

As most of you know, I am naturopathic consultant in UK, Detroit and Germany working alongside twenty medical consultants and three surgeons – mine included!! Aside from individual patients, I am responsible for delivering updated laboratory results from our research via two clinics in Germany, including Frankfurt stem-cell, directly to USA base and, week by week, have access to cutting-edge nutritional protocols.

Approximately each month, I will provide latest information to support our members' health and well-being which will result in better gains and faster recovery from the training we all need to apply to progress in our sport. Whilst some information I forward will directly assist your training/recovery the following may also benefit your family and friends.

Owing to the sensitive nature of my professional work, I am cautioned not to directly connect to social media (allowance made for official message board) – therefore, Pete Gaskin kindly applies.

Around twenty percent of the population will suffer from Alzheimer's or some sort of cognitive decline by age sixty-five and up to fifty percent when past eighty. So where are the billions by governments and charities being spent? Where are the miracle drugs?

### **Do they know what causes these problems?**

#### **Plaques.**

These clumps of a protein called beta-amyloid may damage and destroy brain cells in several ways, including interfering with cell-to-cell communication. Although the ultimate cause of brain-cell death in Alzheimer's remains unknown, the collection of beta-amyloid on the outside of brain cells is considered a prime suspect .

#### **Tangles.**

Brain cells depend on an internal support and transport system to carry nutrients and other essential materials throughout their long extensions. This system requires the normal structure and functioning of a protein called tau. In Alzheimer's, threads of tau protein twist into abnormal tangles inside brain cells; this leads to failure of the transport system. This failure is also strongly implicated in the decline and death of brain cells.

### **These are just theories!**

## **Why do doctors repeat these theories if they are wrong?**

In UK and USA, doctors (mostly) do not read studies. They instead read information put out by drug companies or other establishment organisations. This information is slanted to justify prescribing available drugs. No pharma drugs work in any meaningful way to slow or reverse Alzheimer's or any cognitive decline. The theories are wrong and the drug solutions are wrong. The problem medical practitioners face is that they are expected to have solutions. They clutch at straws and prescribe the drugs even though they do not work rather than admit the massive medical system has little to no solutions. To be fair most of the drug offerings such as statins are being found to be useless and at best may placate the disease whilst making a fortune in the process.

## **So what causes Alzheimer's and cognitive decline?**

Fungus on the brain is definitely a strong indicator. Recent Spanish Pathology studies revealed that only patients with fungus on the brain developed Alzheimer's and those patients that had plaque (the previous theory now discredited) was not a factor. The researchers examined the brains of a large number of deceased persons and observed whether the subjects had plaque and tangles or not made no difference as to whether they had Alzheimer's or cognitive decline. Only those whom revealed fungus in their brains had developed brain disease. This explains why certain nutrients show benefits with brain disease.

## **What is Fungus?**

Fungi contain cell walls with chitin, unlike the cell walls of plants that contain bacteria. They acquire their food by absorbing dissolved molecules and by secreting digestive enzymes into any plant or animal. Their spores may travel through the air or water. Fungi are the principal decomposers in ecological systems.

## **What about Humans?**

Most people experience fungal invasion in the form of 'Athletes foot' in their feet and other nail infections. As well as Alzheimer's there are many diseases including: Lung Disease, Asthma, Candida, Cancer, Aids, Scalp Fungus and Vaginal Yeast Infections. According to researchers from the Imperial College, University of London (UK), the world is threatened by a fungal epidemic. Increasingly more new species

of animals and plants are “invaded” by pathogenic fungi. Millions of plants, trees and animals are falling victim.

### **What Can We Do About It?**

There are approximately twenty different fungi that are causing problems for humans but only four anti-fungals doctors have in their armoury. Even these four are failing. There are three powerful actions we can take to resist the invasion. It is no coincidence that as we age we are more prone to fungal infection but the bad news is that these infections are being found in younger people.

#### **Action One**

Fungus requires a low oxygen and high sugar environment. To make it harder for the fungus to invade and thrive we need to increase oxygen around the body. Stop sitting down for more than three hours per day and walk three to five miles every day at a fast pace: The goal is to keep active and maintain the flow of oxygen. Resistance training – what we do! – is also effective.

#### **Action Two**

Refraining from consuming all starchy carbohydrates, high sugar foods and drinks plus following a ketogenic dietary regime (Up to eighty-percent of daily calories from healthful fats). You can never eat too many green vegetables and dark skinned fruits. Use coconut oil for all cooking, spreading – it’s great in black coffee also! Raw, extra-virgin coconut oil contains a very specific anti-fungal – lauric acid. We will soon submit the advantages of supplementing omega 3’s, phosphatidyl serine, alpha lipoic acid, optimising vitamin D, ubiquinol, vinpocetine and ginkgo biloba to address brain inflammation.

#### **Action Three**

Take Curcumin, the active ingredient in turmeric; this is anti-fungal, anti-bacterial and anti-viral. We have three studies showing benefits with Alzheimer’s, cognitive decline and also further beneficial research with cancer, cardiovascular, diabetes and MS. Curcumin prevents lipid peroxidation and the oxidation of cellular and sub-cellular membranes associated with atherosclerosis. We have shown it to improve neuroplasticity.

My recommendation is to take it in capsule form but also use the following recipe:

- Open 6 capsules into a glass.
- Add 3 teaspoons of melted coconut oil or MCT oil.
- Add a small avocado and 1 or 2 teaspoons of raw cacao powder
- You can experiment with adding pure stevia and/or lemon juice to taste.
- Mix this up and take it in 3 doses over the day. Keep it in the refrigerator between doses.

It is important to chew this until it has completely dissolved . Hold in mouth for approximately twenty seconds for sub-lingual absorption.

This way it will be available to the brain within minutes.

Magnesium optimisation is vitally important for cognitive health – banana tea is an easy way to ingest (a considerable amount of magnesium resides in the peel, as opposed to what we consider is the edible fruit – This tea relaxes brain function and assists deep sleep when taken half an hour ahead of perceived bed-time.

Method –

Cut ends from an organic banana, cut in half – add to one/two cups of boiling water – simmer for ten minutes – strain and drink liquid, adding cinnamon/lemon juice to taste.

These are simple natural solutions to lifelong cognitive health. Currently we are also having considerable success with brain and throat cancer utilising these protocols.

**Pat Reeves**

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