

Reversing Cognitive Decline

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Are you ready to share with your patients your new sub-specialty because new research suggests that wellness clinicians are best suited for addressing cognitive decline? It comes as no surprise to us that drug therapies have failed miserably to slow the rate of Alzheimer's.

The September 2014 Journal of Aging says it this way in the article titled: Reversal of cognitive decline: A novel therapeutic program, "In the case of Alzheimer's disease there is not a single therapeutic that exerts anything beyond a marginal, unsustained symptomatic effect with little or no effect on disease progression. Furthermore in the past decade alone, hundreds of clinical trials have been conducted for Alzheimer's disease at an aggregate cost of billions of dollars without success".

This same article combines multiple wellness approaches to achieve synergistic healing. They applied these principles over a two year period and nine out of ten people



showed a reversal in cognitive decline. Six of the ten were either severely struggling with their job or had quit due to memory and cognitive loss. All six were able to either return to work or dramatically increase work performance. Three out of ten had been out of the work place for a year and did not desire to return.

Some people learned new languages, were able to add columns of numbers in their head but all nine reported significant changes in memory.

You can get a mini course on cognitive enhancement on topics such as mitochondrial

repair, enhancing glutathione, reducing inflammation and balancing methylation from the Tuesday Minute Archive, see links below.

The authors gave a great analogy for healing the brain that may be helpful in your patient discussions. In bone health we have simultaneous osteoblastic or bone building activity as well as osteoclastic or destruction of bone activity. If the tearing down or osteoclastic activity occurs at a faster rate than osteoblastic activity bone loss occurs. Similarly in Alzheimer's there are physiological processes that enhance synaptic connectivity that are synaptoblastic and

processes which inhibit connectivity that are synaptoclastic. In other words, we can now modulate factors that cause neurologic decay and amplify forces that promote neurologic growth through lifestyle changes and individualized nutrition programs.

These include eight hours of sleep; exercise 30-60 minutes, 4-6 days per week; consistent daily stress reduction as in yoga, meditation, music or prayer; and optimizing diet.

I thought it was interesting that these researchers also suggest, reducing simple carbohydrates, foods that increase inflammation and increasing consumption of plants.

Another factor that keeps coming up in the anti-aging literature is "fasting for 12 hours" each night between dinner and breakfast. Included in this 12 hour fast is a 3 hour window between dinner and bedtime.

By the way some researchers are calling Alzheimer's type III diabetes. The brain needs glucose as a source of fuel. And if that energy source is interrupted, neurologic dysfunction occurs. Reducing simple carbs and fasting 12 hours each night are keys to blood sugar regulation.

I love that the author's goal is not to just normalize metabolic parameters but rather to optimize them and not just one parameter but many parameters at the same time. For example, suggested lab ranges for homocysteine are below 12. The author and colleagues suggest less than 7. Similarly they suggest fasting insulin should be less than 7, HgbA1c less than 5.5, CRP less than 1, etc., etc. I've included the article below but pay particular attention to page 711 where the therapeutic goals are laid out with the therapies.

The nutrients suggested for cognitive improvement are present in: ProMulti-Plus, 3 bid; B12-2000 Lozenges, 1 bid; Cognitive Enhancer, 1 bid; ResveraSirt-HP, 1 per day; NAC, 1 bid; Acetyl-L-Carnitine, 1-2 bid; CoQ-Zyme 100 Plus, 1 bid; Bio-D-Mulsion Forte to 50 ng/ml; and Optimal EFAs, 3 bid.

Using manual manipulation to tone the nervous system, employing the lifestyle modification discussed and these basic nutrients will go a long way to increase mental performance.

Viewers will recognize Dr. Vasquez has championed the use of these nutrients as well as the dietary and lifestyle strategies mentioned to increase mitochondrial repair. The brain needs energy, so mitochondrial enhancement is another key component in any cognitive reparative program. Of course for optimal performance we want to measure and optimize physiological lab tests that have a global effect on metabolism.

I strongly encourage Wellness doctors to use tools assessing blood chemistry. One way to do that is to attend a course designed by Dr. Harry Eidenier and taught by Abbas Qutab called "Mastering the Art of Integrative Blood Chemistry". You'll find a schedule below.

Let's be honest, nobody can orchestrate and monitor lifestyle changes better than you can. I hope you are catching the vision that what you are doing matters and people's lives are being dramatically changed.

Personally, I am re-energized by this article and reminded that wellness principles affect so many different biological systems simultaneously, especially the brain.

Thanks for reading this week's edition. I'll see you next Tuesday.