

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

## HOPE FOR ALZHEIMER'S

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### Retail Store Hours

Monday-Saturday

10 am-6 pm

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Alzheimer's disease is currently at epidemic proportions, with 5.4 million Americans—including one in eight people aged 65 and over—living with it. There is no known cure, and few truly effective treatments. Research suggests the best hope is in prevention focusing on diet, exercise and staying mentally active. Two recent studies show that compounds in cinnamon, and vitamins B12, B6, and folate may delay the onset and/or slow progression of the disease. Research also suggests that being exposed to general anesthesia can increase the risk of dementia in the elderly by as much as 35 percent. While memory loss is indeed common among Westerners, it is NOT a "normal" part of aging, and cognitive changes are by no means inevitable. People who experience very little decline in their cognitive function up until their deaths have been found (post-mortem) to be free of brain lesions, showing that it is entirely possible to prevent the damage from occurring in the first place....and one of the best ways to do this is by leading a healthy lifestyle. The best prevention is to keep your sugar and carbohydrate consumption to a minimum and your total fructose below 25 grams per day, or as low as 15 grams per day if you have insulin resistance or any related disorders. Eat a nutritious diet, rich in folate. Vegetables, without question, are your best form of folate, and we should all eat plenty of fresh raw veggies every day. Avoid synthetic supplements. Consume high-quality animal-based omega-3 fats. High intake of the omega-3 fats EPA and DHA help by preventing cell damage caused by Alzheimer's disease, thereby slowing down its progression, and lowering your risk of developing this disorder. Consume foods high in vitamin B12 such as seafood, liver, grass-fed beef and eggs. The primary fuel your brain needs for energy is glucose. However, your brain is able to run on more than a single type of fuel, one being ketones. Ketones are what your body produces when it converts fat (as opposed to glucose) into energy. The medium-chain triglycerides (MCT) found in coconut oil are a GREAT source of ketones, because coconut oil is about 66 percent MCTs. In fact, ketones appear to be the preferred source of brain food in patients affected by diabetes or Alzheimer's. Avoid mercury and aluminum, such as deodorants, non-stick cookware, etc. Avoid flu vaccinations as most contain both mercury and aluminum, well-known neurotoxic agents.

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Eat blueberries. Wild blueberries, which have high anthocyanin and antioxidant content, are known to guard against Alzheimer's and other neurological diseases. Optimize your vitamin D levels with safe sun exposure. Strong links between low levels of vitamin D in Alzheimer's patients and poor outcomes on cognitive tests have been revealed. Researchers believe that optimal vitamin D levels may enhance the amount of important chemicals in your brain and protect brain cells by increasing the effectiveness of the glial cells in nursing damaged neurons back to health. Vitamin D may also exert some of its beneficial effects on Alzheimer's through its anti-inflammatory and immune-boosting properties. Sufficient vitamin D is imperative for proper functioning of your immune system to combat inflammation that is also associated with Alzheimer's. Exercise regularly. It has been suggested that exercise can trigger a change in the way the amyloid precursor protein is metabolized, therefore, slowing down the onset and progression of Alzheimer's. Challenge your mind daily. Mental stimulation, especially learning something new, such as learning to play an instrument or a new language, is associated with a decreased risk of Alzheimer's. Researchers suspect that mental challenge helps to build up your brain, making it less susceptible to the lesions associated with Alzheimer's disease. Avoid anticholinergic and statin drugs. Drugs that block acetylcholine, a nervous system neurotransmitter, have been shown to increase your risk of dementia. These drugs include certain nighttime pain relievers, antihistamines, sleep aids, certain antidepressants, medications to control incontinence, and certain narcotic pain relievers. Statin drugs are particularly problematic because they suppress the synthesis of cholesterol, deplete your brain of coenzyme Q10 and neurotransmitter precursors, and prevent adequate delivery of essential fatty acids and fat-soluble antioxidants to your brain by inhibiting the production of the indispensable carrier bio-molecule known as low-density lipoprotein (LDL). Many scientific studies have found that Gingko biloba has positive effects for dementia. Gingko, which is derived from a tree native to Asia, has long been used medicinally in China and other countries. A 1997 study from *JAMA* showed clear evidence that Gingko improves cognitive performance and social functioning for those suffering from dementia.

## JULY SPECIALS

Mt. Vikos — Halloumi (Greek Grilling Cheese)	25% OFF
Blue Sky—Natural Sodas, variety	20% OFF
Ginger People—Ginger Soother, 12 oz.	20% OFF
Good Health—Veggie Stix, 6.75 oz.	25% OFF
Hansen's—Creamy Root Beer Soda, 8-pack	20% OFF
Woodstock—Organic Kosher Dill Planks, 16 oz.	25% OFF
Woodstock—Natural Hardwood Lump Charcoal, 8.8 lb.	25% OFF
Woodstock—Organic Dijon Mustard, 8 oz.	25% OFF
Woodstock—Organic Baby Dill Pickles, 24 oz.	25% OFF
Woodstock—Organic Sweet Relish, 16 oz.	25% OFF
Woodstock—Organic Tomato Ketchup	25% OFF
Spectrum Essentials—Chia/Flax Blend, 12 oz.	25% OFF
Poland Spring—33.8 oz. Spring Water	25% OFF

AND MANY MORE ITEMS!

“If the doctors of today do not become the nutritionists of tomorrow, then the nutritionists of today will become the doctors of tomorrow.”

~ Rockefeller Institute of Medicine Research

Organic Roots  Bistro

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