

DR GORDY'S KEEP-YOUR-WITS PROTOCOL
PREVENTING & TREATING BOTH ALZHEIMERS AND VASCULAR MEMORY LOSS
(With major assistance from Dr Jonathan V Wright, MD)

DO-IT-YOURSELF PREVENTION AND TREATMENT

EAT TURMERIC: Eat 3-5 teaspoons of turmeric with your food each day, depending on body size. Curcumin, the physiologically active ingredient in turmeric, breaks up brain plaques of amyloid beta, the abnormal brain protein that is the hallmark of Alzheimer's disease. The research on Turmeric got started because India has ¼ as much Alzheimer's disease as America, and Indian food usually includes dishes made with curries, the main ingredient of which is Turmeric. For prevention, it's enough to just eat curried foods regularly. For treatment, I suggest a teaspoon 3-5 times a day (level teaspoons for small people, heaping teaspoon for large people). Because turmeric and curry powder are very popular spices, you can usually buy them in food stores (including Grocery Outlet), many of which have curry powder and turmeric powder in 1-pound bottles in the spice display. Because it is a popular spice, you will probably want to mix turmeric or curry in with your food because it tastes so good. However, if the taste of turmeric for some reason bothers you, capsules of turmeric and turmeric concentrate can be purchased at health food stores, but it's a lot more expensive. Turmeric is the only agent that has shown promise for actually reversing Alzheimer's

TAKE SUPPLEMENTS:

--350-750 mg niacinamide (depending on body size),

--2-5 teaspoons of fish oil (again depending on body size, and cod liver oil or fish oil are equally good) will resist both forms of dementia (Alzheimer's and vascular). If you want to take fish oil in pills, keep in mind that a teaspoon of fish oil contains 5,000 mg (5 grams), so if you wanted to take 3 teaspoons (1 tablespoon) of fish oil, that would require swallowing 15 of the 1,000 mg capsules, which would be quite a job. You can buy emulsified cod liver oil in most health food stores or health food sections of grocery stores, and it will mix with food better, so there will be less floating to the top of your stomach, to be smelled every time you belch.

--It's also a good idea to take a multiple vitamin-mineral supplement. I recommend 4 tablets per day of a mega-dose formula. Ask a veteran health food store employee what he or she takes, or get it from me.

DRINK WINE in moderation throughout the day. Taper off toward the evening so it doesn't wake you up at 2 or 3 AM. For those who wish to avoid alcohol, nonalcoholic wines may do the job as well as alcoholic wines, and Inglenook makes some very nice nonalcoholic wines.

DRINK GREEN TEA throughout the day, easing off in the evening to promote good rest, OR **TAKE GREEN TEA EXTRACT** capsules twice daily. If you opt for the capsules, shop the store for the product with the highest content of EGCG. The EGCG (epigallocatechin-3-gallate) component of green tea has multiple neuroprotective effects, among which is the redirection of pre-amyloid plaque production into soluble products that can be washed away in the circulation. Other chemicals in tea can oppose this process, so it's important to get the highest concentration of EGCG available. In Alzheimer's prone mice, EGCG injections have resulted in about halving the rate of amyloid plaque production, and human population studies show that people who drink more green tea get less Alzheimer's or have slower progression. The study on mice used a dose

that, if translated to humans, would require 1500 mg/day of EGCG, but a lesser amount also probably would be effective.

AVOID EMPTY CALORIES. Avoid foods that contain any of the following:

- Avoid corn syrup, including “high fructose corn syrup”. It is 100% empty calories.
- Avoid foods with added sugars (any ingredient ending in “-ose”, such as sucrose, dextrose, maltose, fructose, glucose). Sugars are 100% empty calories. The sugars naturally present in foods such as pears, apples, grapes, dates, plums, kiwis and pineapples are not a problem, because they contain all of the micronutrients (vitamin, minerals, enzymes, etc.) that would normally accompany that amount of calories.
- Avoid foods with any of the common oils added, except olive oil. When oils are removed from a grain or seed, they leave behind the water-soluble nutrients, which include all of the minerals and half of the vitamins. So oils are about $\frac{3}{4}$ empty of the nutrients necessary for life. Olive oil is the main exception: for some reason that scientists are still trying to figure out, olive oil promotes health. People who eat olive oil are healthier than people who don’t eat olive oil. Always buy “extra virgin” olive oil. All the other cheap oils—corn, soy, sunflower, peanut, safflower, cottonseed, canola, etc.—are detrimental to health when they are extracted from the foods that naturally contains them.
- Avoid all grain products that aren’t whole grain. The main culprits are “wheat flour” and “enriched wheat flour”, which are just two forms of white flour. Don’t eat bread, pasta or cereals that aren’t 100% whole grain.
- Avoid protein concentrates and isolates. They are just another form of empty calories.

AVOID POISONING YOUR BRAIN. Eat organic where it counts the most, where conventional farming results in the highest pesticide residues: Coffee, tea, strawberries, apples, green vegetables (spinach, kale, collards, lettuce, celery, etc.), peaches, nectarines, domestic blueberries, sweet bell peppers, cherries, potatoes, and imported grapes should be organic as often as possible.

GET MORE, OR MOST, OF YOUR ANIMAL PRODUCTS FROM THE OCEAN. Eat much less red meat and dairy products, and much more fish and other seafood. Eat lower on the food chain: sardines are better than salmon, shrimp is better than shark, and mussels are better than marlin. Avoid farmed fish: If you buy Atlantic salmon, trout, or catfish in a store, it is farmed, and will have high toxic residues from the food it is fed. Farmed shrimp, mussels and oysters are fine.

DO A SWEATY EXERCISE: The minimum amount of exercise to bring many indicators of health to near normal-optimal is 45 minutes 3 times a week, or 30 minutes five times a week. Try to exercise hard enough that you’re breathing a lot the whole time, but not so hard that you can’t (or couldn’t) carry on $\frac{1}{2}$ of a conversation with a friend. You also should exercise hard enough and dress warm enough that you lose $\frac{1}{4}$ pound of sweat or more during each exercise session. (Be sure to weigh before and after without clothes, so you aren’t weighing damp clothes.) Sweating, especially during exercise, gradually gets rid of the fat-loving toxins that build up in our bodies as a result of living in a petrochemical-laden world. Brain tissue has a lot of fat in it, much of which is used for insulation of the “wiring” between brain cells, so lipophilic (fat-loving) toxins can create quite a problem in the brain “wiring”.

DOCTOR-ASSISTED PREVENTION AND TREATMENT

You will need to consult a naturopathic doctor, or a medical doctor who has been trained in these protocols. You can find such MDs near you through the American College for Advancement in Medicine (ACAM) at www.acam.org or (888) 439-6891.

TAKE 10-20 MG OF LITHIUM PER DAY. Lithium supplements need to be accompanied by the 2-5 tablespoons of fish oil recommended in the “Do it yourself” section above.

BIO-IDENTICAL HORMONE REPLACEMENT with gender-specific hormones. Have your hormone levels checked, and replaced with a balance of bio-identical hormones that approximates about what is normal for a healthy person of your gender who is about age 45 and at low risk for future degenerative disease.

THYROID HORMONE REPLACEMENT should be done to get blood hormone levels near to the ideal levels for a healthy disease-resistant person of about age 45. Sometimes a person doesn't feel good on such strong hormone stimulation, and their dose has to be adjusted to produce thyroid hormone levels that are ideal for an older age level than age 45.

Dr. Gordon Ainsleigh can be contacted at 530-878-1901, at drgordon@suddenlink.net, and at PO Box 1087, Meadow Vista CA 95722. He gets a lot of mail and calls, so if he doesn't respond, repeat the contact effort.

Dr Jonathan V Wright, MD, an outstanding authority on nutritional medicine, can be contacted through his web site: www.tahomaclinic.com/ . If you don't know a doctor who is familiar with the above methods of treatment, his office can recommend a doctor near you who is versed in the above therapies that require a medical license to be prescribed.