web
www.longlife-
medical.com**



Tell Them That You Love Them

- Brief Office Visit
- PH Saliva Testing
- Urine Testing
- Bio- Photonic Scan
- Bio Meridian 58 Point Check \$600 Value
- 30 Minute Foot Detox \$450 Purchase
- EKG

"It's A Wonderful Life "

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- Bio Photonic Scan
- Bio Meridian 58 Point Check
- \$450 Value \$300 Purchase



"Naughty or Nice "

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- \$400 Value \$250 Purchase



"The Mistletoe Package"

- Brief Office Visit
- Bio Photonic Scan
- \$220 Value \$120 Purchase



LongLife Medical Philosophy

At LongLife Medical we believe in using the best and the latest medical modalities and medicines from all over the world thus the saying; "Where The Best of All Medical Worlds come Together" that is what we stand for. Our commitment to our patients is that everyone is unique and a customized care plan is put together for you

by our team dedicated professionals. We work closely together with the patient explaining each phase of their care plan. Continual education and research at the highest level is ongoing for the team of experts at the LongLife Medical Centers. It is our expressed desire, we want to help you!



Feel Great in 2008