



IHHS-HEALTH & WELLNESS CENTER

**1607 SO. H STREET
BAKERSFIELD, CA 93304
(661) 837-0453 ~ FAX (661) 837-0560
*The Local People Serving You***

Is Dementia preventable?

How Is Dementia preventable?

How do people live to be 100 years old?

The answer to both of these questions is, interestingly, the same.

In the many forms of Dementia, the most common being Alzheimer's, the brain is literally being attacked and murdered. How do we prevent this? In many medical cases it can be reversed, mitigated, or slowed to where it is not noticeable within normal lifetimes.

There are 3 parts to the brain. These are, the reptilian brain or inner most part, mammalian brain or middle part, and human brain or outer part called the cerebral cortex. Where the damage occurs in the brain determines what kind of symptoms a person will have. This is how the various Dementias are defined. Dementia can be loss of memory at first as we have all come to know, but it could be, a loss of vision control, shaky fingers or hands, or many other things. Symptoms of Dementia will vary between those affected.

This attack on everyone's aging brain is carried out through damaged transcription of proteins by incorrect DNA commands. The proteins are not folded correctly to fit where they go and damage ensues. This leads to damage of neurons in the various parts of the brain. As the damage insidiously increases over time, we begin to see symptoms. This process in many cases can take 10-20 years. The body is amazing at staying functional until all its reserves are gone. At diagnosis, in many people, 80% of the total damage may already have occurred, making it difficult to impossible to correct at this time!

Prevention requires thinking ahead and preserving what has not been lost, now! It can be as simple as not smoking, not drinking to excess, avoiding drugs, exercising, and reducing emotional stress and negative thinking. It could be avoidance of impact/concussive sports. Metabolic Syndrome is also a factor. This triad of symptoms includes hypertension, high cholesterol, diabetes, and is also accompanied by obesity. These malfunctions in the body, often due to inflammatory changes, allow the beginning of brain damage to proceed to more damaging levels.

It can get more complicated, although in performance it is not difficult to mitigate these factors. It requires some understanding of nutrition and health optimization practices. With the understanding of damaging processes and how to prevent them from happening many effects of neuronal damage can be prevented or minimized.

We must nurture and feed our brain with the compounds it needs to protect itself before the damage occurs. It also requires being healthy enough to repair damage that is occurring. Maintaining oxygenation, detoxification, methylation, and proper antioxidant levels, to prevent the damage that leads to mis-folding of proteins is critical in anyone over 18 years old.



IHHS-HEALTH & WELLNESS CENTER

**1607 SO. H STREET
BAKERSFIELD, CA 93304
(661) 837-0453 ~ FAX (661) 837-0560
The Local People Serving You**

Moderate exercise such as being active and working in the yard is essential. Exercise has been shown to turn on a brain growth hormone called BDNF, or "brain-derived neurotrophic factor". BDNF codes for your brain's ability to both repair itself and grow new brain cells via neurogenesis. This is a relatively new discovery.

Exercising the brain by learning new things, relearning things completely forgotten, and remaining social, are also keys to success in maintaining brain function. Doing crossword, Sudoku, or similar tasks, only use the memory you have. It does not stimulate an increase in neurons via stem cells in the brain. Sorry, it is a misconception that tasks involving existing memories are brain exercise. New memories will allow stem cells in the brain to form new neurons to hold the memories. After 72 hours, if there are no new memories, our brain stem cells die off from lack of a command.

The key to neuronal brain health is maintaining the neurons we have, and using our stem cells in the brain, to make more new ones. This requires the use of new learning, healthy lifestyle, good nutrition, and attention to health. Without the use of all these things, coupled with a use it or lose it attitude, brain function declines significantly with aging. With the right practices our brain function can be maintained at highly functional, youthful levels. If there is no stimulation, via learning completely new topics, there are no new neurons made! Neurons die out all the time after 18-20 years old. The only way to replace them is via new learning. The second step is keeping the neurons you have, by using all the other methods discussed here.

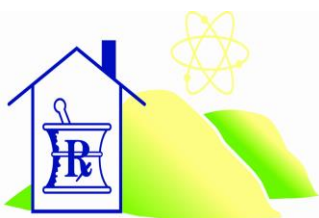
Neurotropic B vitamins play crucial roles as coenzymes and beyond in the nervous system. Particularly vitamin B1 (thiamine), B6 (pyridoxine), and B12 (cobalamin) **contribute essentially to the maintenance of a healthy nervous system**. Their importance is highlighted by many neurological diseases related to deficiencies in one or more of these vitamins, but they can improve certain neurological conditions even without a (proven) deficiency. So, not only do certain B vitamins lower homocysteine levels. A number of them play a critical role in the growth and support of nerve cells, and suchlike.

Which means that it was never a stretch to suggest that giving people B vitamins might be an extremely good thing if you want to prevent, or delay, the progression of Alzheimer's/brain shrinkage. Either through the benefits on lowering raised homocysteine, or via the critical functions of B vitamins on the structure and function of the brain.

In a follow-up study, this group of researchers then found that, in people with raised homocysteine levels, who already had signs of dementia, B-vitamins reduced brain destruction and slowed, even halted, the progression of Alzheimer's. In their own words, from the paper *'Preventing Alzheimer's disease-related gray matter atrophy by B-vitamin treatment'*.

That, anyway, was the underlying science. But does giving B vitamins actually work? Well researchers at Cambridge University certainly believed it was a splendid idea :

*'In an initial, randomized controlled study on elderly subjects with increased dementia risk, we showed that B-vitamin treatment (folic acid 0.8 mg, vitamin B6 20 mg, vitamin B12 0.5 mg) **slowed shrinkage of the whole brain volume over 2 years.**' B-vitamin treatment reduces, by as much as seven-fold, the cerebral atrophy in those gray matter (GM) regions specifically vulnerable to the AD (Alzheimer's Disease) process, including the medial temporal lobe.*



IHHS-HEALTH & WELLNESS CENTER

**1607 SO. H STREET
BAKERSFIELD, CA 93304
(661) 837-0453 ~ FAX (661) 837-0560
The Local People Serving You**

It is interesting that the 16 factors of people who live to be over 100 years old are the very things we also need for brain health. Let's look at these 16 basic facts of longevity. They are the formula to achieving health, having a good quality of life, and preventing many forms of Dementia.

16 common factors among 100 year olds:

Have low blood sugar	Do not smoke or stopped smoking
Have low blood pressure	Drink less alcohol
Have low blood total cholesterol	Get regular restful sleep
Keep weight low and steady	Have healthy gums
Eat fewer calories	Challenge their minds
Eat mostly vegetarian or Mediterranean with coffee and tea	Have a positive mindset
Avoid nutritional deficiencies	Shed stressors, have daily structure, and are resilient
Exercise regularly, are active, stay busy after retirement	Stay socially active and connected with serenity and purpose

Avoid Rx and OTC medications, as many contribute to, or cause Dementia. This includes antihistamines, antidepressants, tranquilizers, sleep drugs, and much more. Check with your health provider.

A good alternative for these conditions is **Hemp Extract**, which has been studied for depression, anxiety, sleep, obesity, anger, cancer, and much more, with positive results.

At IHHS we have several programs related to optimizing biological function through nutrition, detoxification, and more.

These include

#1 IHHS Energy and Wellness program with its optional items. (See Handout at website)



IHHS-HEALTH & WELLNESS CENTER

**1607 SO. H STREET
BAKERSFIELD, CA 93304
(661) 837-0453 ~ FAX (661) 837-0560
The Local People Serving You**

#2 B vitamins in their active forms, specifically thiamine HCl (B-1), Methylfolate (folic acid), Pyridoxyl-5-phosphate (P5P or B-6), and methyl and adenosyl cobalamin (B-12). This product is called Max-B. Take 1 teaspoonful a day, or add the P5P and methyl-adenosyl cobalamin extra, and use 1/2 teaspoonful daily.

#3 Miscellaneous supplements including Therapeutic Multivitamins with minerals and trace minerals, sulfur, antioxidants, immune system boosters, Sporebiotics, and Triactive pre/probiotics, Hemp Extract 4000, and more.

#4 IHHS Herbs to Optimize Health program

#5 IHHS Epigenetics program (about understanding why one must use methylfolate, and folinic acid vs folic acid)

#6 IHHS Homeopathic Detoxification program

Together these will aid in providing the body and brain's oxygenation, enhance transcription factor functions to protect the protein folding, prevent bad oxidation, and maintain higher functions of the brain. There are also individual programs that are more detailed, for clients who wish consultations.

These IHHS programs aid in achieving the optimization of body pathway functions via increasing glutathione, methylation, catalase, superoxide dismutase, and nitric oxide levels, while removing environmental and endogenous toxins from the body to enhance health and quality of life. Although this may sound complicated it is really a simple process anyone can accomplish.

These programs coupled with a healthy lifestyle, eating well, exercise, and social activity will achieve the optimal level of brain health you are capable of at any age.

The real message from all this is that you can make yourself feel younger, healthier, more vital, energized, and intelligent, by understanding the preventable risks to health that are all around us. Acting on this information you will be able to prevent and/or mitigate diseases, autoimmune conditions, and many dementias you, or your loved ones, may be at risk for.