

Partners In Courage, April 2014

# How To Avoid Alzheimer's Disease

Sermon by Wes Daughenbaugh

INTRODUCTION: The last couple of months I've been part of a 24-hour crew of caregivers who stay with my wife's parents, both of whom have Alzheimer's disease. Looking that disease in the face has made me want to learn everything about it AND AVOID living out my elderly years without full mental function or worse, being a burden on my family and society.

What I've learned has made me believe that most if not all of my readers and listeners are probably headed for debilitating diseases like diabetes, heart disease, cancer and Alzheimer's. Already, many Americans suffer from depression, anxiety, low energy and low libido to name just a few of the conditions that can precede something catastrophic. The good news is that most, if not all of these things, including Alzheimer's disease, can be avoided.

I've been reading a book called GRAIN BRAIN by Dr. David Perlmutter. I'm also listening to it on audio CD's. I want to thoroughly get this man's message. I'm also reading WHEAT BELLY by Dr. William Davis and 60 WAYS TO LOWER YOUR BLOOD SUGAR by Dennis Pollock. So I urgently tell you, "Buy GRAIN BRAIN and absorb it." What you think you know about health could be disastrously wrong. What your doctors are giving you to protect your health could be disastrously wrong.

In this message, I can't possibly relate all the findings of a 300-page book. But I can give you some highlights and I'll do my best to get to the bottom line and condense the message in an understandable way.

## 1. IF A PRAYER IS NOT ANSWERED, IT'S TIME TO CHANGE THE PRAYER.

Try praying that God will "heal" someone from Alzheimer's or Type 2 Diabetes. You'll soon find out that the prayer is going unanswered. The reason is that it's the wrong prayer.

\*\*\*\* If a woman was not feeding her baby, the baby would grow weak, faint, and cry a lot. Suppose she brought the baby to a church for prayer and asked that her child be anointed with oil. The elders could pray and ask God to "heal" the baby, but that wouldn't fix the baby's problem. A better prayer would be, "Lord, help this mother wake up and feed her baby!" If the baby remained unfed the church could pray fervently for healing right up until the day the baby died. The prayer wouldn't be answered, because it's the wrong prayer.

**1John 5:14-15 This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.**

When a prayer is prayed over and over with no results, it's just not the right prayer. What if we prayed, "Lord, something we are doing or something we are not doing is causing the problem. Please lead us into all truth. We want to receive and apply your wisdom, knowledge, self-control and discipline. We will search for this knowledge. We ask you to help us find it." My friend, THAT prayer will be answered because Type 2 diabetes and Alzheimer's disease are caused by something we are doing and something we are not doing.

\*\*\*\* Over the years I've come to believe that it is always God's will to heal. Each healing, however, will be found in one of seven streams: faith, love, wisdom, knowledge, self-discipline, peace and joy. *Faith is not going to do the job God has assigned to knowledge and self-discipline.*

## 2. SCIENCE FALSELY SO CALLED IS KILLING US.

It was once thought that bleeding a person could cause them to recover from an infectious disease. It was once thought that smoking tobacco would promote health. 1Tim. 6:20 KJV **O Timothy, keep that which is committed to thy trust, avoiding profane and vain babblings, and oppositions of science falsely so called:**

God spoke through Hosea, **“My people are destroyed for lack of knowledge,”**(Hosea 4:6). So-called “science” and lack of true knowledge are deadly.

### FOUR DEADLY ERRORS OF MODERN MEDICAL “SCIENCE.”

1. Cholesterol should be kept under 200 mg/dl.
2. A high fat diet is bad for you.
3. Vegetable oils are preferable to coconut oil.
4. Hybrid grains are better than the way God originally made them. A chimpanzee has only 1%

difference in genes from a human, but it’s not a human. Wheat, in Bible days, was simple, genetically. Now there are many more chromosomes, and many more gluten proteins. Yet it’s still called wheat. These hybrids were never tested for human safety but were created to make yields ten times greater to prevent starvation. Now we’ve beginning to understand that if we pray, **“Give us this day our daily bread”** and **“deliver us from evil”** God may say, “Choose which prayer you want. They contradict each other.”

Modern grain has forty (40) times more gluten than grain of Jesus’ day! Tastes great—and kills!

## 3. FIRST, THE TRUTH ABOUT CHOLESTEROL AND STATIN DRUGS.

We’ve been told that there are two kinds of cholesterol—HDL (high-density lipoprotein) and LDL (low density lipoprotein). But really, they are *containers* that carry cholesterol to the cells. And you *have* to have BOTH kinds.

“Science is only recently discovering that both fat and cholesterol are severely deficient in diseased brains and that high total cholesterol levels in late life are associated with increased longevity.” (Page 91)

Twenty-five percent of all the body’s cholesterol is contained in the brain. And 20% of the brain’s weight is cholesterol!

“Cholesterol forms membranes surrounding cells, keeps cell membranes permeable, and maintains cellular “waterproofing” so different chemical reactions can take place inside and outside the cell. We’ve actually determined that the ability to grow new synapses in the brain depends on the availability of cholesterol, which latches cell membranes together so that signals can easily jump across the synapse. It’s also a crucial component in the myelin coating around the neuron, allowing quick transmission of information. In essence, cholesterol acts as a facilitator for the brain to communicate and function properly.”

“Cholesterol in the brain serves as a powerful antioxidant. It protects the brain against the damaging effects of free radicals. Cholesterol is the precursor for the steroid hormones like estrogen and the androgens, as well as for vitamin D, a critically important fat-soluble antioxidant. *Vitamin D is a powerful anti-inflammatory and is directly formed from cholesterol.* Vitamin D levels are low in people with neurodegenerative diseases like Parkinson’s, Alzheimer’s and multiple sclerosis.”

*To absorb Vitamins A, D, and K you need bile salts secreted by the gallbladder and the bile salts are made of cholesterol.* “Low cholesterol levels would compromise your body’s ability to digest fat and jeopardize your body’s electrolyte balance since cholesterol helps manage that delicate equilibrium. Cholesterol is so important that every cell has a way to make its own supply.” (Page 92)

*Foods like eggs are actually “brain foods”!* The real culprits when it comes to decreased brain function and health are foods that are high on the glycemic index—basically, high in carbohydrate.

The brain’s superfuel is fat, not glucose. Dr Perlmutter uses a fat-based diet as therapy for all manner of neurodegenerative diseases and has great success helping his patients.

Dr. Perlmutter believes that statins, the drugs that lower cholesterol actually cause and/or exacerbate brain disorders and disease. “Memory dysfunction is a known side effect of statins. Dr. Duane Graveline, former doctor to NASA astronauts experienced total memory loss that he believes was caused by the statins he was taking at the time. He wrote a book called LIPITOR, THIEF OF MEMORY. A recent study

performed by the American Medical Association and published in the Archives of Internal Medicine in January 2013 demonstrated an astounding 48 % increased risk of diabetes among women taking statin medications.” (Page 94)

*Type 2 diabetes is a powerful risk factor for Alzheimer’s disease.* “In 2009 Stephanie Seneff, a senior research scientist in the Computer Science and Artificial Intelligence Laboratory at MIT wrote an essay explaining why low-fat diets and statins may *cause* Alzheimer’s because statins handicap the liver’s ability to make cholesterol.”

“Professor of Biophysics at Iowa State University, Dr. Yeon-Kyun Shin wrote, ‘If you deprive cholesterol from the brain, then you directly affect the machinery that triggers the release of neurotransmitters. Neurotransmitters affect the data-processing and memory functions. In other words—how smart you are and how well you remember things. If you try to lower the cholesterol by taking a medication that is attacking the machinery of cholesterol synthesis in the liver, that medicine goes to the brain, too. And then it reduces the synthesis of cholesterol, which is necessary in the brain.’” (95)

*“Statins also paralyze the cells’ ability to make coenzyme Q10, which is an important antioxidant and is key to producing energy for cells.* Because coenzyme Q10 shares the same metabolic pathway as cholesterol its synthesis is disrupted by statins, and the body and brain are deprived of it. Some of the side effects listed for statins, such as fatigue, shortness of breath, problems with mobility and balance, and muscular pain, weakness and atrophy, are related to the loss of CoQ10 in muscles and a reduced capacity for energy production.” (Page 96)

“A deficiency in coQ10- also has been linked to heart failure, hypertension, and Parkinson’s disease. Given all these effects, it’s logical to see why coQ10 has been proposed as an actual treatment for Alzheimer’s disease.”

*“Since the body makes vitamin D from cholesterol, lowering the level of LDL means the body will be unable to re-supply adequate amounts of cholesterol to replenish the stores in the skin once they have been depleted. This would lead to a vitamin D deficiency, which increases the risk for weak, soft bones. Vitamin D deficiency is also associated with heightening one’s risk for dementia, diabetes, depression and cardiovascular disease.”*

“Studies dating back to the mid-1990’s reveal a link between statin use and an increased risk of certain cancers, not to mention a long list of side effects from digestive challenges to asthma, impotence, inflammation of the pancreas, and liver damage.” (97)

“A trial published in January 2010 in the American Journal of Cardiology found that statin medications actually increased the risk of death. Researches in Israel followed nearly 300 adults diagnosed with heart failure for an average of 3.7 years. Those who were taking statin drugs had the lowest levels of low-density lipoprotein (LDL) were found to have the highest rates of mortality. Conversely, people with higher levels of cholesterol had a lower risk of death.” (98)

Dr. Perlmutter writes, “So when I see patients with cholesterol levels of, say 240 mg/dl or higher, it’s almost a given that they will have received a prescription for a cholesterol-lowering medication from their general practitioners. This is wrong in thought and action.” Conventional wisdom in 1984 thought that a cholesterol level of 200 was the top acceptable number. Today, that is down to 180. So no matter who you are or what your levels of cholesterol, it’s likely you’ll be prescribed a cholesterol lowering medication and told to maintain a low-fat diet.

WHAT ABOUT YOUR SEX LIFE? What makes testosterone? Cholesterol. So while the TV ads tell you to by Lipitor they’ll also tell you to by meds for erectile dysfunction and sleeping pills and anti-depressants--all conditions caused in large part by the statin drugs!

If you are a man, statins will lower your testosterone level, which puts you at a much greater risk of dying from coronary disease that the statin drugs are supposedly trying to prevent! Your brain needs and loves cholesterol.

Dr. Perlmutter writes, “Nothing could be further from the truth than the myth that if we lower our cholesterol levels we might have a greater chance of living longer and healthier lives. In a recent report appearing in the prestigious medical journal the Lancet, researchers from the Netherlands studied 724 elderly

individuals whose average age was eighty-nine years and followed them for ten years. What they found was truly extraordinary. During the study, 642 participants died. Each thirty-nine-point increase in total cholesterol corresponded to a 15 percent decrease in mortality risk. The authors reported: ‘Mortality from cancer and infection was significantly lower among the participants in the highest total cholesterol category.’ In other words, people with the highest total cholesterol were less likely to die from cancer and infections than those with the lowest cholesterol levels. *The risk of dying during the study was reduced by a breathtaking 48 percent in those who had the highest cholesterol. High cholesterol can extend longevity.*” (Page 79) **THE PROBLEM ISN’T CHOLESTEROL. IT’S CHRONICALLY HIGH BLOOD SUGAR!**

#### 4. YOU BOMB YOUR BRAIN WHEN YOU EAT TOO MANY CARBS.

“Coronary artery disease has to do with oxidized LDL. And how does LDL become so damaged that it’s no longer able to deliver cholesterol to the brain? One of the most common ways is through physical modification by glucose. *Sugar molecules attach themselves to LDL and change the molecule’s shape, rendering it less useful while increasing free radical production.*” (42)

Dr. Perlmutter believes that we can naturally prevent, treat and sometimes cure—without drugs—a spectrum of brain-based ailments such as ADHD, depression, anxiety, insomnia, autism, Tourette’s syndrome, headaches, and Alzheimer’s disease. He also believes we can prevent heart disease and diabetes, too—without drugs. He believes the drugs treat the “smoke” while leaving the “fire” of inflammation burning in the body. *And inflammation is caused in large part by high blood sugar levels that oxidize LDL and create so many damaging free-radicals.* (REPEAT THAT!)

The way he treats all these conditions is primarily by getting the patient on a low carb, high fat diet and in many cases, a gluten free diet. In other words, greatly reduce the amount of sugar and corn syrup you are eating. *But surprising to me, Dr. Perlmutter believes that gluten from wheat is the worst culprit of all when it comes to elevating blood sugar, and thus, the title of his book, GRAIN BRAIN.*

\*\*\*\* When he lectures to members of the medical community he shows slides with four common foods: (1) A slice of whole-wheat bread (2) A Snickers bar, (3) A tablespoon of pure white sugar, and (4) A banana. Which of these four would spike blood sugar the most? The glycemic index goes from 0 to 100, with pure glucose being 100. So which of these four foods has the GI (glycemic index)? Not the banana (GI = 54). Not the candy bar (GI = 55). Not the tablespoon of table sugar (GI = 68). It’s the slice of whole-wheat bread (GI = 71). *Wheat increases blood sugar more than sugar!*

Dr. Perlmutter writes, “When I watch people devour gluten-laden carbohydrates, it’s like watching them pour themselves a cocktail of gasoline.” (64)

**WE ARE OVER-EXPOSED TO GLUTEN IN OUR DIET. First, our grains are not natural.** They are all hybrids. Each year the farmers buy their seeds from a seed company that makes hybrid seeds, which produce more yield, but cannot reproduce themselves. This hybridization of our grains has been going on for 100 years and most grains are far removed from what our Creator made them to be. Now, a large percentage of the population have mild to severe intolerance to gluten found in these grains.

Gluten is the “glue” that makes bread chewy, that makes pizza crust stretch. “When it’s digested it yields morphine-like compounds that bind to the brain’s opiate receptors. It induces a form of reward, a mild euphoria.” (Page 64)

*So food manufacturers try to pack as much gluten into their products as possible because it makes them addicting!* Gluten is hiding where you least suspect it. “It’s in our seasonings, condiments, and cocktails, and even in cosmetics, hand cream, and ice cream. It’s disguised in soups, sweeteners, and soy products. It’s tucked into our nutritional supplements and brand-name pharmaceuticals.” Page 64)

**Here is a test to see if you are putting yourself at risk for Alzheimer’s disease.**

- |   |             |
|---|-------------|
| 1. I eat bread (any kind)                       | TRUE/ FALSE |
| 2. I drink fruit juice (any kind)               | TRUE/FALSE  |
| 3. I have more than one serving of fruit a day. | TRUE/ FALSE |
| 4. I choose agave over sugar.                   | TRUE/FALSE  |
| 5. I get out of breath on my daily walk.        | TRUE/FALSE  |

6. My cholesterol is below 150.	TRUE/FALSE
7. I have diabetes.	TRUE/FALSE
8. I am overweight.	TRUE/FALSE
9. I eat rice or pasta (any kind)	TRUE/FALSE
10. I drink milk.	TRUE/FALSE
11. I don't exercise regularly.	TRUE/FALSE
12. Neurological conditions run in my family.	TRUE/FALSE
13. I don't take a vitamin D supplement.	TRUE/FALSE
14. I eat a low-fat diet.	TRUE/FALSE
15. I take a statin.	TRUE/FALSE
16. I avoid high-cholesterol foods.	TRUE/FALSE
17. I drink soda (diet or regular).	TRUE/FALSE
18. I don't drink wine.	TRUE/FALSE
19. I drink beer.	TRUE/FALSE
20. I eat cereal (any kind)	TRUE/FALSE

Dr. Perlmutter says a perfect score would be zero “true” answers and that for every “true” answer your brain and your entire nervous system is at greater risk for disease and disorder than if you scored a zero. “If you scored more than a ten, you’re putting yourself into the hazard zone for serious neurological ailments that can be prevented but cannot necessarily be cured once you are diagnosed.” (Pages 16-17) He apparently believes that “a little wine is good for the stomach’s sake” (1 Tim. 5:23). I’m not recommending that you start drinking wine, however. Those anointed by the Holy Spirit were always told by God to avoid alcohol, be they prophets, priests, kings or Nazirites.

Too much sugar—too many carbs, even if they’re from fruit, fruit juices, milk and whole wheat bread are going to cause problems. By overloading on carbs through cereals, bagels, bread, muffins, donuts, pizza crusts, Mac & Cheese, spaghetti, white rice, pop, pies, cakes, ice cream, fruit-juices, and multiple kinds of sweet fruits imported year-round you most likely are bombing your brain and filling your system with inflammation. You are a nice person, but you are headed for disaster in health.

\*\*\*\* God made fruits to come ripe at different seasons: strawberries in May, blueberries in June, cherries in early July, blackberries in late July and early August, peaches and pears in late August through mid September and apples from mid Sept through mid October. *His idea was—don’t eat them all at once!* But with modern super-markets bringing in food from all over the world, we have these fruits all year round, plus the juices like orange juice and apple juice that will instantly spike blood sugar.

If you load your body with carbs it will become insulin resistant and that sparks the formation of those infamous plaques that are present in diseased brains. **High levels of insulin is now so linked with Alzheimer’s disease that it is being referred to as “type 3 diabetes”.** Obese people are at a much greater risk of impaired brain function, and those with diabetes are at least twice as likely to develop Alzheimer’s disease.

\*\*\*\* But what is making so many people FAT? Not fat! When a rancher fattens cattle he feeds them grains, not fats. He feeds them carbs to fatten them. Just like the yearling steer in a feedlot, (corn fed) you are being fattened for slaughter with a high carb, low fat diet.

\*\*\*\* **WHAT DID YOUR LOVED ONE DO WRONG THAT THEY GOT ALZHEIMER’S?**

God is not a respecter of persons (Acts 10:34). Just because you pray, win souls, read your Bible and tithe, you won’t be protected from Alzheimer’s disease if you are eating wrong and failing to get sufficient fats in your diet. You won’t be “God’s favorite” and be spared because you were good and nice. People got Alzheimer’s disease for one or more of the following reasons:

1. They lived with chronic high blood sugar levels even in the absence of diabetes.
2. They ate too many carbohydrates throughout his or her life.
3. They opted for a low-fat diet that minimized cholesterol (and/or let their doctors prescribe statin drugs to them).

4. They had undiagnosed sensitivity to gluten, the protein found in wheat, rye, and barley. (Page 32)

\*\*\*\* President Ronald Regan was well known for having a jar of jellybeans on his desk and he snacked on them daily. He died of Alzheimer's disease.

## 5. SENSITIVITY TO GLUTEN IS A REALLY BIG DEAL.

Dr. Perlmutter says, "When I tell people that gluten sensitivity represents one of the greatest and most under-recognized health threats to humanity, the response is pretty much the same: 'You can't be serious.' And when I remind people that all the latest science points to the bane of gluten in triggering not just dementia but epilepsy, headaches, depression, schizophrenia, ADHD, and even decreased libido, a common threat prevails in the response: 'I don't understand what you mean.'"

Celiac disease is an autoimmune disorder that strikes a small minority. These people cannot tolerate gluten and it inflames their intestines causing terrible distress. But Dr. Perlmutter writes, "*As many as 40% of us can't properly process gluten, and the remaining 60% could be in harm's way. The question we need to be asking ourselves: What if we're all sensitive to gluten from the perspective of the brain?* Increasing numbers of studies are confirming the link between gluten sensitivity and neurological dysfunction."

Gluten sensitivity always affects the brain. It could result in chronic headaches, depression, low energy, or mental problems. Dr. Perlmutter gives a few case histories where people with great mental problems became normal and happy on a gluten free diet.

\*\*\*\* One woman named Lauren had been hospitalized for "mania" on several occasions over a twelve-year period. She would have episodes of becoming highly talkative and overly grandiose about herself. Then she would eat excessively, gain a lot of weight, and become severely depressed and suicidal. She had started taking lithium, a medication used to treat bipolar disorder. Mental illness ran in her family; her sister had schizophrenia and her father was bipolar. She had no laments of bowel issues, food allergies, or any other of the standard types of complains associated with gluten sensitivity.

But once tested, he found profoundly elevated levels of six important markers for the condition and several of these markers were more than twice the normal range. After two months on a gluten-free diet Lauren wrote, "Since being off gluten, my life has taken a complete 180. The first change that comes to mind, and the most important one, is my mood. When I was eating gluten, I would struggle with feeling depressed. I would always have to fight a dark cloud over my head. Now that I'm off gluten, I don't feel depressed. The one time I ate some by mistake, I felt depressed again the next day. Other changes I've noticed include having more energy and being able to stay focused for longer periods. My thoughts are as sharp as ever. I can make a decision and come to a logical, confident conclusion like never before. I am also free of a lot of obsessive-compulsive behavior." (Page 47)

\*\*\*\* Another case involved a 23 year-old young man named Kurt. He was suffering from abnormal movements. Six months earlier he began looking like he was shivering. His tremors increased with time. Two different diagnoses: "essential tremor" and the other "dystonia." Doctors had offered him a blood pressure medication, Propranolol, which is used to treat some types of tremor disorders. Another recommendation was to have the various muscles in his arms and neck injected with Botox, which would partially paralyze the spastic muscles. He had been diagnosed as having a learning disability in the fourth grade and his mother said that 'he could not handle excessive stimulation.' For several years he had complaints of stomach pain with loose bowel movements.

When Dr. Perlmutter examined him the young man could not control the shaking of his arms and neck and appeared to be suffering mightily. He was checked for Huntington's disease and Wilson's disease, both associated with movement disorders. Tests were negative. But tests for gluten sensitivity showed elevated levels of certain antibodies indicative of vulnerability.

Dr. Perlmutter put him on a gluten-free diet to see what would happen and in six months, the abnormal movements had all but disappeared completely. Dr. Perlmutter says, "It's my belief that gluten is a modern poison." *This is because a person's sensitivity to gluten will result in inflammation, which is the cornerstone of many brain disorders.* Gluten sensitivity in particular is caused by elevated levels of

antibodies against a component of gluten called gliadin. When the antibody combines with this protein (creating an anti-gliadin antibody), specific genes are turned on in a special type of immune cell in the body. Once these genes are activated, inflammatory cytokine chemicals collect and can attack the brain. (52)

“Elevated cytokines are seen in Alzheimer’s disease, Parkinson’s disease, multiple sclerosis and even autism. But 99 percent of people whose immune systems react negatively to gluten don’t even know it.” (Page 53) One reason for this is that our brains have no pain receptors. Your brain can’t feel inflammation.

## 6. SO WHAT CAN WE DO TO AVOID ALZHEIMER’S DISEASE?

First, we must cut way back on sugars and carbs even if the source of those carbs are not from junk food. We should get tested for gluten sensitivity and learn all we can about a gluten free diet.

We should STOP drinking soft drinks of any kind and radically cut down on pies, cakes, candy bars, cinnamon rolls, breads, and cereals. We should learn how to eliminate modern wheat from our diet.

If you are taking statin drugs, why? It doesn’t make sense. Our brains *need* cholesterol.

We should use coconut oil when cooking. There are now whole books on the miracle fat from coconut oil. \*\*\* I watched a video clip on UTube from the 700 Club. The reporter was telling that an ounce of coconut oil, given daily to Alzheimer’s patient would reverse the disease! She gave case histories and proof. Bruce Fife C.N. and N.D., author of “THE COCONUT OIL MIRACLE writes “Using coconut oil for all your cooking needs may be one of the healthiest decisions you could ever make.” (Page 5)

\*\*\*\* Dr. Fife tells of a man named Chris Dafoe who was dying of AIDS in 1996. He took one last vacation to the jungles of the Republic of Suriname and stayed with a group of the country’s indigenous people. He ate what they ate which included a daily serving of cooked coconut. While there he regained 32 pounds and upon returning, his lab test showed that the virus had plummeted to undetectable levels. The HIV virus that once flooded his body was no longer measurable. He continues to eat cooked coconut for breakfast every day and remains healthy and vibrant. (Introduction, Pg. 14)

We should stop using vegetable oils and start using olive oil, flax seed oil and coconut oil, which have the kind of fat that doesn’t cause inflammation, Omega 3 fats. *Omega 6 oils cause inflammation and the more you use, the more likely you’ll be to suffer brain damage.* (Avoid mayonnaise). Stop using vegetable oil, corn oil, sunflower seed oil, canola oil, and soybean oil.

We should lose our big bellies. The bigger your belly, the smaller your brain. It’s a proven fact. Your brain will shrink as your belly expands. “In a joint research project between UCLA and the University of Pittsburgh, neuroscientists found that the brains of obese people—defined by having a body mass index above 30—looked sixteen years older than their healthy counterparts of normal weight. And those who were overweight—defined by having a body mass index between 25 and 30—looked eight years older than their leaner counterparts. More specifically, the clinically obese people had 8 percent less brain tissue, while the overweight had 4 percent less brain tissue compared to normal-weight individuals. Much of the tissue was lost in the frontal and temporal lobe regions of the brain, the place from which we make decisions and store memories, among other things.” The authors of the study pointed out that being overweight heightened the risk for Alzheimer’s disease. (Page 121) A diet rich in modern grains produces obesity! (Wheat bellies!)

We should fast once in a while. The body burns fat when you fast, and this is very good for the brain.

We should also eat less. “Data from population-based case control studies showed that individuals with the lowest daily calorie intakes had the lowest risk of Alzheimer’s disease and Parkinson’s disease.” (Page 134) We should Exercise regularly. “Aerobic exercise not only turns on genes linked to longevity, but also targets the BDNF gene, the brain’s ‘growth hormone.’ Aerobic exercise has been shown to increase BDNF, reverse memory decline in elderly humans, and actually increase growth of new brain cells in the brain’s memory center.” (Page 132) The more we move, the fitter our brains. You can literally “jog your memory.” I prefer walking and try to daily walk at least 2 2/3 miles.

We should get plenty of Sleep. Psa. 127:2 It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.

\*\*\*\* Gluten sensitivity can disrupt sleep, which in turn, negatively affects the brain. Dr. Perlmutter tells of a 48 year old man who came to him asking the doctor to “optimize his health.” He had a history of

low thyroid function and had been diagnosed as having gluten sensitivity. He had an autoimmune disease called Hashimoto's thyroiditis, which causes the immune system to attack the thyroid gland. The doctor ordered a gluten sensitivity test and out of twenty-four antibodies, tested only one was in the normal range.

Just four months after starting a gluten free diet the man wrote, "Prior to diagnosing me as gluten sensitive, my health was in a downward spiral. Even though I was in my early forties and worked out daily, I was lethargic and struggled to make it through the day. I was becoming more moody and would easily snap at the smallest things. Depression set in, as I couldn't shake negative thoughts. I was convinced that I was dying. Today I am a new person. I am once again happy-go-lucky, and I have energy throughout the day. I'm sleeping through the night regularly and my joint pain is gone. I'm able to think clearly and not get sidetracked on my tasks. The best part is that the stubborn fat around my midsection virtually melted off in two weeks. I thank you for helping me get my life back." (Page 206)

Dr. Perlmutter writes, "Most of us undervalue the benefits of getting enough sleep, but it's one of the few assets in our lives that's totally free and absolutely essential to well-being. It's also, a fundamental tool in preventing brain decay." (Pg. 207)

In early 2013, scientists in England found that a week of sleep deprivation altered the function of 711 genes, including some involved in stress, inflammation, immunity, and metabolism. Anything that negatively affects those important functions in the body impacts the brain." (Pg. 208)

If you are chronically short of quality sleep you will likely suffer confusion, memory loss, brain fog, low immunity, obesity, cardiovascular disease, diabetes and depression. If you have chronic sleep problems you will have cognitive decline.

## 7. HERE ARE SOME PERSONAL CHANGES I HAVE MADE.

For something sweet I now eat dark chocolate, 72% to 86% cacao. This is a great anti-oxidant and makes me feel like I can have something at least a little bit sweet. I'm learning how to eat a gluten free diet. I eat two eggs a day, fried in coconut oil. I walk 2 2/3 miles at least five times a week. I'm encouraging myself to sleep more as a way to last, rather than pushing myself so hard. For snacks I now buy a big variety of nuts and seeds, mix them up in a big bowl, and put them in quart jars in the refrigerator. Then I keep one out, so that if I want a snack, it will be handy. I've completely stopped drinking soda's diet or regular. I keep a large container of greens in the refrigerator and have olive oil and red wine vinegar to flavor it with. I buy and eat olives and avocados—both high in good kinds of fat and low in carbs. I also bought all the recommended supplements Dr. Perlmutter suggests: Here's his list: Alpha-lipoic acid 600 mg daily; coconut oil, one teaspoon daily, taken straight or used in cooking. I take a large capsule of it, because I can travel with that but I also use it to cook eggs. DHA, 1,000 mg daily. (I bought a very purified kind of fish oil that is also coated so that you don't burp fishy burps (from GNC health store.) Probiotics. 1 capsule taken on an empty stomach up to three times daily. Resveratrol, 100 mg twice daily. Turmeric, 350 mg twice daily. Vitamin D3, 5,000 IU daily.

Finally, Jesus said, "**What does it profit a man to gain the whole world but lose his soul?**" (Mark 8:36) A second truth is like unto that. What does it profit a person to gain the whole world and lose his or her health, especially mental health? Eph. 5:29 **After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church.** Shorten that to say, "Care for your body like Christ cares for the church." A dead servant can't serve anyone. And a mentally ill person can't serve anyone either.

Buy and read these books, GRAIN BRAIN, THE COCONUT OIL MIRACLE, and WHEAT BELLY. Prov. 10:14 **Wise men store up knowledge, but the mouth of a fool invites ruin.** Don't invite your own ruin by putting too many carbs in your mouth! Store up the needed knowledge.

\*\*\*\* Once I asked a lady, "How do you Catholics know for certain that if you die you'll go to heaven?" She replied. "Oh, you don't. You just take your chances." That's how most people approach the avoidance of Alzheimer's disease. But you—be wise. Learn. Make changes. Do it now while you still can.

I LOVE YOU. GOD BLESS YOU.