

Natural Health News

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EVERGREEN SPA & WELLNESS
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ALZHEIMER'S AND DEMENTIA

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STORE HOURS:

Tuesday – Saturday
9 am-5 pm

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There is currently a global Alzheimer's pandemic involving tens of millions of people. In the USA alone, the number of those affected is expected to reach 14 million by 2050. One of the primary causes is the increasing exposure to aluminum and the "harmful environments" that trigger it. Globally, soil and water are becoming more acidic and, consequently, aluminum is becoming more soluble. Throughout the 20th and early 21st centuries, as a result of expanding fossil fuel consumption, large quantities of sulphur and nitrogen have been emitted into the atmosphere. Acid rain has caused extensive damage to the environment at local, regional, and even global scales. Our drinking water is becoming more acidic, and so aluminum is more soluble, foods contain fewer minerals as the result of commercial fertilizers, and many of the remaining minerals are removed by processing and cooking. We are creating harmful environments that allow aluminum to more easily reach the human brain, where it inhibits numerous crucial enzymes. From a scientific point of view, all these risk factors, with the exception of genetic inheritance, are relatively simple to mitigate. There is no need for a pandemic or the \$100 billion annual loss that this disease causes in the U.S. alone. In theory, it should be a simple matter to pass legislation that reduces levels of aluminum in drinking water and promote the addition of calcium, magnesium as well as other important minerals to it. It would seem to be in the best interest of every government to save the billions of dollars spent in caring for Alzheimer's disease victims. Unfortunately, politics is rarely logical. In addition, the Western diet promotes Alzheimer's disease in many ways. First, this diet is deficient in calcium and magnesium, making those who eat it susceptible to aluminum toxicity. Second, many foods are canned, wrapped, and/or cooked in aluminum. The more acidic the food, the more easily it dissolves this metal. Third, *maltol* is added to many processed foods in an attempt to improve flavor. This additive facilitates the passage of aluminum through the blood-brain barrier. Cooking and preparing beverages with soft, acidic water is a source for monomeric aluminum. Aluminum will also pass through the pores and nose by means of showers and baths with acidic water. Many deodorants and antiperspirants contain aluminum. The American diet contains less than half the calcium and magnesium required to avoid the associated deficiency illnesses, including Alzheimer's disease. Furthermore, studies have shown that sugar and high-carbohydrate foods cause increases in blood sugar, which in turn increases the risk of Alzheimer's disease and dementia. Research strongly indicates that Alzheimer's disease is ultimately the result of a metabolic disturbance similar to that seen in type 2 diabetes, namely, insulin resistance and hyper-insulinemia (elevated levels of insulin in the bloodstream for extended periods of time). The brain is an extremely energy-hungry organ. Although it typically accounts for just 2 percent of total body weight, it uses around 20 percent of the body's glucose and oxygen.

~ over ~

Happy

Spring!

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Anything that interferes with fuel delivery or processing in the brain will have dramatic effects on memory and emotions. The metabolic syndrome is an especially important piece of this puzzle. It is a conglomeration of markers that indicate the body is improperly handling carbohydrates. A person with metabolic syndrome responds with abnormally high levels of blood glucose or insulin (or both) upon consumption of starchy and sugary foods. These markers include abdominal obesity; elevated triglycerides (fats in the blood); elevated numbers of small, dense LDL particles; reduced HDL; elevated fasting blood glucose and insulin levels; high blood pressure; and elevated hemoglobin A1c (a measurement of long-term blood glucose levels). Many of these conditions go hand in hand with type 2 diabetes, and there is reason to suspect that cognitive impairment should be added to the list. Overconsumption of refined carbohydrates, combined with the relentless stress of modern life and insufficient sleep as well as physical inactivity, leads to a breakdown in the body's and brain's ability to process carbohydrates and other fuels. Even if all blood work numbers are in the normal ranges, the possibility of problems with carbohydrate handling should not be dismissed. Fatigue, chronic pain, and poor energy levels are all signs that the person is starving at a cellular level. Another piece of the puzzle linking Alzheimer's disease to chronically elevated insulin levels is what is known as beta-amyloid plaques in the brain—solid substances that accumulate and interfere with the cells' ability to communicate with each other. Recent research has also shown that anesthesia can increase the buildup of these plaques and induce brain changes like those thought to underlie dementia. Alzheimer's disease is the result of the widespread starvation and death of brain cells due to insulin resistance, and the lost ability to metabolize glucose. This evidence suggests that the time has come to reevaluate the dietary recommendations to consume low-fat and low-cholesterol diets, which are, by default, high in carbohydrates. Combined with stressful, sedentary lifestyles, and particularly when complicated by cholesterol-lowering medications (statin drugs), this outdated advice is nothing less than a roadmap for Alzheimer's disease. What we consider the normal forgetfulness of growing older could be a warning that the brain is struggling to fuel itself. Start early to reduce the risk by following dietary and lifestyle factors which include an emphasis on whole, unprocessed foods, generous intake of omega-3 fatty acids, low intake of sugars and refined carbohydrates, regular exercise, stress reduction and adequate sleep.

MARCH SPECIALS

Yves V. Cuisine—Kale & Root Vegetable Patties (frozen)	25% OFF
Wallaby—Unsweetened Greek Yogurt, 5.3 oz, assorted	25% OFF
Field Day—Organic cooking spray (propellant-free), 5 oz.	25% OFF
High Country Kombucha—Turmeric Beet Kombucha	30% OFF
Choice Organic Teas—Organic Teas, 16 bags, variety	30% OFF
Crunchmaster—Multiseed & 7 Grain Crackers, variety	30% OFF
European Gourmet Bakery—Organic Pudding Mixes	30% OFF
Ginger People—Organic Crystallized Ginger, 4 oz.	30% OFF
Lundberg Family Farms—Tri-color Rice, sprouted, 1lb.	30% OFF
Mestemacher—Three Grain Bread, 17.6 oz.	30% OFF
Mom's Pasta Sauce—Mom's Spaghetti Sauce, 24 oz.	30% OFF
AND MANY MORE ITEMS!	

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WE LOOK FORWARD TO SERVING YOU!

BEET-BLUEBERRY SMOOTHIE

Beets are high in fiber, phytonutrients, folates, beta carotene, and natural nitrates that increase blood flow to the brain. Enjoy this smoothie and boost your brain power. It can also help lower blood pressure.

Combine the following ingredients in a blender and blend until smooth:

- 1/2 cup unsweetened carrot juice
- 1/2 cup frozen or fresh blueberries
- 1/2 cup peeled and grated raw beets
- 1/2 cup unsweetened apple sauce
- 1/2 cup raw almonds or walnuts
- 1/2 cup ice cubes
- 1/2 tsp. fresh lime juice

Ground ginger and/or cinnamon to taste



"And we have made ourselves living cesspools, and driven doctors to invent names for our diseases." ~Plato

"God sleeps in the minerals, awakens in plants, walks in animals, and thinks in man." ~Arthur Young