

# The Memory Healer Program



Reverse the effects of memory loss

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*“You should always be taking pictures, if not with a camera then with your mind. Memories you capture on purpose are always more vivid than the ones you pick up by accident.”*

Isaac Marion, (American writer, born 1981)



## Introduction

“You have been diagnosed with dementia!” – It sounds like a life sentence. This is because of the negative connotation that so many people have with dementia, a condition that is better referred to as Alzheimer's.

Alzheimer's is a type of dementia; it is particularly the most common form according to what doctors have found. “Dementia” makes people think they have instantly and irreversibly become useless. It's the psychological reaction to this word and the meaning it has been attributed to it over the years that people fear the most. It gives a person the overall impression that one's life is never going to be the same and that one will go further down a spiral of mental struggles.

In fact, if you looked up to word “demented” in a dictionary then you may be surprised. You will see that dementia refers to being mentally ill and unable to manage one's cognitive functions as well as possible.

It is actually normal for people suffering from dementia to feel offended by the connotation of this diagnosis. Dementia is a brain disorder that seriously affects a person's ability to carry out daily activities. The worst part is that it is a condition that no person ever asked to have in the first place.

**de·ment·ed**  (dī-mən'tīd)  
*adj.*

1. Mentally ill; insane.
2. Suffering from dementia or a loss of cognitive function.

**de·ment'ed-ly** *adv.*

**de·ment'ed-ness** *n.*

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Alzheimer's disease (AD) begins at a gradual pace and will start by impacting various areas around the brain that are responsible for managing your thoughts and memory. After a while, it will impact the points that will control your language skills. Eventually it can hurt your physical functions to the point where you might not have an easy time doing things that you are using to working with in your daily life.



In particular, people with AD often start to struggle with some of the things that they come across; for instance, they often stop and think about faces or things that happened recently and they keep on coming up with blanks with regards to what they have seen, heard or experienced in some way.

Over time, the symptoms can get worse. You might think that you are going through one of those “senior moments” in your life, but, in reality, you are actually starting to lose control of what you can think and so forth. It will only make your life a real wreck that is hard to manage unless you understand what you have to do in order to improve it over time.



Those affected by AD may not recognize family members or have trouble speaking, reading and writing. Also, they may forget simple actions like how to brush their teeth, how to get dressed or how to make coffee. During the later stages of the disease, they could become anxious or aggressive.

What makes this worse is that some people may start to forget how to work with certain motor skills or bodily functions.

I do not want to worry you in any way possible; it is true that this is a scary condition and I fully acknowledge that it is one that many people do not want to talk about. If you are reading this then perhaps you might have dealt with family members or loved ones with AD, or you yourself are a victim; it is a more commonplace condition than what you might think it is.

I understand you feel that aging has left deep scars on you along with the fear that you will be a burden for your family or those close to you in a few years from now. But, that is why you are now reading this e-book. You have decided not to live with the problem of your condition, but to fight for your physical and mental integrity. The last thing that you want to be is another statistic.

You have decided to be independent as you probably have been most of your life and that

you are looking to be the real you and live many years of being aware of yourself, your actions and more. The goal you may have is to hold onto and maintain a normal personal and social life. This is why your luck turns back to you – you have taken the first step towards your recovery.

**Surely you have been told by doctors that AD can't be healed. This is a lie!** Why should I be kinder and more diplomatic with this issue when I actually know the truth – the fact is that Alzheimer's disease can be reversed. The effects of this condition can be reversed to the point where you will feel just as you did before your diagnosis or before all of these problems started to show up in your life.

The problem with most doctors is that they don't think outside the box. It's easier to prescribe drugs and make money off them, than it is to actually help patients.

It's easier to prescribe the drugs produced by pharmaceutical companies that support the professional organization you are being a part of or the one that has funded your medical training, since, as a doctor, you and maybe your clinic will receive the biggest benefit of all. It's easier to do things by the book and never ask yourself any challenging questions.

**Remember one thing – drugs are addictive and the more you need them, the better it will be for the profits of pharmaceutical companies and the wallets of those who are supposed to be helping you.**

Why research new therapies and why invest money in finding a cure when it's more profitable to keep those affected by AD or by other chronic diseases dependent on drugs for years? It's evil, but this is how the business works.

**Luckily, not all the doctors and medical researchers are the same.**

**Alzheimer's, dementia and even a deteriorating memory are not caused by aging or oxidation in the brain, as you have been told by now.** Instead, science is showing that there is one single enzyme – **striatal-enriched protein tyrosine phosphatase (STEP)** – which is raised in several different neuropsychiatric and neurodegenerative disorders, including


Alzheimer's disease.

**STEP normally opposes the development of synaptic strengthening** – this refers to the ability of your brain to form connections and therefore solidify certain memories – and if you have high levels of STEP then you will not get synapses to form as well as possible.


Scientifically speaking, these high levels will remove phosphate groups from many proteins as well as many receptors that take in glutamate. All that you have to really know in this case is that these receptors will not take in the chemicals that your brain needs. As a result, the effects of AD will get to be much worse unless you find a way to reverse the condition as needed.

**Yale scientists discovered a simple compound called TC-2153 that stops STEP from destroying the brain and even “irreversibly” repairs synapses.** The study itself is actually being printed in a major scientific journal as a means of helping people learn a little more about the condition and how it may be kept in check so it will not be as much of a risk as it could be. Just take a look at this abstract; naturally, it may be challenging to think about what

## Inhibitor of the Tyrosine Phosphatase STEP Reverses Cognitive Deficits in a Mouse Model of Alzheimer's Disease

Jian Xu, Manavi Chatterjee, Tyler D. Baguley, Jonathan Brouillette, Pradeep Kurup, Debolina Ghosh, Jean Kanyo, Yang Zhang, Kathleen Seyb, Chimezie Ononenyi, Ethan Foscue, George M. Anderson, Jodi Gresack, [...], Paul J. Lombroso , [view all]

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### Abstract

STEP (STriatal-Enriched protein tyrosine Phosphatase) is a neuron-specific phosphatase that regulates N-methyl-D-aspartate receptor (NMDAR) and  $\alpha$ -amino-3-hydroxy-5-methyl-4-isoxazolepropionic acid receptor (AMPA) trafficking, as well as ERK1/2, p38, Fyn, and Pyk2 activity. STEP is overactive in several neuropsychiatric and neurodegenerative disorders, including Alzheimer's disease (AD). The increase in STEP activity likely disrupts synaptic function and contributes to the cognitive deficits in AD. AD mice lacking STEP have restored levels of glutamate receptors on synaptosomal membranes and improved cognitive function, results that suggest STEP as a novel therapeutic target for AD. Here we describe the first large-scale effort to identify and characterize small-molecule STEP inhibitors. We identified the benzopentathiepin 8-(trifluoromethyl)-1,2,3,4,5-benzopentathiepin-6-aminehydrochloride (known as TC-2153) as an inhibitor of STEP with an  $IC_{50}$  of 24.6 nM. TC-2153 represents a novel class of PTP inhibitors based upon a cyclic polysulfide pharmacophore that forms a reversible covalent bond with the catalytic cysteine in STEP. In cell-based secondary assays, TC-2153 increased tyrosine phosphorylation of STEP substrates ERK1/2, Pyk2, and GluN2B, and exhibited no toxicity in cortical cultures. Validation and specificity experiments performed in wild-type (WT) and STEP knockout (KO) cortical cells and *in vivo* in WT and STEP KO mice suggest specificity of inhibitors towards STEP compared to highly homologous tyrosine phosphatases. Furthermore, TC-2153 improved cognitive function in several cognitive tasks in 6- and 12-mo-old triple transgenic AD (3xTg-AD) mice, with no change in beta amyloid and phospho-tau levels.



it will do when you consider how complicated some of the words are but it is a clear sign of how your body can benefit in the long run if this inhibitor is used.

**Long story short, the Alzheimer's disease can be reversed.**

How about it? AD can be reversed and scientists are researching the precise medical formula that will help people who are currently suffering from this condition. Since we know pharmaceutical companies are not very keen about reducing their profits for the sake of persons that they don't actually care about, it might take a few years for this to actually get out there. That is why the study and the program you are going to read next is revolutionary.

After further study based on the research conducted by a group of doctors and professors from Yale, I can proudly present you a diet plan that will be able to really help you. This comes in the form of what is known as TC-2153 and it could be your saving grace with regards to having a healthier life and being able to control the development of Alzheimer's and other mental conditions.

Here is how it works! TC-2153 has two components:

- **Trifluoromethyl** – occurs in pharmaceuticals, drugs, but also abiotically synthesized natural fluoro carbon based compounds. That's complex – but basically what you need to know is that it can be induced through **carboxylic acids** – acids that are found in many fruits and other natural places. Simply put, changing your diet can help you to acquire more of this key aspect of TC-2153.
- **Amine hydrochloride** – combinations of **amine hydrochlorides** (found in different food products) and **benzyl alcohols** (found in many fruits, teas, essential oils and jasmine, etc) react with carboxylic acids to make them functional. The amine hydrochlorides and benzyl alcohols can be catalyzed by iron nitrate, a component that can be found in many fruits and vegetables like beets, carrots, lettuce, etc. Also, it is capable of lowering the body's blood pressure levels. It can be found in foods like lettuce, beetroots and other things and it can provide you with support for your blood

pressure, for instance. The advantages that will come out of taking such foods in your diet may especially help considering how you need these nitrates to activate the many chain reactions that will help you to get the effects of TC-2153 under control so your body will feel right and comfortable for as long as possible.



**We will intelligently “play” together with the components of TC-2153 in building an easy to follow diet that will not leave you with an excuse for not following it.** That is, this is a diet that is actually going to be worthwhile and appealing to get into. You will certainly want to be in this diet if used right. Also, because I

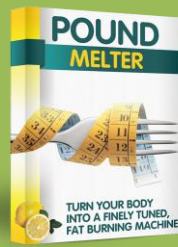
understand very well how it is to be affected by AD, we will take things slowly so you can get a better idea of just how this can work for you – we will analyze the disease: why you got sick, what are the phases of the disease, how memory works, if there are any risk factors, and much more as well as taking care of your needs, fears and emotions you might have with regards to the condition. You'll even learn about sleep and exercise and how they can impact your life in a positive manner as you are looking to keep this condition in check. There are also some stories to discover with regards to myths and facts about AD what you truly need to understand and figure out.

Let's start together, as buddies going on a quest, like little scouts on the trail to the treasure. So, keep reading to find more! The odds are very good you will certainly discover more than what you might ever imagined you could ever learn with regards to taking care of your mental health at large. After all, you don't have to be a slave to this condition; there is a potential for you to actually reverse AD so you can avoid the problems that may come along later on. And, considering all of the many great things that you have probably done in your life up to this point, being able to have more control over your life could be one of the greatest things that you could ever possibly experience.

AS I GET OLDER  
I'M SCARED OF  
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YOU MUST TRY  
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IT!





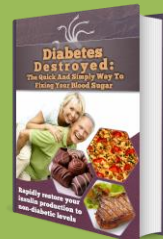
Natural solutions have always been available to us, just we didn't know about it. Medicine evolved mostly in the 20<sup>th</sup> century. We have pills that claim you will lose weight. We have gyms at every street corner, we have magical restrictive diets. Still, according to the Food Research and Action Center, **two thirds of the Americans are overweight or obese**. If you are one of the Americans who confronted such weight problems, here is your [solution](#): **The Pound Melter**.

I don't know about you, but I hate going to the gym and I also hate giving up my favorite foods. This is where the **Pound Melter** comes in as a perfect solution: **this protocol will help you lose weight, without yo-yo dieting, without going to the gym and without giving up on the sweet or creamy rich foods we love so much.**

Too good to be true?

[Give it a try!](#)

Check this incredible product [right here!](#)



According to statistics, **diabetic persons die 10 years younger than non-diabetic people**.

Are you going to let yourself or your loved one be **the next victim**?

Think about the happy moments you had during the last 10 years: think about the people you met, the places you have visited, the knowledge you have gained, the smiles and hugs you have shared. **Don't miss any of those important things to you!**

Pharmaceutical companies pump tens of billion of dollars a year into making sure type 2 diabetes is never cured. This man speaks [the truth](#) and helps diabetics get their life back!

With **no strict diets, no impossible exercises**, while **still eating your favorite foods**, you can be **diabetes-free in a matter of weeks!**

I know it sounds incredible, but you definitely need to [check out](#) this protocol and you'll be amazed.

[Click here to find out more!](#)

## Chapter 1 – Forgetting Stuff

### The Strangest Things



*“One morning I woke up and I went over to my refrigerator to get a little something for breakfast. That’s when I notice that my wallet was in the fridge.*

*I didn’t know how this happened; I haven’t had anyone living in my house on a regular basis ever since my husband died six years ago.*

*A little later that day, I went over and started up my car. I drove to the local supermarket to pick up some groceries like what I usually get each week. However, I was surprised when I got out of the car to see that I was wearing my bedroom slippers while driving. Why did I not see this and put on my regular shoes instead?*

*I also forgot to get to my doctor’s appointment that afternoon. I had the card with me and everything; the card said where to go and when to meet with the doctor. I had to reschedule and it even cost me a bit of extra money to get a new time.*

*The next night, I started to prepare dinner by placing a baked potato wrapped in aluminum foil in the microwave. After I saw a few sparks, I opened up the microwave and took it out before a fire could start. That’s when I recalled something – usually I have one baked potato every week and I always wrap it in aluminum foil and place it in the oven when stuff with aluminum would normally belong. So why did I fail to notice that I had placed it in the microwave when I should not have? I have done this so often; I had no idea why I forgot to work with the right process, like what I have always been doing.*

*As a result, I began to become very fearful for my mental health. Was I getting into a pattern where I could be suffering from some kind of mental illness?*

*So I talked with my doctor about some of these problems and I got a full review of how my brain has been functioning. I went through a CT scan to see if there were any changes in my regular brain*



*function. An MRI was also done not long after.*

*Both of those tests found that I had been suffering from Alzheimer's. What's more is that this condition had started to progress by a small bit.*

*I even went through a few memory tests at the clinic; they showed me some photos and images and told me to recall what I had seen. It turned out that my score for the test was much lower than that of an average 65-year-old woman's score. It was clear that I had been struggling with Alzheimer's at this point.*

*I was fearful over what I was going to go through at this point. Why am I someone who has to experience Alzheimer's? And, more importantly, what can I do in order to keep this from being worse? Better yet, is there a way I can fix this issue and keep myself from suffering from the condition for a long time?"*

Katherine P., Cleveland

## The Talk



*"I normally call my son each Tuesday afternoon to talk with him about all the things that have been going on in our lives and to keep up with each other. It is something that he and I have done every Tuesday for nearly fourteen years. Even when he is outside the country, he will still find time to get in touch with me. We talk for about ten, maybe twenty minutes each time, but this is certainly time well spent. It feels great to me because I know that he cares and he knows that I love him so much. After all, it never*

*hurts to catch up on things once in a while.*

*However, there was one week when I was blindsided. It was Tuesday afternoon and I was just sitting on the couch, watching television like I do after I get back from work. However, I did not recall the routine that I always have.*

*He called me on the phone and wanted to just speak with me. I was worried because I thought something terrible happened. It turned out that he just wanted to talk with me like he always has about life and living in general.*

*He was very worried about me and thought that I wasn't paying any attention whatsoever to my schedule. He thought that I had just forgotten about things and that I was too busy with whatever it was I was doing. Still, we had a good talk that day.*

*The next week, the same thing happened. He was joking about it, thinking that I was rather busy once again.*

*The week after that, the same problem happened. I had forgotten once again about the call that I make with him every time. He became worried about me, thinking that my memory is being lost in some way. He knew that I was also open for a talk at that time and that sometimes I would start the call. However, nothing was happening either way.*

*In fact, after that phone call, I walked over to my kitchen and noticed a significant puddle near my stand-up freezer. It turned out I never closed the door to it and all the ice cream melted. I didn't even recall when I had opened the freezer; I knew I had to have been the one as I am the only person who is in the house.*

*I began to worry about this, so I went to my doctor to talk about what was going on. He soon revealed to me that I am in the early stages of Alzheimer's.*

*I felt worried about this and fearful about what I could do; however, I started to take charge of my life once and for all. Gone were all those dangerous foods in my home and in came a few dietary changes.*

*I started to focus on healthy foods that could inhibit the development of Alzheimer's and also got into a healthier sleeping pattern. I made all those changes in the hopes that it would make my mental capacity a little easier to manage.*

*About six months after my diagnosis, my doctor told me from the next scan I took that the brain functions that were observed do not appear to be signs of Alzheimer's and that the effects were nowhere*

*near as bad as expected. I discovered that it is not all that hard for me to control my life and to keep this condition from being a threat.*

*I have continued to change my diet and sleep patterns and today I feel like a new woman. I feel that my memory has never been stronger. It has given me a better feeling for my life and a new-found sense of hope for my future.*

*And, for once, I am getting my calls with my son going as planned. In fact, it seems like I'm the one who calls first these days. I am so glad that I took action and changed my life for the better."*

Sandra F., Atlanta

### **But I'm Healthy...**



*"I never imagined that I would be someone who would develop Alzheimer's. I mean, think about it for a moment. I am a bright and active 72 year old man and I still exercise and watch my diet. I feel like a typical 55-year-old from a physical standpoint, and that is great considering my age as it is.*

*That's when I found out from a visit with my doctor that I have Alzheimer's. He gave me a few tests of my mental capacity and used a few scans and found that I do indeed have the early stages*

*of this condition.*

*I never thought this would happen but at the same time I suddenly began to think that I needed to do something in order to fix this problem. I was wondering what I had to do in order to improve my life and that's when I began to think about how my life could be in real jeopardy because of Alzheimer's.*

*However, I felt that maybe it was a false diagnosis. I am always leery of what doctors say at times because I think that some of these doctors just want my money; they want me to use different medications so they can get money and get their commissions for certain drug companies filled.*

*Then I began to notice something – when I was visiting my daughter's home a weekend later, her*

*children were afraid to go near me. They said that I smelled terrible. I didn't get it; I always take a shower and use deodorant each morning.*

*That's when I suddenly came to a revelation – I had completely forgotten about the deodorant part of my routine each morning. Apparently I hadn't used any in a while and when I got home, I noticed that the stick of deodorant was stuck shut because it had dried up from not having been used for a while.*

*In addition, my daughter told me that I sounded a lot more tired than usual. I didn't get it; usually I think that I am assertive and strong in terms of my tone, but then she told me I sounded rather drab and unimpressed with life in general.*

*It was a very fearful moment for me; I knew that something became amiss in my life. It turned out that maybe the doctor was right all along.*

*That's when I chose to take action. I had read about this thing called TC-2153; I had no idea what it was but then I read about how it can work well to suppress the chemicals that cause this condition to move forward; by using TC-2153 I could easily prevent this from being prevalent while allowing my brain's cells to repair damages that had come from Alzheimer's in the first place.*

*I changed my diet to work with this compound in mind and even became a little more active with some special workouts. I found that there are more than enough foods out there that could help me out with getting the effects of Alzheimer's from being a burden on me. I knew that by getting my life back on track after that diagnosis, I could easily beat it.*

*Today I am nowhere near as forgetful as I could have been and I still feel active and healthy. I feel like I could really take on the world as it is today.*

*The thing is, I just wanted to find ways to change my life and keep myself from being a victim of Alzheimer's. I really feel empowered thanks to how I took action and changed my life around."*

Thomas A., Trenton

These are all stories that show that Alzheimer's can be a very scary condition to bear with. The uncertainty that comes with Alzheimer's can be real but it does not mean that you have to live with this issue for the rest of your life. There are many things that may be done as a

means of making it easier for you to keep yourself from suffering for far too long.

You too can find the courage to get over this diagnosis. All you need is a little bit of faith in yourself and a bit of understanding of what you are going through. If you study up on Alzheimer's and think about what you can do to control the problem then you may certainly have an easier time with keeping yourself from struggling with Alzheimer's for far too long.

As you will read throughout this book, Alzheimer's disease is a condition that will occur among many people. It can easily impact your memory but it does not have to be a burden that you will bear with for your entire life. In fact, if you change some points in your lifestyle, your diet and your sleeping patterns among other things, then you will see that Alzheimer's doesn't have to be a threat, but a memory of just some episode in your life that you have overcome.

As you will see in the next chapter, your memory is a truly amazing thing. It's something that works quite well and with more than enough detail to protect your mind. It can really be impressive, but if you don't control yourself like you are supposed to and get help for Alzheimer's, then you could really fall into the deepest stages of this condition, becoming a threat to yourself and to others.

This book is a revolution among the self-help books that have invaded the market. The plan you will get here, based on studies, will give you lists of products you can mix by yourself at home. It will be easy to understand, it won't cost you much and it will be effective.

Don't lose hope. We are nearly there.

Once you choose  
**HOPE,**  
anything's  
possible.  
- Christopher Reeve



## Chapter 2 – How Does Memory Work?

Memory is a truly fascinating thing. It helps all of us learn about what we know and to recall different things. It helps us to retain knowledge, maintain certain daily functions or to keep relationships and friendships alive.

However, your memory can also be at risk of being lost due to Alzheimer's. But to understand just how important it is for you to resolve issues that relate to Alzheimer's you need to take a careful look at how memories are created in the first place.

In addition, you should be aware of how Alzheimer's can impact your memory in a negative manner. The progression of AD can be gradual, but the effects can be very difficult for you to bear with.

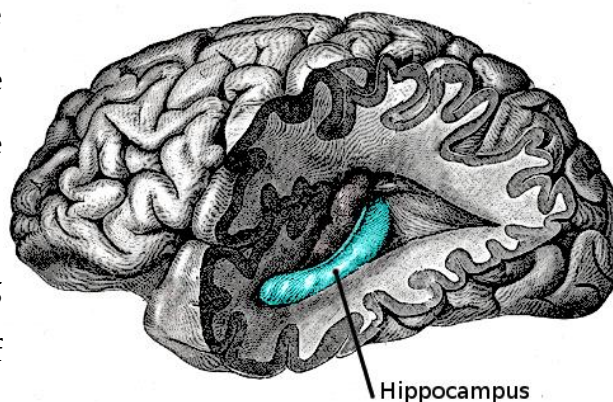
### How Memory Works

The first thing to understand involves just how memory works in the first place. There are a number of steps that have to be used in order for something to go into your brain as a memory:

#### 1. The brain's signals have to work.

In order for a memory to be attained, your brain has to get a few signals up and running. That is, the signals are sent out in a pattern that is affiliated with whatever event it is you are experiencing. It will create some connections that go from one part of the brain to the next. These connections are known as **synapses**. These synapses can be very strong and will therefore enhance your memory.

The **hippocampus** will be responsible for taking in the experiences that you sense. This is a part of the brain that manages the sensory functions you



might have to work with on a regular basis. It takes information and stores it in many parts of your brain. It will create a strong sense of memory for you to work with.

Of course, this only works if you are able to pay attention. If you are fully observant and aware of what you are learning, then it will be rather easy for you to actually figure out whatever it is you want to recall.

## 2. **The memory is consolidated.**

Consolidation is the second point of how memory works to see. It helps solidify the connection between the synapses.

A basic way of considering consolidation is that it takes the short term memory that you are holding onto right now and converts it into long term memory. Certain neurons associated with a certain memory have to keep going off at the same time. If they are able to do this more often, then a synapse will be easier to secure. That's because the neurons will become familiar with one another and can start to recall different functions as necessary. It is as though there was some kind of trigger in those neurons that will cause them to function in some way and help you recognize whatever it is you are going through.

This is required to help enhance your long term memory and may even improve the **plasticity** of your brain. Plasticity refers to the way the brain is able to recover in the event that it is damaged in any possible way. This refers to what can be done in order to control damages and to fix the brain's memory by allowing it to restore itself, as neurons and synapses get used to one another again. It helps you recall things that you might have once forgotten by ensuring that the connections in your brain are set back up the right way.

## 3. **The memory can also be recalled.**

Later on, the synapses that are in your brain will be secured. These synapses will recall information and make it easier for neurons to work with one another. This will help you bring back information on things you know and recall. In fact, if these synapses are able to keep on working quite well and recall things more often, then it should be rather easy for your brain

to recall information and think as carefully and clearly as possible.

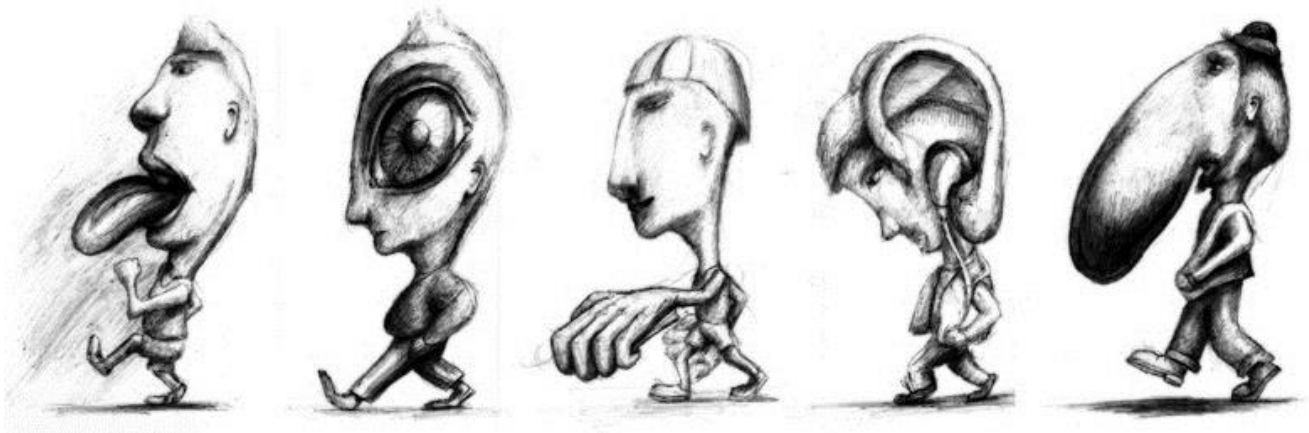
## Types of Memory

There are many types of memory that you will have to work with on a regular basis. These vary in terms of many points like the things you see, what you hear and how long you are going to retain this memory for:

### 1. Sensory Memory

This is memory that is good for about a few seconds. It refers to the ability to recognize and notice different types of scents, sounds, tastes and visions. The information in these memories can be retained for an extremely brief period of time. Naturally, if you experience a continued level of exposure to these sensory details then you may end up recalling them for a much longer period of time or at least have an easier time understanding whatever it is you are getting into when something that might potentially trigger your memory comes along.

This sensory memory is understandably short as many things that trigger your senses may only exist for a few moments. The changes in your environment can come by rather quickly.



### 2. Short-Term Memory

Short-term memory occurs when you recall something for a few seconds or minutes. It can entail something like what is on a grocery list or instructions on how to get to some place that you only need to visit just once. This form of memory is not going to be too intensive as it just

focuses on things that you may not have much of a need for over time. If it is used carefully then it will not be too hard to bear with.

The amount of time that something will be in your short term memory for will vary. You might have something in your head for the entire day, but in other cases you might only recall something for a few minutes. Think about a time when you kept on repeating to yourself something you heard; maybe you had to remember a phone number for a few minutes while looking for a notepad that you could write that number down on. This could be a sign of you trying to work on your short-term memory; you will recall something for a few minutes and then release that information once you have written it down. This is because it will be much easier for you to actually recall what you wanted to remember, having a fully documented note on what it is about.

### 3. Long-Term Memory

Long-term memory is different in that you will recall the information that you hear over and over again throughout your life. That is, the neurons in your brain will become used to one another and the synapses that are created become stronger.

One interesting point about these synapses is that new proteins within the brain may appear over time and thus promote a healthy sense of recollection. The proteins will facilitate the transfer of neurotransmitters within the brain to regulate your emotions and thoughts. This is all to reinforce the ways neurons work and function in your brain. As a result, it will be much easier for you to



keep those synapses that you have developed functioning and ready to use for as long as possible.

Long-term memory is typically used for things like skills in your daily life, contact information for those who are close to you and anything you might have learned in school. A good way to think about this comes from all those times in school when teachers kept on repeating things to you. You might have felt that you did not want to go through all that lecturing again, but the fact is that it was to your benefit as this helped you to get a better recollection of what you were supposed to learn.

One amazing part of long-term memory is that it come in many formats. These relate to different things based on what you have to make an effort on in order to recall and what you will remember over time based on your actions at large.

#### 4. Explicit and Implicit Memory

These are two forms of memory that are directly related to long-term memory. Explicit memory refers to conscious facts and events that you know about. Implicit memory is a little more procedural in nature and focuses on skills and tasks. These are both good for what you will recall for years to come.

**Explicit memory**, which may also be called **declarative memory**, refers to what you can actually recall on your own with a bit of effort. The hippocampus and other parts of the medial temporal lobe in the brain will consolidate all this memory and store it in that spot.

**Implicit memory**, or **procedural memory** as it may be called, refers to the unconscious things that you may recall. It refers to the knowledge you may have of skills, procedures and other functions at things like a job.

Let's say that you work on a receiving dock at a retail store and you have to cut boxes open. That ability to use a box cutter and use it in the right space to open boxes without hurting yourself or what's inside the box may be part of your implicit memory. You are unconsciously recalling this information, as you don't have to prompt yourself into thinking twice about



what to do. You just know how to do it.

This part of your memory functions with the cerebellum, motor cortex and caudate nucleus in mind. These are parts of the brain that focus on motor control. If you work upon these parts quite well then your ability to recall things will most certainly improve.

In fact, these are parts of the brain that are developed at an early age as the mind is able to recall information on what it can do in order to engage in certain actions. Naturally, a younger person will have a much easier time with building new memories in this form but this is something that all people can get into regardless of age. The key is to have some sense of effort in play when trying to make it work.

### 5. Episodic and Semantic Memory

These two memories relate to different functions altogether. **Episodic memory** places an emphasis on your recollection of events and things you experience. It helps you to recognize times, places and people in certain events. The context of the memory will also be included.

This is primarily focused on the hippocampus and is then moved to the neocortex. This is to help link together information on every sensory point that is covered in a memory.

**Semantic memory** focuses more on the facts, concepts and ideas about the world that you have taken in. It covers the knowledge that you have figured out and will recall over time. Sometimes it might have a personal memory attached to it, but in most cases it will entail common knowledge that you have begun to figure out over time.

For instance, you might recall information on all the state capitals. This comes from your semantic memory. It is memory that you have gathered from what you have heard throughout your life and have then gotten into its own special form to where it should not be too hard to recall.

This semantic memory is encoded in practically the same way as that of the episodic memory. It is encoded to be a little easier for you to work with in the long run.

## 6. Future Forms of Memory

Sometimes your memory will entail things that you are going to recall in the future. There are two forms of memory that relate to what you will recall in the future – retrospective and prospective memory.

**Retrospective memory** may involve content that you are going to remember. It can include anything that you need to think about while also recalling as many words and people as possible.

**Prospective memory** is different in a way that it covers content you need to remember; that is, you are trying to make sure you remember something that you know will be required some time in the future.

This form of memory may be recalled through some kind of cue. Let's say you have a doctor's appointment; a note card that was given to you by a doctor that lists information on that pending visit may be used to trigger the recollection that you need to head out to the doctor's office on that day.

## Understanding Alzheimer's and Your Memory

Your memory is truly amazing; however, Alzheimer's can keep that memory from being as great as it should be. If it is not treated properly, then it will only cause you to lose your memory altogether.

This is a very difficult form of dementia to think about. It is estimated that about 5 million Americans have AD at this point. What's worse is that this total is expected to triple by 2050 unless the proper steps are used in order to control this condition or to even prevent it; this is why so many people are looking for cures to AD.

This is one of the most savage mental conditions anyone may bear with as it will result in the brain losing its ability to recall things and help create new memories. Over time, it will cause a person who has been affected by it to lose one's bodily controls and other functions that are

critical to one's life at large.

It can prove to be very harmful and devastating to the mind and body.

There are many potential symptoms of this condition that all people should consider. It is clearly best to get help as soon as possible if you ever experience any of these **commonplace symptoms** of Alzheimer's:

- **Repetition**; that is, you may be repeating things over and over again without even thinking about it;
- **A lack of hygiene**; this often comes from forgetting to do certain things for your body;
- **Unusual behaviors**; you might misplace things or do things in an unusual manner and you may not be fully aware of this until well after you start doing something;
- **Forgetting words or how to communicate**; you may struggle with trying to get sentences out or even with getting out words that you might already recognize or notice;
- **Forgetting memories or other things that you have known for a while**; this can occur with practically any part of your memory.

These are commonplace signs of AD that will get worse unless the condition is controlled. It can be rather hard for your mind and body to feel its best if this continues to evolve.

In many cases, you may only manifest just one of these signs and still have a positive AD diagnosis. However, the number of signs of AD will continue to increase if nothing is done to take care of the issue.

## Stages

One major problem with this condition is that it can easily progress. The way it progresses can be identified through **stages**. There are seven stages that you have to be aware of.

### 1. Lack of impairment

You may not think that you have Alzheimer's and it may not look as though you are experiencing this condition. However, your brain's general functions may show signs of Alzheimer's if you undergo a proper MRI or CT scan but there is no guarantee that this will be the case. A proper exam is often required to ensure that there are no issues coming out of such a case as this.

Granted, you may begin to think it's nothing more than old age coming onto you when you feel something unusual like forgetting an item here and there. It is understandable as you may not be fully experienced with issues that relate to memory loss. However, the threat that may come with AD could be right around the corner and you may not be fully aware of it.

### 2. A slight decline

You may start to experience a slight decline in your general brain functions. That is, you might begin to forget about everyday things that you might normally know. You may not be able to find certain items, but at the same time you may not be showing some of the symptoms that come with Alzheimer's. Again, you cannot guarantee that this may be found in a typical scanning process.

### 3. Added declines

In the third stage of Alzheimer's, you will start to have more noticeable problems regarding your memory. You may begin to notice that you are struggling to remember names or ideas and that you are not having a good time trying to recall new data. In addition, you might see that your skills at a job you might be working at are not as strong as they used to be. You could even end up misplacing items in your home or failing to plan events or routines in your daily life.

#### 4. A moderate decline

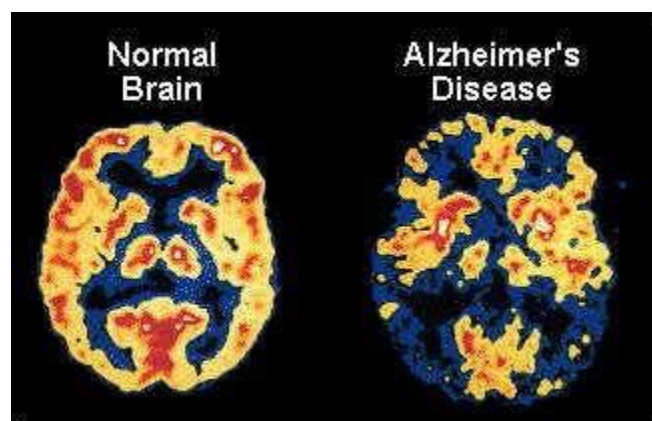
In the fourth stage, you will start to forget about things you did recently and you may not recall some parts of your own history. In addition, you may become overly moody or upset over things that you see or hear. This can especially be a hassle in some of the toughest situations that you might get into in your daily life.

This is a stage where it should be rather easy for a professional to identify Alzheimer's without having to go after a more professional exam.

#### 5. Mid-stage Alzheimer's

In the fifth stage, there will be major gaps in your memory and you will start requiring some assistance with some of the daily routines that you might be trying to go through. This can be rather tough to bear with, but it will cause you to forget more things over time.

If you take a look at this picture, you will see just how your brain functions will change over time. These changes come from different parts of your brain not being functional like what you are trying to get out of it.



Notice how your brain is going to stop working properly when you develop Alzheimer's. This is a real threat that gets worse and as you can notice by this picture, it will not take all that much time for it to be a threat to your life.

You may be at this stage if you aren't able to recall some of the most basic memories in your life like your phone number or even what day it is. What's more is that you might have a hard time managing simple arithmetic without spending a great deal of time in trying to figure out



certain problems.

This stage entails a significant brain fog that might get in the way of your life and will not go away no matter how hard you try to get it out of your life. It is at this point where memory loss and lapses no longer act as one-off issues that you might come across once in a while. It is where you will continue to struggle with your mind and not have an idea on how to take care of your memory issues. As bad as this seems, this is not even the worst part of AD.

#### **6. Slightly severe Alzheimer's**

The sixth stage will entail some real problems where you will lose track of some of the experiences that you have gone through in recent time. You may not recall your surroundings in some cases.

What makes this worse is that you may struggle with some physical actions. You might need help getting dressed, undressed or bathed, for instance. You may even need assistance while using the bathroom in some of the more substantial cases of this stage.

Also, your personality will change dramatically and you may become more hostile or suspicious. It could be as though you are behaving totally differently from how you normally are. What makes this even worse is that you might not even consciously be aware that you are acting differently in some way.

#### **7. Severe mental decline**

The last stage of Alzheimer's will result in an inability to respond to things in your environment, being unable to control your physical movements or even interacting with other people. Your bodily functions could become seriously impacted or impaired as a result of this. Therefore, your body will end up struggling and become unable to manage its functions as well as you might want it to. This can really be a threat to your general livelihood and may result in serious damages to your body and a need to be constantly supervised.

As you can see, it is clear that you need to get this condition controlled as well as possible. While you might have to fear the threats that you would get into in the event that this

condition becomes worse, you do not have to be in fear that you will never come across a solution. The fact is that you can indeed get this problem treated if you seek help as soon as possible.

## Interesting Factors

Like any other commonplace mental or physical condition, there are many different types of factors that you will have to think about regarding to what can cause Alzheimer's to occur.

A clear connection between old age and Alzheimer's hasn't been established yet. It's true that most of the AD patients are over 65, but you can easily consider this to be a coincidence. It is also true that some people who are younger may develop the disease.

**Your family history may be a factor as this condition can be genetic.** It is estimated that those who are directly related to someone who has Alzheimer's will be more likely to develop this condition in the future. This has been found to occur in a few cases here and there.

Specifically, the apolipoprotein E-e4, or APOE-e4, gene has been prevalent in about a quarter of all people who have Alzheimer's. This is slightly different from the APOE-e2 or APOE-e3 gene that most people have; it is a mutation that causes the brain to become prone to developing Alzheimer's at some age.

Still, this does not mean that every person who has APOE-e4 is going to develop AD. The big point about APOE-e4 is that it just increases your potential to develop Alzheimer's and it's not going to be a guarantee that you will develop the disease. Still, if you have this gene, it is a good idea to be aware of what may happen in



the future regarding your life in general and whether AD is ever going to manifest itself in some way. Genetic testing may be required to determine if you are going to be at risk of such a concern.

**Head trauma** can also be a serious factor for Alzheimer's. If a person suffers from a traumatic brain injury, then that person may be more likely to develop Alzheimer's over time. This is a concern that has particularly been noticed in recent studies surrounding the National Football League and head injuries, as well as the many lawsuits that have come about as a result of these injuries.

Studies from the National Institute for Occupational Safety and Health have found that NFL players are about four times more likely to die from Alzheimer's. This is practically due to all the brain trauma that may develop even with those helmets that players wear on the field. While this has prompted the NFL to establish some serious rules regarding penalties and fines for hits to the head, it is still a point that further emphasizes the way the brain may be impacted by head trauma to the point where AD may develop.

There is even the potential for **conditions relating to the heart being factors that can cause AD**. About a quarter of the blood that is produced in your body will move to your head; the brain cells will use this for regular functions. If your heart is unable to work properly or blood vessels as not as healthy as they should be, then you may be at an increased risk of developing AD. This is due to the reduced ability of blood to actually get into your brain as required.

Overall, Alzheimer's can be a very difficult condition due to how it can cause your brain to stop functioning as well as it is supposed to. To start, you need to take a look at STEP – the key problem that may cause you to develop this condition in the first place. It is a critical point to see that if you don't have this in the way, then your brain will become healthy

## Chapter 3 – Meeting Your Enemy – STEP

The concept of STEP does not sound like anything dangerous when you just look at the acronym. However, it is actually much more than what you might think it is. It is a component that can cause you to develop Alzheimer's.

The most amazing thing about STEP is that it is the particular component in your brain that will promote the development of AD. It may even be associated with a number of other mental conditions where the brain is negatively impacted.

### What is STEP?

STEP is short for **striatal-enriched protein tyrosine phosphatase**. It is a protein that will keep neurons from being able to move around in the brain as well as possible. It will be rather difficult for synapses to develop and be maintained if a person is suffering from AD. STEP is a key part in what makes it all happen.

Part of what STEP does is that it regulates the NMDA glutamate receptor. This is a receptor that typically takes in neurotransmitters that help establish long-term memories.

Glutamate receptors are required to help form memories; it particularly makes it easier for short-term memories to become long-term memories when used the right way. It is an essential aspect of the brain, but it may also be harmed in a negative manner.

The NMDA receptors are critical to the development of neurons and synapses, but STEP will get in the way and regulate their production by keeping them from working as well as they should.

STEP also removes phosphate groups from many proteins including kinases and glutamate receptors. Kinases are enzymes that move phosphates around while glutamate receptors work to manage and receive neurotransmitters. Essentially, proteins are building blocks for many functions and the removal of phosphate groups can be dangerous.

The specific form of STEP that can cause Alzheimer's to develop is STEP61. This protein will

stop synapses from becoming stronger. It will also remove receptor sites for synaptic functions and will stop the production of other proteins responsible for helping you function at a cognitive level. In addition, it may also cause other proteins that have not been targeted at a given time to become inactive.

What makes STEP even worse is that it may end up destroying and ruining some of the common neurotransmitters that promote the development of memories, as well as your general ability to recall whatever you might have learned or discovered over time. It may cause those chemicals to stop working and they may be harder for the brain to produce over time.

**STEP was found at the Yale School of Medicine more than 25 years ago.** The discovery of this component was critical as it helped to find that it is capable of impacting the brain in many forms and can certainly contribute to not only AD, but also many other cognitive issues. It will become rather easy for the brain to be negatively impacted by this condition if it is not managed as well as it should be.

**During many further studies at Yale, it was found that by reducing the genetic levels of STEP in mice that have genes that cause AD, the cognitive functions of the mice would improve.** Simply put, by inhibiting the development of STEP, the effects of Alzheimer's may actually be reversed.

As you will discover in the next chapter, TC-2153 can help reverse the effects of Alzheimer's.

## **The Added Role in Parkinson's**

One other point about STEP is that it may also have a critical role in the development of Parkinson's disease. While this is a different cognitive disorder, it will end up causing the signs of Parkinson's to increase over time.

This is because STEP is closely linked to parkin. This is a component that is found in the brain and is part of the Park2 gene. If parkin fails to work as well as needed, then the signs of

Parkinson's may become more prevalent in a patient. As a result, the physical tremors and functions that come with Parkinson's may increase in intensity. Also, the mood changes that may develop from the condition will also increase due to the disruption of that natural rate of neurotransmitter production in the brain.

STEP is a true villain in terms of AD and other brain disorders. It can come around and harm the brain to the point where it will keep you from having the right brain functions you require in order to have a better life.

This does not mean that you have to be a slave to STEP. **There is one component that can help stop STEP and reverse the impact of AD and that is known as TC-2153.** Read the next chapter to get a better idea of just how it can work wonders for your life.





## Chapter 4 – Introducing the Hero – TC-2153

I do get the feeling that you might have some suspicions regarding something called TC-2153 is good for you. The fact is that this is actually a very effective and beneficial component that can really work wonders for you. But just what does this product do for your life at large?

**TC-2153 is a drug compound that has been found to be effective when fighting against STEP.** It works in particular to control STEP and to inhibit its production so it will not be a major threat. If it controls STEP, then you should have an easier time with reversing the signs of Alzheimer's because you are going to have more space to help repair the damages that have come about in your brain as a result of Alzheimer's.

The Yale School of Medicine made this massive discovery and a study about the compound was printed in the PLOS Biology journal. It was developed as a mean of trying to find a drug that can actually lower STEP levels in the brain and to keep the compound from developing. As you saw in the last chapter, STEP is a key component that will cause AD to develop as synapses will not be able to form within the brain as well as they are supposed to.

**The Yale study found that TC-2153 has worked for test mice that have AD.** Many cognitive and motor skill tests were administered on these mice after they took TC-2153 and the mice all had much better scores on those than what they have had earlier. In many cases their scores were better than what the mice who did not have AD had in the first place, thus showing a potential that it will do more to remove the effects of STEP, than what many might have thought it would do in the first place.

This particularly supports the belief that the brain is capable of repairing itself. The problem with the brain is that it can easily be damaged, but if you are able to maintain it well and keep STEP from being a threat, then the brain can help recover. As useful as it can be, the process of recovering over time can take a while. TC-2153 will make it much easier for you to actually recover and have a healthier brain.

What makes this even more impressive is that the mice could learn new things after using

TC-2153. The neurotransmitters that are required to help facilitate the movement of memory from the short-term to the long-term were fixed and became much easier to work with.

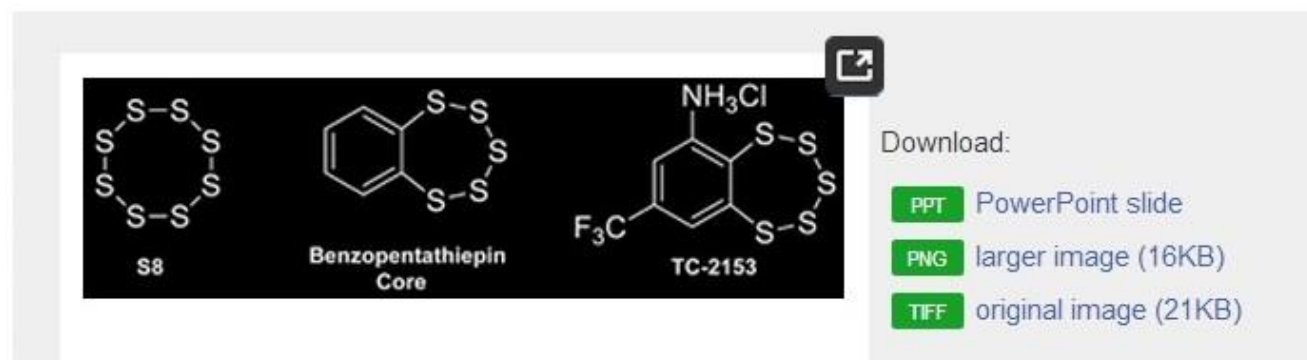
As of this point, scientists have been working to see if this can work on larger animals. The goal is to figure out if it will work on humans. Needless to say, the traditional process of testing stuff like this often involves looking to see if the smallest mammals can handle it and then move onward up to the point where it works on humans. Naturally, there are plenty of debates over whether animals should be used for testing, but that is a totally different story in its own right.

This is ideal and promising, but the fact is that the potential for it to go on the market is unclear. It is uncertain as to whether or not TC-2153 is going to be made available in some medication-based form; there is also that issue surrounding the ways different doctors are going to try and get as much money as possible off of AD medications and meetings at hospitals. However, as you will learn soon enough, there are many ways how you can acquire the components of TC-2153 in your daily routine.

If you look at the next page, you will get a full idea of what the study is all about. This study has shown that there is a very realistic chance that Alzheimer's may be controlled if this works; while it might take years before we ever get any truly concrete answers, it is still a good aspect worth taking a closer look at with regards to keeping your life from being at risk of harm.

**Citation:** Robinson R (2014) A Novel Phosphatase Inhibitor May Be a STEP Toward Ameliorating Cognitive Dysfunction. PLoS Biol 12(8): e1001924.  
doi:10.1371/journal.pbio.1001924

The ultimate cause of Alzheimer's disease (AD) may be accumulation of the excess proteins found in plaques and tangles in the brain, but the immediate causes of cognitive dysfunction in the disease likely lie several steps downstream from the disruption of protein homeostasis. One implicated pathway involves striatal-enriched protein tyrosine phosphatase, or STEP, a neuron-specific enzyme that, among other jobs, regulates the trafficking of synaptic glutamate receptors and the activity of a group of widely active kinases. STEP is overactive in AD, in part because it isn't degraded fast enough, and its overactivity disrupts the post-synaptic events that underlie learning and memory. In animal models of AD, knocking out STEP improves cognition. Thus, STEP inhibition is a potential target for treatment of AD. In this issue of *PLOS Biology*, Jian Xu, Paul Lombroso, and colleagues report their discovery of a new class of STEP inhibitor—a discovery that involved a small but significant bit of serendipity—and demonstrate its potential in an AD animal model.



The information in this picture simply shows how this inhibitor may be able to work for your brain. While the language is rather complicated, all you really have to know is that TC-2153 will prevent the component that causes the development of AD from being too prevalent and functional in your brain.

**There are many good things to see about TC-2153. The best part of these is that you do not have to worry about the dangerous effects that may come with a medication.** It can all be used right if you make a few changes regarding dietary plans, as many foods can give you the effects that TC-2153 is capable of providing you with. But first, let's talk about some of the components of TC-2153 and where they come from.

A good part of this will also entail a look at how certain components are needed in your diet in order to set off a chain reaction of events. These are to help with improving your potential to actually control STEP and reverse AD.

## Trifluoromethyl

Trifluoromethyl is the first point to see in TC-2153. This is a compound that is found in many drugs but it may be found in some synthesized natural fluorocarbon components.

This clearly sounds confusing but it's easy to understand when broken down into plain English – it can be promoted in the body through a diet that is rich in carboxylic acids, components that are found in a number of foods with fruits being among the most prominent of them.

**such as [5-(4-Fluoro-benzyloxy)-4'-trifluoromethyl-biphenyl-3-yl]-acetic acid, used for the treatment of Alzheimer's disease and for the modulation of gamma -secretase activity**

**US 7825160 B2**

### ABSTRACT

The present invention relates to compounds having the general formula (I) with the definitions of A, X, R<sub>1</sub>-R<sub>6</sub> given below, and/or a salt or ester thereof. Furthermore the invention relates to the use of said compounds for the treatment of Alzheimer's disease and their use for the modulation of γ-secretase activity.

### IMAGES (16)



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External Links: USPTO, USPTO Assignment, Espacenet	

### DESCRIPTION

The present invention relates to compounds having the general formula (I) with the definitions of A, X, R<sub>1</sub>-R<sub>6</sub> given below, and/or a salt or ester thereof.

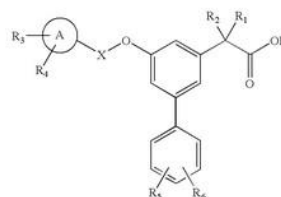
Furthermore, the invention relates to the use of said compounds for the treatment of Alzheimer's disease and their use for the modulation of γ-secretase activity.

Alzheimer's disease is the most common form of age-related neurodegenerative illness.

It is primarily, but not exclusively, associated with aging and presents clinically not only by progressive loss of memory, cognition, reasoning and judgement, but also by emotional instability and gradually leads to profound mental deterioration

### CLAIMS (10)

1. A compound having the general formula (I)

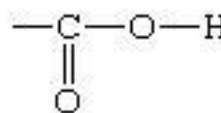


It may be seen in many fluoro-carbon based materials. It is normally found in a number of medications and other drugs but being able to get fluoro-carbon items will certainly be to your benefit.

While trifluoromethyl may be a mouthful as it is, it could really be worth exploring as you take a look at what it does for the brain in order to prevent you from suffering from the many damages that may come about as a result of experiences with AD.

## Carboxylic Acid

A critical point about trifluoromethyl is that it can get into the body through the use of carboxylic acids. These are components that may be among the most essential materials that you could even have in a diet to help you control the progression of AD and to reverse it. Simply put, if you do not have enough carboxylic acids in your diet then the potential for you to get the trifluoromethyl needed to adjust the effects of AD will decline in the beginning and eventually disappear. You have to place a big effort on a diet that is rich in carboxylic acid to improve your life.



A carboxylic acid is a compound where a carbon atom is attached in a double bond with an oxygen atom. It also links to a hydroxyl group, or -OH, in one bond. A fourth bond will connect the carbon atom to the group.

This is a type of acid that can be found in many different foods. In particular, it may be found in hydroxyl acids like **lactic acid** or **citric acid**. These are components that will easily provide your body with carboxylic acid so you will get trifluoromethyl moved in your body.

Lactic and citric acids are clearly acids that are naturally found in dairy and food products like what you will see in the chart not too long from now. However, these are not the only places where such acids may be found in when it comes to your diet at large.

You may also find carboxylic acid in many other useful acids including:

- **Acetic acid:** It is typically found in vinegar and is simple in its design.
- **Salicylic acid:** Known best for being used in acne medications, this comes from willow tree bark and can be used to preserve foods from damages.
- **Tannic acid:** Also found in tree bark, tannic acid can be rather light in its tone.
- **Malic acid:** While citric acids are found in many fruits, malic acid is in foods that have not ripened.

A number of these acids are found in triglycerides that are typically in many fats and oils. This is what causes people to refer to them as fatty acids. In fact, a carboxylic acid can contain about 12 to 20 carbon atoms in order to be called fatty acids.

Of course, some of these acids are not ones that you can easily consume. Many of them do have flaws, but will certainly be healthy if you use it the right way.

An interesting part of these acids is that they may be found in a number of different foods. While fruit and dairy products are clearly the best choices for you to stick with when finding ways to get your body to really have the best possible experience, there are many other types of foods that you can use just as well. The key is to find products that are more likely to have these acids and to consume them on a regular basis while also making sure you are doing so in moderation so you will not become sick or desensitized to any of the materials that may be found in these foods.

Here's a look at some of the foods that you can use in order to get the most out of your body.



## Foods That Contain Carboxylic Acids

Fruits	Dairy Products	Other Foods
Apples	Swiss cheese	Currants
Plums	Limburger cheese	Chocolate
Berries	Yogurt	Various spices
Oranges	Butter	Fermented pickles
Grapefruits	Milk, preferably sour	Vinegar
Lemons	Whole milk	Wine

If you engage in a diet that has plenty of these foods in mind then it should be rather easy for you to get more of the carboxylic acids that you need in order to get your brain to receive the TC-2153 that it needs. These foods are rather easy to find and can work wonders on your body at large.

**The fascinating point about carboxylic acids is that they are not going to be difficult for you to consume.**

Of course, you might want to take a look at the odors that may come with some foods; they may be tough to those who are not too familiar with them.

**In addition, you might want to take a look at how your body is able to manage dairy-based products.** While there are more than enough foods to help you out with getting carboxylic acid, make sure you keep yourself under control, so you will not be at risk of consuming more than what you can afford to handle at a given time.

## Amine Hydrochloride

If you thought the last term that we went over with regards to TC-2153 was complicated then the second term is going to be even harder. Amine hydrochloride is a rather interesting component that has been found to be beneficial in the fight against AD.

Amine hydrochlorides and benzyl alcohols, that are found in many fruits, can react with carboxylic acids and can also be promoted within the body through the use of iron nitrate, a component that is found in many foods.

The **amine hydrochlorides** can be introduced in your organism by a sum of 100% natural products.

**Benzyl alcohols** are rather different, as they are aromatic alcohols that have slightly gentle odors and no colors. These are used as solvents and are not dangerous to the human body and can, therefore, be utilized as food preservatives. This is also a water-soluble compound. Benzyl alcohols are typically found in many topical ointments as a means of preserving their components as well. They can also be found in many foods like:

- Green vegetables
- Teas
- Essential oils

A good aspect of this is that the cholinergic and adrenergic neurotransmissions that are found in the brain will be much easier to facilitate. That is, synapses will be less likely to be blocked as neurotransmitters are able to move freely around the brain again.

This is important considering how the neurotransmitters are required to regulate a number of different conditions and functions in your body. If it is used right and made with enough care, then you should have a rather easy time keeping your brain healthy. After all, you need to keep them all ready, so there will be no hassles out of whatever you might bear with when it comes to mental functions in your brain.

### **Determination of HP 749, a potential therapeutic agent for Alzheimer's disease, in plasma by high-performance liquid chromatography.**

Hsu RS<sup>1</sup>, DiLeo EM, Chesson SM, Klein JT, Effland RC.

#### **Author information**

<sup>1</sup>Chemical Research Department, Hoechst-Roussel Pharmaceuticals, Inc., Somerville, NJ 08876.

#### **Abstract**

N-(n-Propyl)-N-(4-pyridinyl)-1H-indol-1-amine hydrochloride (HP 749, I), a non-receptor-dependent cholinomimetic agent with noradrenergic activity, is a potential agent for the treatment of Alzheimer's disease. Pharmacokinetic studies in animals and humans showed that I was well absorbed and metabolized primarily to the N-despropyl metabolite (P7480, II) after oral administration. To facilitate the kinetic studies, a sensitive and selective high-performance chromatographic assay was developed. I and II are extracted from plasma by a mixture of cyclohexane-ethyl acetate and chromatographed on an isocratic reversed-phase high-performance liquid chromatographic system employing an analytical phenyl column with acetonitrile-ammonium formate as mobile phase. The concentrations of these two compounds, quantitated by internal standardization, are monitored by ultraviolet detection. The method is linear in the plasma assay over a concentration range of 0.5-500 ng/ml for both compounds with a quantitation limit of 0.5 ng/ml. The precision and accuracy of the calibration curves and/or method are less than 10%. The recovery of I and II from plasma is 63-74 and 63-68%, respectively, over a concentration range of 0.5-500 ng/ml.

PMID: 1818073 [PubMed - indexed for MEDLINE]

This is beneficial as it allows the promotion of TC-2153 in the brain. It works naturally and can certainly be of benefit to those who want to reverse AD.

So, let's take a quick recap for a moment:

- You need benzyl alcohols, amine hydrochlorides and carboxylic acids to help control AD.
- The amine hydrochloride products that you consume will be critical to preparing your body as needed.
- Trifluoromethyl will be introduced into your body when you use carboxylic acids.
- The amine hydrochlorides and benzyl alcohols for your body will have to be supported through the use of iron nitrate.

This last part is the next one to talk about; as you will discover, iron nitrates can really be useful to your body, but only if you are capable of using them the right way and without hurting your body as they are being utilized.

## Iron Nitrates

Iron nitrates are critical to the ability of your body to manage TC-2153. Iron nitrates will catalyze amine hydrochlorides and benzyl alcohols so they can actually work within the brain. That is, iron nitrates have to be provided in your body to encourage a healthy flow of these components that work in the same way as TC-2153.

Iron nitrates are chemical materials consisting of nitric acid and iron metal powder. This is designed for etching silver alloys in many jewelry applications, but it may also be used in your diet if you look for the right foods for taking care of your needs.

In particular, iron nitrates are designed to where they will catalyze amine hydrochlorides and benzyl alcohols. These will assist you in managing the components that have to be introduced into your body in order to allow TC-2153 to work for you without the use of medications.

A great part of these iron nitrates is that they may work well with some other functions in your body. It will enhance your bloodstream by clearing out toxins. This can be ideal for when you are trying to get blood into the brain so cells and synapses can actually function.

In addition, iron nitrates will lower blood pressure and keep inflammation from being a threat. This is all designed to protect your body and prevent you from suffering from serious health issues while you are fighting against AD.

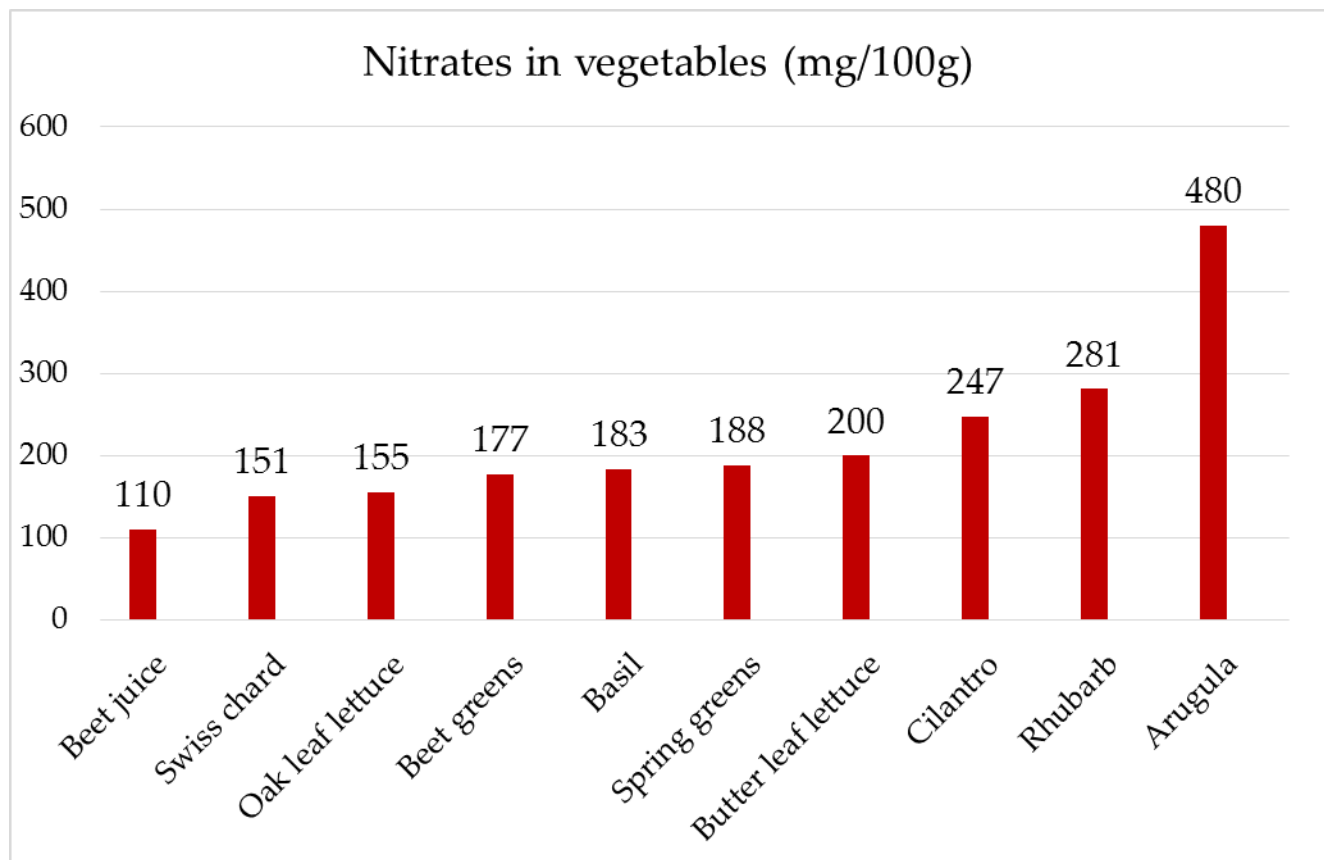
These nitrates will keep the plaques that may develop in your brain from being a threat. It can control the plaques and make it so there are no problems coming with them, thus allowing the circulation to move forward in your brain without being a real threat to your life.

The types of foods that you can use when getting iron nitrates in your body include some of the most important foods that you could ever eat in a typical day. While you will be more likely to get it out of vegetables, you can also fit it in many herbs that you might be using when you are trying to prepare foods that you know will taste good and be appealing to the senses.

These foods include the following:

Leafy Vegetables	Other Vegetables	Other Foods
Oak leaf lettuce	Rhubarb	Cilantro
Swiss chard	Carrots	Basil
Arugula	Squash	Rosemary
Butter leaf lettuce	Beets	Oregano

Pretty good variety, isn't it? However, there are clearly some foods that are going to have higher totals of iron nitrates than others. These are foods that are designed to be rather easy for the body to benefit from, as they will contain more milligrams of nitrates for every 100 grams than what you'd get elsewhere. Here's a closer look at what you can get out of nitrates.



Those are the same foods you saw on that list not too long ago for the most part. It just goes to place a further emphasis on the fact that you absolutely require help from these vegetables, spices and other useful items if you are to stay healthy and keep from becoming ill. Be sure to keep these going in your daily routine in order to have a much easier time staying healthy.

A quick note: Try and go after organic versions of these foods if possible. It is simply to ensure that you will actually get the total amount of support you require out of nitrates.

Also, make sure that you consume a moderate amount in order to keep your heart from acting up; you will learn later on in this guide about what you can do in order to get a proper moderate amount of nitrates to work in your diet, so you will continue staying healthy.

## **The Purpose Of It All**

If there is one thing that has to be explored, it relates to just how you are able to get TC-2153 for the needs that you have when looking to reverse Alzheimer's. This is a real concern that can impact anyone, but the fact is that there are no real medications out there that offer TC-2153.

Besides, the last thing that you would want to bear with would be medication that promises to work with your Alzheimer's needs in mind. The problem that comes with medications is that they are expensive and can be difficult to maintain in many cases. In addition, these medications may be very harmful.

You might find that some medications that may be used to control the symptoms of Alzheimer's may cause issues relating to your heart, the digestive system and your skin among other things. Some may end up hurting your sleep cycles too.

The side effects that come with these medications will vary based on the option you stick with. No matter what you get into, you might end up struggling to keep yourself healthy if you take medications. The fact that so many doctors will want you to take these medications as a means of getting more money off of you and drug companies will only make matters



worse.

What makes this even worse is that these medications are not going to actually do anything to cure you of Alzheimer's. They might make it so some symptoms of AD are not going to be as prevalent. However, they do nothing to actually reverse the course of the Alzheimer's condition as it moves along. It is a very difficult issue for life, but it is one that has to be understood as it could potentially be risky to your life at large.

The purpose of this book is to help you reverse the signs of Alzheimer's and to clear it out from your brain. It's not about medication; it is all about working with some changes in your life to make sure you have a better routine where you'll actually have the dietary and lifestyle adjustments needed to help you avoid the commonplace problems that often come with your life. This is to ensure that there are no problems involved with Alzheimer's.

This is all done in the comfort of your own home. Let's be honest; those who are in the later stages of AD are often forced into living in old peoples' homes that are cold, harsh and outright impersonal. These retirement homes can be very difficult as they cater to many people and in some cases the appropriate social and physical support that a resident may need will not be met. In some of the worst cases there may be stories regarding people at such a place who are being abusive and hostile to other people who live in these spots.

The greatest problem that comes with being at such a home is that it is anything, but relaxing. What makes this worse is that the AD one has may worsen.

If you use the points listed in this book to your advantage, then you will be able to reverse Alzheimer's and keep your mind at ease. The last thing you would want to do is to end up losing control of your mental facilities.

## **The Solution**

The solution to getting rid of Alzheimer's is available if you read this book. You will use the key components related to TC-2153 to control the development of STEP. This enzyme that will

cause you to develop AD among other neurogenerative disorders does not have to be a burden if you look at TC-2153 and use it to your benefit.

The mix of trifluoromethyl, amine hydrochloride components and benzyl alcohols will help you reverse AD. The use of iron nitrate will also help you catalyze the components that you might take.

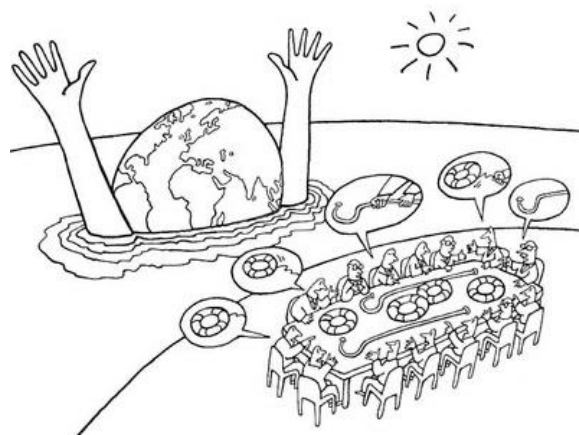
The amazing part of working with this solution is that you can easily find many foods like fruits and vegetables to acquire the components that you require in order to be healthy. In some cases, natural reactions can occur when you eat some of these foods, like what happens when iron nitrates work with many of the components listed here.

The next chapter to take a look at here involves a sensible diet that you can easily benefit from. It is a diet that is not in any way restrictive. It is simply one that will help you keep your life in check and stay healthy while removing Alzheimer's.

What makes this diet useful is that it is organic and easy to afford. Just think about the benefits you will get out of something that is safe and easy to use.

You are in the right place, in front of a real solution, since we are not kidding around, waiting for a miracle to happen.

Keep on reading!



## Chapter 5 – Delicious Wonder Treatments

It is clear that you don't want to bear with having to deal with an extensive medication-based plan to make it so you can get your AD condition under control. The worst part of these treatments is that they may end up being rather difficult to bear with, as they will be expensive and in some cases causing you to suffer from side effects from whatever you are taking.

**The truth is that AD can be taken care of, if you just follow a sensible and smart diet.** But there is much more that has to be seen with regards to getting it all ready and safe for you to utilize for your general needs.

It sounds like it is way too easy for you to bear with! A diet that doesn't have many restrictions and uses good foods? It really can work! It is something that can really be smart and appropriate because it concentrates on the right foods. While it took months to research different options and to figure out what would work, there is a plan that may be suitable and ready for you to use, so you will have that control you have always deserved.

The big secret that comes with reversing AD is that it will require many nutrients to help control your life. **The goal is to ensure that there are no problems coming from whatever may happen as you won't have to bear with annoying side effects or risks that come with medications.**

In fact, this chapter has a good guide that will help you plan what you want to do with your diet. This is to improve your overall potential to reverse AD while giving you a program that is not all that hard to recall when used the right way.

You will also learn about some food products you can use in your daily routine. If you use them to your advantage, you will discover that your body will stay healthy and also more likely to be as energetic and ready as it can be.

With that in mind, let's take a look at some points relating your alimentary routine over the course of 21 days. Following this routine could be the best thing you ever do.

## 21 Days Cycle

This twenty-one days cycle will cover information on everything you should be doing in order to enhance your ability to take care of Alzheimer's and reverse its development. There is a number of specific ingredients that you will need to add to your diet in order to make it all work; these products will be found a little bit later on in this chapter.

So, we have put all the ingredients you need to use in for reversing AD in four large groups. **You will be introduced to these groups and we will make a “salad” out of everything, taking one ingredient of each category, while I’ll let you know everything there is to know about serving sizes, timing, so that you know for sure what to eat to be on the right track, while aiming to regain your memory.**

Here are the four large groups:

- **Group T (for Trifluoromethyl)**
- **Group B (for Benzyl alcohols)**
- **Group A, (for the Amine hydrochlorides)**
- **Group C (for the Catalyst we have discovered)**

These four groups could be treated as a new Bible, the Bible of the AD surviving hero.

Let’s see what foods they each include.

### Group T (Trifluoromethyl)

As we already know, this compound occurs in pharmaceutical drugs, but is also synthesized from natural fluorocarbon based compounds. I can be induced through carboxylic acids, which are mostly found in fruits. There are several types of carboxylic acids that are widely found in nature.

Acetic acid, for instance, is found in vinegar, and gives its sour taste. Vinegar is actually a sour wine. Acetic acid was discovered when bacteria reacted with wine and turned it sour.

Tannic acid is found in the bark of several trees. It is used as a yellow or brown powder, which is highly soluble in water. Tannic acid is used for wool staining and cotton dyeing.

Salicylic acid is derived from the bark of the willow tree. It's mostly used in acne creams to reduce this condition's effects. Also, it's used as a food preservative. Its name derives from the Latin word "Salix", which means willow.

Citric acid is found mostly in citrus fruits. That tangy taste of oranges, lemons, limes and other fruits is the citric acid. It's largely used in foods and drinks, but also in some cleaning solutions.

Malic acid is found in unripe fruits. Green apples contain a large amount of malic acid, so do plums, currants and a large variety of fruits.

Oxalic acid was originally derived from the wood sorrel plant named "Oxalis". Now, it is used in bleaching and cleansing solutions.

Here is the list of the food products that form group T:

- Pickles
- Ketchup
- Mustard
- Salad dressings
- Marinades
- Vinegar
- Grapes
- Apple
- Blueberries
- Blackberries
- Cherries

- Cranberries
- Strawberries
- Pineapples
- Lemons
- Oranges
- Limes
- Persimmons (mostly unripen, can be eaten raw, dried or incorporated in jams and jellies)
- Apple cider
- Apple juice
- Green tea
- Beer
- Chocolate
- Cocoa powder
- Chickpeas
- Red beans
- Black-eyed peas
- Lentils
- Barley
- Sorghum
- Squash
- Rhubarb
- Cinnamon



- Thyme
- Cloves
- Vanilla
- Artichokes
- Lettuce
- Tomatoes

**You now know exactly what the first group contains. As you see, it's a quite generous list, you have a lot of products to choose from and most of them are common and can be found in most grocery stores.**



## Group B (Benzyl Alcohol)

Chemistry defines benzyl alcohol as a solvent that, unlike most solvents, is not inflammable. In healthcare industry, 5% solution of benzyl alcohol is the concentration approved to be used for the treatment of head lice for adults and children over 6 months.

Pharma industry uses this compound to preserve intravenous medications. As a solvent, it is used for inks, paints, epoxy resins and lacquers. Before the use of esters, it was used in several cosmetic products, including soaps. Photographic industry used it, mostly in the past, as a developer.

Well, you are probably wondering why, after all these types of industrial usage, you are now being told to add benzyl to your diet. Amine hydrochlorides and benzyl alcohols react with carboxylic acids. This is actually our purpose!

So, what you should note down from here is that you need to introduce or keep a normal ratio of amine hydrochlorides in your diet and to eat more benzyl alcohols.

Here is a list you will find useful for benzyl alcohols:

- Essential oils, like jasmine or ylang-ylang
- Tea
- Raspberries
- Beets
- Carrots
- Lettuce
- Leafy green vegetables

## Group A (Amine hydrochlorides)

You will get amine hydrochlorides by also mixing a few ingredients: hydrochloric acid, organic bases and nitrogen.

Here are the lists for all three different subcategories!

Hydrochloric acid:

- Apple cider vinegar
- Lemon juice
- Black olive
- Celery
- Spinach

Basic (alkaline foods):

- Apples
- Almonds
- Tomatoes
- Grapefruit
- Corn
- Mushroom
- Turnip
- Olive
- Soybeans
- Peaches
- Bell pepper
- Radish
- Pineapple
- Cherries
- Wild Rice
- Apricot
- Strawberries
- Bananas
- Avocados

- Green tea
- Lettuce
- Celery
- Peas
- Sweet potatoes
- Egg plant
- Green beans
- Beets
- Blueberries
- Pears
- Grapes
- Kiwi
- Melons
- Tangerine
- Figs
- Dates
- Mangoes
- Papayas
- Spinach
- Broccoli
- Artichoke
- Brussels sprouts
- Cabbage
- Cauliflower
- Carrots
- Cucumbers
- Lemons

- Limes
- Seaweed
- Asparagus
- Kale
- Radish
- Collard greens
- Onion

Nitrogen rich foods:

- Beef
- Pork
- Chicken
- Turkey
- Goose
- Duck
- Mussels
- Sardines
- Anchovies
- Scallops
- Crab
- Shrimp
- Lobster
- Oysters
- Cauliflower
- Spinach
- Green peas
- Asparagus
- Eggs

- Nuts
- Oats
- Milk
- Yogurt

In chemistry, these salts are resulting from the reaction of hydrochloric acid with an organic base. It is by far the most frequently successfully used pharmaceutical salt.

For instance, take pyridoxine hydrochloride that induces the metabolism of carbohydrates, protein and fats. It helps maintain the hormone balance in women, it prevents inflammation and ensures the normal functioning of the nervous system and hemoglobin production. Still, overconsumption of pyridoxine hydrochloride leads to sensory neuropathy in the arms and legs, with symptoms that include burning, freezing, tingling sensations. Do you know what its common name is? It's vitamin B6!

**Don't worry about having to remember endless list of products! You will get schedules that will make things clear and easy to follow!**

## Group C (Catalyst)

The catalyst is that special something that keeps the things going. In our case, we already discussed about the iron nitrate. Let's have another look on what is recommended for the daily diet:

- Arugula
- Rhubarb
- Cilantro
- Butter leaf lettuce
- Spring greens
- Basil
- Beet greens

- Oak leaf lettuce
- Swiss chard
- Beet juice
- Spinach
- Dark chocolate
- Coffee
- Raspberries
- Salmon

## The Salad Bowl

Now we have the lists. The next two pages are for you to print, if you need, so that you can take it to you as a shopping list. Put check marks for the products that you bought.

Some of the ingredients are written with bold. That is for you to know that those ingredients are important due to their multiple roles in our process of getting cured.

**In the following pages you will receive every day solutions. If you are not happy with our mixes, try one for yourself, since you already have the lists.**

### Example

Group T		Group B		Group A		Group C	
Pickles	✓	Beets	✓	Asparangus		Arugula	
Ketchup		Carrots		Bell peppers	✓	Rhubarb	



## Shopping list

Group T		Group B		Group A		Group C	
Pickles		Beets		Hydrochloric acid		Arugula	
Ketchup		Carrots		Apple cider vinegar		Rhubarb	
Mustard		Essential oils (jasmine, ylang-ylang)		Lemon juice		Cilantro	
Salad dressing		Leafy green vegetables		Black olive		Butter leaf lettuce	
Marinades		Lettuce		Celery		Basil	
Vinegar		Raspberries		Spinach		Beet greens	
Grapes		Tea		Apples		Oak leaf lettuce	
Apples				Organic bases		Swiss chard	
Blueberries				Almonds		Beet juice	
Cherries				Grapefruit		Spinach	
Cranberries				Mushroom		Dark chocolate (75% cocoa)	
Strawberries				Soybeans		Coffee	
Pineapple				Peaches		Raspberries	
Lemons				Bell pepper		Salmon	
Oranges				Radish			
Limes or lime				Pineapple			

<b>juice</b>							
Persimmons				<b>Cherries</b>			
Apple cider				Wild rice			
Apple juice				Apricot			
<b>Green tea</b>				<b>Strawberries</b>			
Beer				Bananas			
<b>Chocolate</b>				Avocados			
Cocoa powder				<b>Green tea</b>			
Chickpeas				<b>Lettuce</b>			
Red beans				<b>Celery</b>			
Black eyed-peas				Peas			
Lentils				Sweet potatoes			
Barley				Egg plant			
Sorghum				Green beans			
Squash				<b>Beets</b>			
<b>Rhubarb</b>				Blueberries			
Cinnamon				Pears			
Thyme				<b>Grapes</b>			
Cloves				Kiwi			
Vanilla				Melons			
<b>Artichokes</b>				Tangerine			
<b>Lettuce</b>				Figs			
Tomatoes				Dates			

				Mangoes			
				Papayas			
				<b>Spinach</b>			
				Broccoli			
				<b>Artichokes</b>			
				Brussels sprout			
				Cabbage			
				<b>Cauliflower</b>			
				<b>Carrots</b>			
				Cucumbers			
				<b>Lemons</b>			
				<b>Limes</b>			
				Seaweed			
				<b>Asparagus</b>			
				Kale			
				<b>Radish</b>			
				Collard greens			
				Onion			
				<b>Nitrogen</b>			
				Beef			
				Pork			
				Chicken			

				Turkey			
				Goose			
				Duck			
				Mussels			
				Sardines			
				Anchovies			
				Scallops			
				Crab			
				Shrimp			
				Lobster			
				Oyster			
				<b>Cauliflower</b>			
				<b>Spinach</b>			
				Green peas			
				<b>Asparagus</b>			
				Eggs			
				Nuts			
				Oats			
				Milk			
				Yogurt			



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**You will be amazed at just how quickly your bald spot shrinks and hair grows back.**

Check out the entire story [here](#) and try out this amazing protocol for yourself.

**A product protected by a 60-days Iron Clad Guarantee.**

## Where to?

You probably are fully prepared by now. You understood the mechanism, you got your groceries and you want to start mixing them up to obtain tasty results that will generate into a memory saving solution.



*"You say it's a win-win, but what if you're wrong-wrong and it all goes bad-bad?"*

Basically, what you would have to do is to respect the strategy that will be given to you, starting from the list of products that you already have. Since nobody would get scared by pickles, vanilla and apples, you have nothing to fear. And it only takes 21 days.

**If you don't like it, you can give up. But, would you rather give it up than trying to reverse your condition?**

Here is how this plan works. As you know, we shall be mixing the 4 groups in creating a "salad bowl", meaning a diet that will help you get well. Try these attached solutions in any order you like. To make it easy to remember, the solutions have girls' names. If you can't

remember where you were, at solution A or B or the second or the fifth, it will be easier for you to remember a name. You have 21 solutions for 21 days.

#### *Alice*

1. 2 ounces of grapes from Group T
2. 4 ounces of lettuce from Group B
3. 1 ounce of apples, 1 ounce of peaches and 1 glass of milk from Group A
4. 1 ounce dark chocolate (75% cocoa) from Group C

*Eat/drink all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening.*

#### *Beth*

1. 2 ounces of cherries from Group T
2. 4 ounces raspberries from Group B
3. 1 ounce of apples, 1 ounce of pineapple and 1 ounce of nuts from Group A
4. 1 ounce of rhubarb from Group C

*Eat all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening.*

#### *Candice*

1. 2 ounces of tomatoes from Group T
2. 4 ounces carrots from Group B
3. 1 ounce black olives, 1 ounce of bell peppers and 1 ounce of fresh spinach from Group A
4. 1 ounce of butter leaf lettuce from Group C

*Eat all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening. You can actually mix them together in a ball and serve them as salad.*



### *Doris*

1. 2 ounces pickles (cucumbers) from Group T
2. 4 ounces of grated beets from Group B
3. 1 ounce of celery, 1 ounce of mushrooms and 4 ounces of roasted beef from Group A
4. 1 ounce of oak leaf lettuce from Group C

*Eat all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening. This is a good idea for a stake, served with side dish.*

### *Edna*

1. 2 ounces of blueberries from Group T
2. 4 ounces of grated carrots from Group B
3. 1 ounce of apples, 1 ounce of grapefruits, 1 boiled egg from Group A
4. 1 ounce of cilantro from Group C

*Eat all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening. This mix is rather peculiar. If you don't like grapefruits, replace them with soybeans.*

### *Fiona*

1. 2 ounces oranges from Group T
2. 4 ounces of raspberries from Group B
3. 1 ounce of apples, 1 ounce of strawberries and 1 cup of low-fat yogurt from Group A
4. 1 cup of strong coffee from Group C

*Eat/drink all the ingredients within a 15 minute time period between 10 and 11:30 o'clock in the morning.*

### *Gertrude*

1. 2 ounces of dark chocolate (75% cocoa) from Group T
2. 4 ounces of raspberries from Group B
3. 1 ounce (2 tablespoons) of lemon juice, 1 ounce of almonds and 1 ounce of nuts from Group A
4. 1 ounce of arugula from Group C

*Eat all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening.*

### *Helen*

1. 2 ounces of apples from Group T
2. 4 ounces of grated beets from Group B
3. 1 ounce of apples (again!), 1 ounce of bananas and 1 cup of low-fat yogurt from Group A
4. 1 glass of beet juice from Group C

*Eat/drink all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening.*

*Did you know beet juice can temporarily lower blood pressure? It also helps you fight cancer and relaxes blood vessels.*

### *Ines*

1. 2 ounces of boiled red beans from Group T
2. 4 ounces lettuce from Group B
3. 1 ounce of fresh spinach, 1 ounce of lettuce (again!) and 1 ounce of roasted pork from Group A
4. 1 cup of strong coffee from Group C

*Eat/drink all the ingredients within a 15 minute time period between 10 and 11:30 o'clock in the morning. This one can actually be delicious. The Mexican beans with a fresh salad and a strong coffee*

*in the end... will surely make you love your regimen. Take this recipe for the morning, so that coffee won't affect your sleeping schedule.*

#### *Julie*

1. 2 ounces of pineapple (preferably fresh, not canned) from Group T
2. 4 ounces of raspberries from Group B
3. 1 ounce of celery, 1 ounce of boiled sweet potatoes and 1 ounce of boiled cauliflower from Group A
4. 1 ounce of spinach from Group C

*Eat all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening.*

#### *Karen*

1. 2 ounces of cranberries from Group T
2. 4 ounces of raspberries from Group B
3. 1 ounce of apples, 1 ounce of cherries and 1 cup of low-fat yogurt from Group A
4. 1 ounce of dark chocolate (75% cocoa) from Group C

*Eat all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening.*

#### *Laura*

1. 2 ounces of strawberries from Group T
2. 4 ounces carrots from Group B
3. 1 ounce of celery, 1 broccoli, 1 fried turkey or chicken from Group A
4. 1 ounce butter leaf lettuce from Group C

*Eat all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening.*

### *Madeline*

1. 1 glass of beer from Group T
2. 4 ounces of lettuce from Group B
3. 1 ounce of fresh spinach, 1 ounce of boiled wild rice and 1 ounce of roasted chicken from Group A
4. 1 ounce of fresh Swiss chard from Group C

*Eat all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening.*

### *Nora*

1. 2 ounces of lettuce from Group T
2. 4 ounces of carrots from Group B
3. 1 ounce of fresh spinach, 1 ounce of grated radish and 1 ounce of fresh spinach from Group A
4. 1 ounce of butter leaf lettuce from Group C

*Eat all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening. These could make a tasty, healthy, vegetarian salad.*

### *Ophelia*

1. 2 ounces of lime or lime juice from Group T
2. 1 large tea (tea leaves infusion), served in a pint from Group B
3. 1 ounce of black olives from, 1 ounce of broccoli and 1 ounce of boiled asparagus from Group A
4. 1 ounce raspberries from Group C

*Eat/drink all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening.  
You can use the lime juice in the tea.*

### *Penelope*

1. 2 ounces of tomatoes from Group T
2. 4 ounces of carrots from Group B
3. 1 ounce of celery, 1 ounce of onion and 1 ounce of green peas from Group A
4. 1 ounce of smoked salmon from Group C

*Eat all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening.*

#### *Rachel*

1. 1 glass of apple cider from Group T
2. 4 ounces of raspberries from Group B
3. 1 ounce of apples, 1 ounce of blueberries, 1 ounce of sardines from Group A
4. 1 ounce of dark chocolate (75% cocoa) from Group C

*Eat all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening.*

#### *Sandy*

1. 2 ounces of lettuce from Group T
2. 4 ounces of lettuce (again!) Group B
3. 1 ounce of celery, 1 ounce of carrots, 1 ounce of roasted duck from Group A
4. 1 ounce of fresh spinach from Group C

*Eat all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening. This is going to be a green salad, with lots of lettuce.*

#### *Thelma*

1. 1 glass of rhubarb juice from Group T
2. 4 ounces grated beets from Group B

3. 1 ounce of fresh spinach, 1 ounce of Brussels sprout, 1 boiled egg from Group A
4. 1 ounce of salmon from Group C

*Eat/drink all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening.*

#### *Ursula*

1. 2 ounces of tomatoes from Group T
2. 4 ounces of raspberries from Group B
3. 1 ounce of apples, 1 ounce of pears and 1 ounce of oats from Group A
4. 1 ounce of oak leaf lettuce from Group C

*Eat/drink all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening.*

#### *Veronique*

1. 1 glass of apple juice from Group T
2. 4 ounces of lettuce from Group B
3. 1 ounce of apples, 1 ounce of fresh figs and 1 boiled egg from Group A
4. 1 ounce of beet greens from Group C

*Eat/drink all the ingredients within a 15 minute time period between 6 and 8 o'clock in the evening.*

**Question no 1:** *Can I make my own "salads" according to the ingredients I like most or to avoid the ones I am allergic to?*

**Answer:** Sure you can! What you have to remember, in order to make your own daily doses of fresh magic "salad" is the amounts you need to use. So, pay close attention:

Group T: 2 ounces of different products from the list, 1 glass of beer, 1 glass of apple cider, 1 glass of rhubarb juice, 1 glass of apple juice;

Group B: 4 ounces of different products from the list, 1 large glass (pint) of tea leaves infusion;

Group A: 1 ounce of every ingredient, 1 glass of milk, 1 cup of yogurt, 1 medium size boiled egg;

Group C: 1 ounce of each ingredient, 1 cup of strong coffee, 1 glass of juice.

*Question no 2: What is the schedule for taking the “salad” mix?*

*Answer:* It is recommended to eat/drink the ingredients within 15 minutes, between 6 and 8 pm. If one of the ingredients is coffee, you would better move your diet in the morning, between 10 and 11:30 pm. It is better for you to eat the “super-salad” in the evening, because you will go to bed in a few hours after and your organism will work in your advantage while you sleep. Nevertheless, this type of diet proved to be efficient with coffee, during the morning. Your sleep is important; you need to sleep, since your nervous system is resting, your sleep will protect it and encourage its recovery.


*Question no 3: What if I want to eat more of the recommended ingredients?*

*Answer:* Keep the proportions between the ingredients and eat more if you want. The amounts given above are the minimum quantities that will make this plan work.

Here is a list for your 21 days that will help you remember where you were in your program. Write down all the details of each day and put a checkmark when you completed a day. This tool can be useful for you if you want to schedule a diet in advance, for several days.



Example:

Day: 1				
Name: Alice				
Group T	2 ounces of grapes			
Group B	4 ounces of lettuce			
Group A	1 ounce apples	1 ounce peaches	1 glass milk	
Group C	1 ounce dark chocolate			

### Daily Schedule

Day: 1							
Name:							
Group T							
Group B							
Group A							
Group C							
Day: 2							
Name:							
Group T							
Group B							
Group A							
Group C							
Day: 3							
Name:							
Group T							

Group B				
Group A				
Group C				
Day: 4				
Name:				
Group T				
Group B				
Group A				
Group C				
Day: 5				
Name:				
Group T				
Group B				
Group A				
Group C				
Day: 6				
Name:				
Group T				
Group B				
Group A				
Group C				
Day: 7				
Name:				
Group T				
Group B				
Group A				
Group C				

Group C				
Day: 8				
Name:				
Group T				
Group B				
Group A				
Group C				
Day: 9				
Name:				
Group T				
Group B				
Group A				
Group C				
Day: 10				
Name:				
Group T				
Group B				
Group A				
Group C				
Day: 11				
Name:				
Group T				
Group B				
Group A				
Group C				
Day: 12				

Name:			
Group T			
Group B			
Group A			
Group C			
Day: <b>13</b>			
Name:			
Group T			
Group B			
Group A			
Group C			
Day: <b>14</b>			
Name:			
Group T			
Group B			
Group A			
Group C			
Day: <b>15</b>			
Name:			
Group T			
Group B			
Group A			
Group C			
Day: <b>16</b>			
Name:			
Group T			

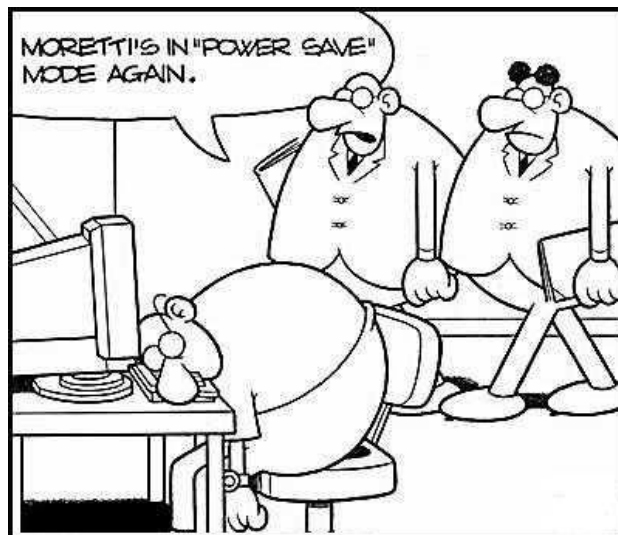
Group B				
Group A				
Group C				
Day: 17				
Name:				
Group T				
Group B				
Group A				
Group C				
Day: 18				
Name:				
Group T				
Group B				
Group A				
Group C				
Day: 19				
Name:				
Group T				
Group B				
Group A				
Group C				
Day: 20				
Name:				
Group T				
Group B				
Group A				
Group C				

Group C			
Day: <b>21</b>			
Name:			
Group T			
Group B			
Group A			
Group C			

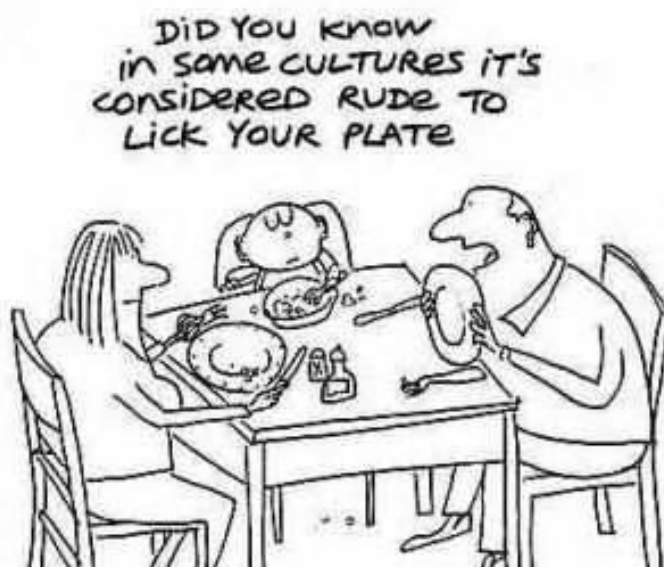
## Chapter 6 – Sleeping Beauty

Think about what you might feel like when you are getting up in the morning. You might feel as though you want to get back to bed, right?

We have all been on that road before; we feel that we really want to get back to sleep and just avoid the many problems we get into each day. However, sleeping for far too long and not controlling yourself is often a difficult thing to get into.



If you understand sleep, you will have a much easier time managing your life. You will have a rather easy time managing yourself by getting that rest you need and by making sure you don't struggle with trying to get to sleep. But one thing you might not know about sleep is that it can be critical for your overall success when you are trying to keep AD from being a risk to your life at large.





Sleep really is that important for your life when everything comes down to it. Sleep is critical for your memory as it will help you retain it for as long as possible.

Sleep is a real necessity to have if you are going to keep your mind and body as functional and active as possible. You will have to sleep at the right times and with the best possible control to ensure that you will keep your memory intact. In fact, by sleeping properly, you will find that the diet that you used regarding Alzheimer's disease will really work for you.

## Why Is Sleep Important?

Sleep is critical as being able to get into a greater deal of sleep on a typical night will help you actually get your memory intact. This is because REM sleep can help enhance your memory by securing many of the synapses you might have created during the day.

In fact, if you do not get the sleep you require, then you will certainly struggle over time. Sleep deprivation is known to cause issues with your memory. Meanwhile, those who do get about eight hours of sleep in a night, as it is recommended, will be more likely to develop new memories and retain what they have learned.

Specifically, REM sleep is capable of promoting a healthy sense of procedural memory. In addition, the lighter stages of sleep can also help you maintain your memory regarding the specific motions for recollection that you need. You may recall things like physical motions that you have to use for certain tasks or jobs, things you recalled during the day or anything that you are trying to study.

Think of it this way. If you tried to stay up all night to take care of a large project, then you might end up forgetting some important details on that project because you were too busy trying to get your brain to stay functional for the whole thing. This can really become a burden if it is not done right.

Fortunately, there are studies that suggest sleep can help you maintain your memory and keep it as sharp as possible. One such study comes from the Beth Israel Deaconess Medical

Center. This specific study has found in particular that if you sleep for enough time, then you will have a much easier sense of control with getting your memory to improve. The center states that those who do sleep properly and those who get power naps for about thirty minutes in a day are more likely than others to have better test scores and to recall things that they might have been told in the past. It really does make for a fascinating point for why it is so important for you to get that sleep you require.

To get a proper understanding of just what makes it so essential, you need to think about how sleep can work. The stages of sleep are all essential with regards to making sure that you are capable of getting the energy you require for a better life in general.

## The Stages of Sleep

There are many stages of sleep that have to be followed for you to actually get the refreshed feeling that you desire. These range from many of the lightest stages of sleep to REM sleep.

Each stage has its own benefits regarding how it can work for your mind and body at large. If you are able to get into the deepest stages of sleep, you will have a rather easy time getting your body to recover from all that stress and pressure that you have put on yourself over all that time in your life.

These stages are arranged from the lightest forms of sleep – the forms where you can easily be awakened during – and the deepest forms where it will be a real challenge to wake you up. You can expect to go through these stages in the course of about 90 minutes and they will keep on moving in cycles throughout the night. These cycles will direct the ways you respond to sleep and should be reviewed carefully, so you will have a rather easy time with getting the sleep you need.

### 1. Stage 1

Stage 1 occurs when the eyes are closed at the start of a sleeping cycle. It will be rather easy for you to wake up at this stage. The muscles may start to contract at this point, as they are

relaxing. This should be a rather good stage to get into when you are trying to take a power nap in the middle of the day. It will take a few minutes after you actually get to sleep to experience this stage of sleep. At this point, you can eventually move into the other stages of sleep.

## 2. Stage 2

The second stage of sleep is where the muscles appear to engage in a few toning movements while also relaxing on occasion. The body's heart rate will decline and the temperature will increase as it gets ready to move into the deepest stages of sleep.

## 3. Stage 3

The muscles will start to relax even more while your brain functions start to relax. This is a rather deep part of sleep where you could become easily disoriented for a few minutes in the event that you are woken up while you are in this stage.

## 4. Stage 4

Stage 4 is a key part of sleep as it is around the point where your body will start to repair itself. Your tissues will start to regenerate and become refreshed while your muscles and immune system will feel relaxed and active. This is essential as it allows for brain tissues to recover from the stress of the day and to preserve synapses while also ensuring that new ones you have formed will continue to stay active for as long as possible.

## 5. REM

After you have gone through all of those stages, you will end up entering REM or Rapid Eye Movement. This is typically a stage where the most vivid dreams will occur during the night. This is a time period where physical and procedural memories are to be set in stone within your mind. The other periods are for the declarative memories you experience.

The REM stage may also have something to do with your creativity. The vivid dreams that occur at this stage tend to be designed with plenty of connections in mind without being

straightforward or linear in nature. This often requires a little more thinking to ensure that there is a better semblance of control over how flexible the mind is.

REM sleep also allows cortisol, a stress hormone, to enter into the brain. This helps keep the brain functional so it will connect new memories with old ones and therefore assist in finding and creating ideal ways for how to take care of certain problems that may come about in one's life.

These stages of sleep are all very different from one another, but one thing is for certain; if they are all followed properly, it should be rather easy for anyone to have a healthier memory. If you make sure that you get eight hours of sleep along with a good half-hour power nap, you can certainly get the most out of your memory.

Still, it helps to be sure that you time your napping plans accordingly. If you do nap or sleep for far too long, then you might end up feeling tired or worn out. In addition, it may keep you from actually being able to do all the things you wanted to do during the course of the day. The key for sleep is to actually get a sensible amount, so you will stay active and feel recovered after a while.

## When to Sleep

There are specific times in the day when you need to get sleep and also times when a good thirty-minute nap can help.

Here's a look at what you need to do if you want to have the best possible sleep that you could ever ask for:

- Get to bed at around 10:30 to 11 at night.

This is a good time of the day because it makes it so you will get up at a sensible time in the morning while still getting the proper amount of sleep.

- Wake up at some point between 6:30 to 8 in the morning. This will provide you with eight hours of sleep or even more if necessary.

- You may wish to stay asleep after 8 if you are sick for any reason. It is better to stay in bed if you are ill because it allows you time to recover. Also, it might be tough for you to get things done if you are ill while you are awake.

If you are sick while you are awake, then you may be sluggish and bothersome to others. This is especially if you have some kind of a contagious condition. You will need to control yourself to ensure that nothing wrong will happen.

- A good 30-minute nap may be used in the afternoon. Taking your nap at some point between 2:30 and 4 in the afternoon will be an ideal time to consider.

The concept of that power nap is important – **it is designed to help you make it through the rest of the day.** Your body may become worn out after a morning of whatever you do but if you are able to give yourself a few minutes in the day to lie down and relax then you will certainly get your body to feel a little better at large.

More importantly, you need to be sure that you **avoid spending more than thirty minutes in a nap.** Thirty minutes is often good enough to provide your body with the recovery you desire. In addition, if you spend too much time napping, you will not only lose time for your day, but you will not get any further benefit. In fact, you might find that it will be easier for you to tire yourself out if you spend far too much time sleeping during the day.

These times are ideal as they are perfect for the circadian patterns that the human body goes through. That is, the human body is typically more active when it is bright outside and less active in the evening. If you stick with a plan to get sleep when it is dark out, then you will continue to promote a healthy routine where you will not be at risk of hurting your sleeping habits.

In addition, it always seems like people who get older tend to require more sleep if they are to actually reach the deepest stages of sleep. Of course, people who are much older are going to require less sleep in a day than that of a child. Still, the effectiveness of that sleep is going to be a real issue.

That's why it is so important to get eight hours of sleep even if you don't feel you have a need to sleep for that much time.

When it comes to sleep you need to know that it typically takes **longer** for a person who is 65 or older to attain the deepest stages of sleep. Therefore, while a person does need eight hours of sleep on average, that need will be especially great for someone who is older because of the need to take in some extra effort to try and rebuild the feelings in one's body that might have become weak over time. The total amount of deep sleep per eight hours is clearly going to decline over time as the body ages so being able to actually get those eight hours of sleep can really make a difference.

Of course, every person has one's own habits and needs for sleep. While you might not think that you need eight hours of sleep each day, you should still consider doing so simply to enhance your memory and to rebuild the parts of your body that have worn out from all the wear and stress that you might have gotten into during the course of the day.

On a related note, try and make sure you get your sleep in an environment that is as quiet and controlled as possible. The key is to be certain that you sleep in a spot where you are not going to be in danger of being bothered. If you can get sleep in a quiet, dark space where the potential for distractions will be minimal, then it should not be all that hard for you to get the sleep you require for any purpose you might have.

## **The Dangers of a Lack of Sleep**

It is clear that there are plenty of issues that may come about as a result of not getting the sleep you require. For instance, you might end up becoming fatigued or drowsy during the day. You may also become easily irritated or bothered by other people who come around you and ask of things from you. We've all been there before; no one wants to be woken up and asked to do lots of things while being hassled in so many ways.

Probably the biggest reason why you need sleep comes from what can happen if you don't actually get the sleep you need. Your risk of developing Alzheimer's or the potential for it to

become worse could increase over time if you do not get the rest that you need.

A lack of sleep can cause you to become more likely to develop Alzheimer's. This can be identified by the beta-amyloid levels in the brain; these levels for plaques that are naturally in the brain are often influenced by sleeping habits. It is often easier for these plaques to build up within the brain when the body does not get the rest it requires. Therefore, the potential for AD to develop will increase as these plaques will reduce the total flow of chemicals in the brain.

Interestingly enough, the same study, which came from the Johns Hopkins Bloomberg School of Health, also found that those who wake up once or twice in the evening while sleeping will not be as likely to develop more plaques. What this means is that you simply have to focus on getting the right amount of sleep each night; while waking up once for a drink or to use the bathroom is understandable, the goal is to get more sleep and to actually attain that refreshed feeling that you are looking for.

In summary, sleep can really work wonders for your memory and will assist you in controlling the potential for your brain to develop Alzheimer's. If you use the right sleeping patterns and get enough sleep then you will be less likely to suffer from AD and you can also reduce the effects of the condition. As noticed through the ways how sleep works and how you can use it in accordance with the guide in the last chapter, it should not be all that hard for you to actually get all this rest after a while.

Just remember to do a few sensible things:

- Always get the proper amount of sleep that you need each night.
- Make sure you get a good nap as required.
- Don't ever get more sleep than necessary or else you could end up losing control of whatever you want to do.
- Keep the sleeping habits that you use as managed and controlled as possible.

- Avoid drinking anything that contains caffeine or other stimulants before you get to sleep. You have to avoid these about two or three hours before you actually go to bed.

Make sure that you watch for how you are going to keep your sleeping habits under control.

The key is to ensure that you are careful and that you are fully aware of how you're sleeping.

Of course, getting sleep is always good as it will help you get rid of some of that bothersome stress that has been moving into your life. The next chapter will place a big focus on why you need to reduce stress in your life and how you can work with some smart exercises to make it all work well.



## Chapter 7 – Oxygen, Stress and Exercise

One good point that you have to think about when you're trying to reverse AD and erase its effects is to watch for how you suffer from a great deal of stress in your daily life. Stress can be a hassle to anyone; it is clear that stress will cause you to wear out and suffer from real risks relating to your health. The impacts of stress can be especially great concerning AD.

There is a bit of good news out of this though; if you are able to control the stress in your life, then you will have a rather easy time with avoiding the effects of AD and to also reverse its causes.

### What Is Stress?

It is rather easy to get an idea of just what stress truly is. Stress is a typical response to different changes in your life. In many cases, stresses are ones that come from negative things like bills to pay, jobs to take care of, chores to work on and so forth.

What happens here is that you will start to get some kind of reaction going in your body where you will feel a need to react to something like a stimuli as soon as possible. You will have to avoid the issue or tackle it head-on.

Stress will cause the release of many hormones in your body. These include adrenaline and cortisol, two hormones that help get the heart to pound faster while muscles tighten and your breath starts to go really fast.

These changes will cause your body to respond with ease. It will have a better overall reaction time and you will have a much better chance with focusing on something you need to do. The big question you will have to answer on your own is rather simple though – should you run towards the pressure or should you back off against it? The correct answer will vary by each choice, but only you should be the one who makes the final call.

## The Effects of Stress on AD

Stress can really be harmful to anyone as it can enhance a person's potential to develop significant signs of AD. In fact, a recent report that was presented at the World Congress of Neurology states that stress can trigger the effects of AD in many people. The study found that people who suffer from stress can develop a general inability to develop inflammation to control different issues.

Specifically, a vast majority of people who have developed AD are ones who experienced certain events in the months prior to a diagnosis. These include such points as the death of a loved one, a car accident, financial issues or a recent violent event. The problem with all of these events is that they can cause a great deal of emotional stress. This stress can be really difficult to bear with and it can cause a great amount of pressure that can trigger some of the onset effects of AD.

The reason why this can happen comes from how the brain will be hurt in a strong manner. The stress hormones that are released will cause your heart rate to increase, but what's more is that your immune system may suffer from a good deal of pressure. The immune system will become suppressed and it will keep the body's inflammatory response from being able to function as well as possible.

Inflammation, in particular, is a response to cells that have been damaged as well as irritants that you might find in your environment. The inflammation is created as a means of trying to protect your body and keep it from suffering from further damages. That is, it will keep the body healthy and relaxed. It may seem useful, but at the same time it can be suppressed if stress hormones get in the way.

This reduced amount of support for your immune system will make it so you might have a harder time with keeping your body healthy. In particular, you may start to suffer from inflammation, a condition that is known to cause a number of other conditions to go alongside Alzheimer's.

In fact, the ability to develop more protein plaques in your brain will increase as you experience this inflammation. This only adds to the problem as it puts you at a greater risk of developing AD and having effects that are much more significant than what you might normally be used to.

Of course, there is the common knowledge that stress is going to keep you from being able to take care of your body as well as you want to. People who suffer from a great deal of stress often have worries about what they want to do and are often going to neglect their bodies in the process. This often encourages people to focus on unhealthy diets that cause them to avoid the foods they should be consuming.

The worst part of this stress is that it just makes it so that it can be tough to look forward to things in life. If you have loads of stress, then you might not want to look forward to different things of interest in your life. It is a bothersome hassle, but it is one that has to be explored considering how tough life can be if you don't control yourself as well as you should. Don't ever assume that stress is not going to be an issue; you need to know what you can do to resolve stress so the threats to your life will not be all that dramatic.

## **How to Reduce Stress**

Stress can be a real hassle that is very difficult to bear with, but at the same time it may be a real threat that will cause you to develop AD or be at a greater risk of experiencing this problem. It can be a real burden on your life, but if you understand what you have to do in order to reduce stress in your life, then it should not be all that hard for you to keep AD from being worrisome.

In fact, if you reduce stress in your life, you can reverse the effects of AD. The brain is amazing in a sense that it does such a good job with repairing itself when the right functions and changes in your life are done.

In addition to what you have been reading so far in this book, reversing the effects of AD can work if you have a good diet, but if you add a bit of control to your life, then you should have a rather easy time with keeping stress from being worrisome.

Keeping stress down is critical to your health. Here's a few of the things that you can do in order to control the effects of stress to make it easier for you to have a better life.

**Keep an organized space.** If you keep yourself organized and kept in check with a few ideas, then you will have a much better life. Keep yourself organized by securing a clean and safe workspace that is relaxing and easy to navigate. If you can manage a good workplace that is not too cluttered or hard to move around, it should be rather easy for you to get a great space running without causing you to have more stress than what is necessary.

**Improve your communication skills.** Your communication skills with other people should be seen with care. Take a look at the communication skills that you have based on things like how clear you are with someone and if you can listen to that person well enough. If you are fully capable of keeping some semblance of interaction with other people without any hassles, then it will be rather simple for you to get yourself to be more personal and in touch with those that you truly care about.

**Create a good schedule.** A sensible schedule, like what you saw earlier in this guide, can help you organize your life and make it easier for you to understand. If you know what you want to do during the course of the day, then it should not be much of a challenge for you to relieve all that stress, because you will have a clear idea of what you do and don't want to have done during the day.

**Ask for help if possible.** It never hurts to get a little bit of extra help from other people when it comes to getting things done in your life. You can ask other people for help with all sorts of functions relating to things like doing chores, maintaining things in your home and many other factors.

**Work with some exercises.** You can use many good exercises in this next section to provide

you with a bit of help for the goals that you might have when becoming active.

## Exercises

Exercises are important for the human body. They help you to stay active while making it easier for your body in general to be fully functional. If you use the right exercises then you'll really get the most out of your life in general.

A great aspect of these exercises is that you don't have to bear with too much effort to make them work. In addition, you will be able to do all of these in about 15 minutes on average. That's rather good for the needs you may have when keeping your body healthy.

Here's a look at what you can do in 15 minutes per day.

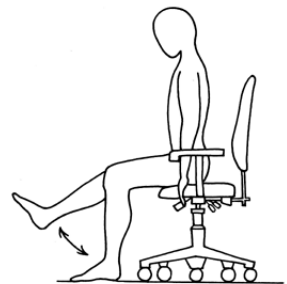
## Sitting Exercises

### Ankle Stretches

This can make it easier for your ankles to stay flexible and to keep blood clots from being a risk to your body.

To do this:

1. Sit upright on a chair and hold onto the sides. You can hold onto the side of the chair and straighten the left leg with your foot off of the floor.
2. You will then lift the leg straight with the toes away from you.
3. Move the toes back towards you and then lower the leg.



This can work with two sets of five stretches. This can be done with each foot to make it easier to work with.

## Neck Stretch

The neck stretch will help you to keep neck muscles from being far too tight. In this process, you have to look ahead while sitting upright.

1. Hold the left shoulder down with your right hand.
2. Tilt the head right and hold the shoulder down.
3. Repeat this on the other side.

This can be done for three stretches on each side while you hold each stretch for about five seconds every time you do them.

## Upper Body Twist

The upper body twist is to help you keep your back as flexible as possible.

1. Sit upright and cross your arms while reaching after your shoulders.
2. Turn the body to the left as far as possible. Do this without moving your hips.

Each movement should be held for five seconds and you should repeat each one on each side of the body while doing five of each movement.

## Balance

### One Leg Stand

You will also have to do some exercises that can promote a sense of balance in your body. Balance is needed to help you stay active by helping you keep from falling over or being at risk of a fall. In addition, they can also assist you in making it easier for neurons to recall information on how you can move. This will assist you in keeping a style that is relaxing and comfortable.

One such exercise that you can enjoy taking part in is the one leg stand. This can work as you stand and work along a wall to create some sense of balance that your body can easily manage.

1. Face a wall and stretch your arms out to where the fingertips will touch the wall.
2. Lift the left leg and keep the hips level. Allow for a slight bend on your opposite leg.
3. Put the foot back flat on the floor.

Hold each lift for five seconds and use three for each side of the body.

## Heel to Toe

This is a walking exercise that can be done in your home.

1. Place your left heel over your right toe.
2. Do the same on the right heel.
3. Keep looking forward and move by a few inches each time you go forward.
4. If you need to keep a sense of stability then you can always do this near a wall and keep your fingers to it for the best results.

This should work for at least five steps in order to keep you from spending too much time and to prevent you from being at a real increased risk of possibly falling over while you are trying to make this exercise work.

## Step Ups

This may work with any step or stair in your home. You may want to get a support system like a beam or bar on the side to keep your balance just to be safe.

1. Step up on the step or stair with your left leg.
2. Bring the right leg up to the same spot.
3. Step down with one leg and then the other to the position that you started from.

This can work with five steps on each leg to help you keep some balance going and to also improve your overall ability to stay upright.

## Flexibility

### Calf Stretch

The human body loses its natural flexibility over time. This is a difficult issue, but you can fight back if you consider some flexibility exercises. One of the best options to work with is the calf stretch. It can be done quickly and will fit in with your workout routine.

This quick muscle exercise can help you keep your legs from being too tight. It can be done alongside a wall.

1. Place your hands on a wall in order to keep your body stable.
2. Bend your right leg and step the left back by a foot. Keep the left leg straight and both your feet flat on the floor.
3. Stretch the left calf muscle by keeping the leg still.
4. After doing this, switch over to the opposite leg.

This can work with three movements on each side.

If you use the proper exercises listed here, then you should have a rather easy time with getting an exercise up and running in about 15 minutes. This is essential considering your need to get it all done in as little time as possible.

Make sure you use these exercises at around the same time each day if possible. It's best to exercise during the morning, around 10-12. If you are able to complete them as needed, then it should be effortless for you to make your body feel its best without being a real problem on your schedule.



## Lifestyle Moves

While these exercises and other ideas for relieving stress can be effective, you need to make some additional changes to your life to enhance your ability to feel your best. Your lifestyle is important to see, as it influences your attitudes and behaviors in your daily life. If you have a good lifestyle, then you will actually feel happy and less likely to suffer from serious problems relating to AD.

## Ask For Help

You might think that asking for a bit of help in your daily life is going to keep you from being an independent person. We have all worried about this, but the fact is that you can easily get help from others who care about you in order to improve your life. If you have people on your side, then you'll know that you are not alone in your quest to defeat AD. They will have the same objective as you – to move forward with your life and to reverse the development of AD before it can be worse.

Be willing to change your lifestyle and be more accepting of those who just want to give you a hand with whatever it is you want to do. Ask for assistance with things like taking out the garbage, getting groceries, taking care of lawn care duties and so forth. If there is something that can be done in your home.

You can ask family members to come over to help if there are any near where you live. Other friends that you are aware of in your life may also help you out if you can get in touch with them. The key is to get in touch with anyone who could easily be of use to you and help you out with all the hard work that you need to get managed in some way.

Besides, if you don't get support for AD, you will end up progressively forgetting about your friends and family members. The last thing that you would want to bear with at this point is an issue where you don't recall those who have been a big part of your life over all these years.

## Get With a Support Group

A good support group can help you learn more about your condition and how you can cope with some of the many effects that you might get into.

A support group can help you get in touch with professionals and other AD patients to talk about what you can do to control AD and to reverse it. If you get help from a great support group, then it should be easier for you to feel in control. A support group is there to help you understand what you are going through and can encourage you in your efforts for taking care of your problems.

You can meet with a good support group every couple of days or every week. This can be suitable, but having people who are much closer to you than those who are in your support group will certainly help you out as well. It really gives you that sense of support you have always been looking to get into.

## Avoid Being Too Rough

While it is always a good idea to think about exercise – just look earlier in this guide to see what you can do – you need to make sure that you avoid the physical pressures that come with some tough actions. You should make sure that you work with gentle and calm workouts without forcing your body into more pressure than what you can bear with. If you control yourself properly, then you should have an easy time with keeping your body healthy.

Obviously, it is best to avoid contact sports at your age; gentle spots like swimming and bowling are clearly going to be easier for you to manage. Of course, you can always consider joining recreational leagues that entail other competitors who are in the same age range as you. This is to keep you active and less likely to suffer from serious problems relating to injuries and head trauma while you are trying to work out.

In addition, if you ever feel tired or worn out then you will have to avoid exercising.

Don't do anything like this if you are really tired or else you might feel fatigue. In addition,

those who are tired may be more likely to get injured. You have to watch for how this may work in order to make it effective.

## **Be More Mentally Active**

It always helps to be a little more mentally active in order to improve your chances of having a good lifestyle. If you are mentally active, then you will stimulate your brain properly and encourage a series of healthy routines.

Consider crossword puzzles in your local newspaper or reading more paper books, for instance. Anything that encourages a sense of mental activity is always going to be welcome and interesting. You should certainly consider this if you want to find a way to strengthen the connections in your brain to enhance your life in general.

Having a good lifestyle and routine is important to consider when it comes to having a better life. You need to be certain that you can exercise properly and have that lifestyle you desire so you will recover and reverse the issues that come with AD.

## Chapter 8 – Don't!

The last chapter is one that is certainly worth reviewing. This chapter is about some of the myths that come with AD and the truth behind what you might have heard.

AD is a condition that can prove to be a challenge, but as you have read throughout this entire guide, it is a condition that can be reversed if you know what you can do to take care of the issue.

There are some very important considerations that you have to use relating to the many myths and truths that come with AD. **There are many misconceptions that people have about it and if you end up succumbing to many of these myths then it will be rather hard for you to actually reverse AD as it comes along.**

### Common Myths

#### Only Old People Get It

One myth that many people have about Alzheimer's is that they think it is only something that old people will get. The truth about Alzheimer's is that people who are under the age of 65 could actually develop this condition.

While it is true that one out of every eight people in the country who are 65 years of age or older will suffer from AD, people under that age threshold can develop it as well. About 5 to 10% of all cases of Alzheimer's in the United States will entail people under 65.

Most people who develop Alzheimer's at this age will develop it due to a genetic condition. As you get older, you should start thinking about AD and what you can do to prevent it or to reverse it in the event that you do experience some of its signs. Still, you should not be worried if you are younger and you have been diagnosed with AD. It is a real concern that can be a threat to your life regardless of who you are.

## Genetics Always Cause It

It is true that genetics can be a big factor with regards to the development of AD. The APOE gene that I talked about earlier is a big point that has to be explored. Still, APOE comes in many forms and the variations that may come about can be influential. Not every person with the APOE gene is going to develop AD.

In fact, while the APOE gene is an interesting thing to think about, it is not totally certain as to what gene will actually cause it. There needs to be a greater deal of research into this as a means of figuring out what genes will definitely cause Alzheimer's.

Human DNA is still being studied and reviewed on a regular basis. It may take years until we truly find something that is actually understandable with regards to what genes cause Alzheimer's but at least we have some hints on what genes might be associated with it.

## Dementia and Alzheimer's Are One in the Same

Alzheimer's is a form of dementia. However, that does not mean that Alzheimer's and dementia are literally the same thing.

There are many forms of dementia that can cause memory loss. Alzheimer's is just one of them, as it fits under the dementia umbrella, what with it being a condition that causes you to lose your memory.

This is not in any way going to translate into Alzheimer's being the same as dementia from a straightforward perspective. The thing is, there are dozens of different types of dementia.

You need to make sure that any strategies that you use for handling Alzheimer's are specifically for this condition. Just because you read some other guide about dementia does not mean that you will benefit from the many different rules that it comes with. You have to only make sure that you focus on strategies that work for Alzheimer's and not anything that may be under the same umbrella.

Remember, dementia may come from a stroke or Pick's disease among other conditions.

Solutions for those particular conditions are not going to cause you to reverse AD like what you are reading about in this book.

Of course, anything that is beneficial to your brain's health will be worthwhile. Sticking with AD-specific solutions is always the best thing to look for, as you will protect yourself from many serious problems as they come about.

## **Dietary Supplements Work**

Stories that you might have heard about different dietary supplements and how you can use them to your advantage will vary by the condition you have. In the case of Alzheimer's these are not going to do you a single bit of good.

Many supplements have been tested over the years including some of the buzz-worthy ones like ginkgo biloba and fish oil. **As advantageous as those supplements may be for other points relating to the body, they are not going to do much of anything for Alzheimer's.**

If you stick with a plan that entails the dietary and lifestyle changes that are in this guide then you will actually feel some kind of benefit. The last thing you would want to do is to bear with dietary supplements that are useless and will not do a thing for Alzheimer's.

**In addition, dietary supplements may interact with medications you might take for things that do not involve AD. They may keep them from working as well as they should.**

## **Medications Always Work**

One of the main reasons why you are probably reading this guide comes from the fact that you want to be free of AD without bearing with medications. This is great, as medications that curb the symptoms of AD are not always going to work. In addition to doing nothing to reverse the effects of Alzheimer's, there are many times when a medication will not work. It could interact with other things that you are taking or it might impact your body with some allergic reactions or other risky side effects.

**Avoiding medications for the treatment of AD is clearly the best thing for you to do.**

Everything you've read about in this guide is more than proof that you are doing the right thing when it comes to taking care of AD.

Besides, the odds are that you are taking plenty of medications for other conditions in your daily life. Medications can be annoying and tough to manage; sometimes medications can interact with one another. If you avoid adding more medications to your life, then you will certainly have a much easier time with controlling your body and anything you might be putting yourself into.

## Depression Is a Concern

One other aspect about Alzheimer's is that many people worry about how depression could be a real threat. Depression has been known to be a critical sign of Alzheimer's. However, it is not fully clear as to whether or not depression is going to be a cause of Alzheimer's. In fact, the link between these two conditions is not fully clear; however, one thing that is for certain is that you will end up being mildly depressed most of the time.

On a related note, another myth comes from how people with AD tend to become suicidal as it progresses. **There have been very little reports of anyone who has AD becoming suicidal as these cases tend to be rather rare. Still, it is essential to be aware of how your mind could put you in jeopardy.**

## Don't Worry; Always Be Calm

The last thing that you should do is to think about what could happen when you have Alzheimer's. It is completely understandable for you to be nervous and worried about what you may be getting into. **However, if you are calm and relaxed then it may be easier for you to last through this problem as you work to reverse it.**

You will not have to worry about Alzheimer's if you follow the things that were covered in this guide. Still, be aware that the solutions you have read about are not going to work for you overnight.

You need to be calm and patient; do not try and rush your way into stopping Alzheimer's. The problem with trying to pressure yourself too much and rushing things is that you will end up doing it the wrong way; you might try and create short cuts or change certain ways the way you act, but this is only going to cause you even more you.

Be patient for a change and you will see actual results that you can feel comfortable with. If you are not patient and you try to get through things way too quickly, then you are going to end up hurting your life in general. Just watch what you do and you will find that your mind will not be at risk of serious problems.

### **Don't Go At It Alone; Ask For Help**

You can always ask for help from other people if needed. Getting help from others will always be a good idea to think about as you will have the support of people who really care about you and want to do whatever they can to reverse the issues that come with Alzheimer's.

You can always get in touch with family and friends to help you out. These people are ones that will certainly know what you should do and will give you good resources as needed.

In fact, you may find that those who are there to help you can forward you to different places and professionals that may give you some good ideas for your needs. Just make sure you avoid anyone that tries to offer medications as a means of fixing your problems.

Specialized institutions may also help you with taking care of your life. You may find that an assisted living center may help you prepare a diet and do your exercise routine that can assist you in getting your brain to stay healthy and to reverse AD. This is not like a nursing home; rather, it is a place for people who need some help with everyday living, but do not have round-the-clock requirements.

Don't ever think that you can do this alone. As useful as the instructions in this book are, you need to be fully aware of what you can do in order to fix this problem on your own. If you understand what you can do, then you should not have much difficulty with getting



Alzheimer's to become a thing of the past in your life.

More importantly, thinking that you can take care of this point in your life on your own is not a safe thing for you to think about. If you think more about what you can do if you get a little bit of help from other people, then you will actually get the benefits that come with living your life with a little more control and support. Make sure you think about how other people are going to be of use to you and don't just think that nothing is going to be a hassle.



"THERE IS NOT A THING THAT MEDICAL SCIENCE  
CAN DO FOR YOU. HAVE YOU TRIED WISHFUL THINKING?"

## Conclusion

Alzheimer's can be a very difficult condition to bear with. You know that the effects of Alzheimer's can be very dangerous and can really ruin your life in general. It is a condition that is tragic and upsetting, but it can cause you to lose your memory and the ability to handle your life on your own.

This does not mean that you have to stick with this diagnosis. You can always find a smart way to reverse Alzheimer's, so you will have a healthy and positive lifestyle for years to come. This guide has taught you all sorts of great things that you can do in order to improve your life and you may be surprised to see what you will get out of it all when you are done.

The fact is, you don't have to use lots of prescription drugs to control the signs of AD or to stop it from progressing. The problem with all those medications is that they are not going to be all that safe for you to use. In addition, doctors are just going to give them to you as a means of getting money.

You have to use a special routine to reverse Alzheimer's. Don't ever believe anyone who says that if you get AD, you will have it for the rest of your life; the fact is that STEP can be curbed if you know how to take care of it the right way.

The use of the right compound can help but getting a diet that works with the individual segments of that component in mind will really be the key to having a healthy and safe life. It will keep the plaques in your brain from being a threat while ensuring that normal chemical production can be supported as needed.

Make sure you take a look at a healthy diet that is rich in the right foods including ones that have iron nitrates. These foods will help you out in the long run with reversing AD.

In addition, having a good exercise program while training your brain on a regular basis may also help. Being able to get a sensible amount of sleep each night will especially be essential to think about.

Don't ever think that you can go after whatever it is you want to do on your own. The

problem with working on your own is that you might not get the encouragement and support you need. It is amazing to see how you can enjoy some support from others when you work hard enough and get some assistance.

Remember, if you work hard towards your goal of eliminating AD from your life, then you will certainly get there. After all, the last thing that you would want to bear with is having significant difficulties with recalling information and keeping your mind as healthy and active as possible. Don't ever assume a diagnosis is the end, because it could just be the beginning of giving yourself a better life that you know you will be comfortable and happy with.

And, besides, many medical condition can be reversed if you work hard enough. If people can find cures for mysterious and aggressive conditions like Ebola, then it should not be all that hard to cure AD. Unfortunately, the greed that comes with the scientific and pharmaceutical industries will make it so the odds of such a cure coming out may not be all that great.

That's why it is such a great idea to use the points that you will have in this guide in order to reverse the effects of AD in your life. Just think, everything that scientists are holding back for monetary purposes is available for you to use.

The last thing you want to do is to be closed-minded about what you can do. Alzheimer's can be overcome if you just take a look at what is in this guide and how you can benefit from it.

Alzheimer's disease can be a very worrisome and troubling condition. It can cause a great deal of physical stress and issues that will cause you to lose your memory. However, you can use the information in this guide to actually reverse AD.

This book covers many essential points like:

- The key component responsible for causing AD;
- The proper compound that can control and reverse AD and the components that come with it;
- The foods you can consume in order to acquire those components;
- Exercise and sleep considerations that may be used;
- How to control stress;
- Myths about AD.

You will learn all of these points in a book that will help you discover just what you can do in order to enhance your life. Besides, AD is not a life sentence – it is a condition you get, but you can reverse it.

