

Week 34 (2016)

Do they know what causes these problems?

My newsletter this week is inspired by an actor who is a favorite of mine, Gene Wilder. He died of Alzheimer's a few days ago at the time of writing.

Around 20% of the population will suffer from Alzheimer's or some sort of cognitive decline by aged 65 and up to 50% when they get past 80. 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 isn't known, the collection of beta-amyloid on the outside of brain cells is 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, leading to failure of the transport system. This failure is also strongly implicated in the decline and death of brain cells.

They are Just Theories!

If you Google the causes you will also see the above theories and in fact I copied them off a Google search because they are used by all of the medical based websites. No matter how many times they repeat these theories they are wrong.

Why do doctors repeat these theories if they are wrong?

Doctors (mostly) do not read studies. They instead read information put out by drug companies or other establishment organizations. This information is slanted by these organizations 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 doctors face is 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 no solutions. To be fair most of the drug offerings such as statins are being found to be useless and at best are just caring for the disease and making a fortune in the process.

So what causes Alzheimer's and cognitive decline?

Fungus on the brain. Spanish Pathology studies showed 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 brains that had 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 cellulose. 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 about 20 different fungi that are causing problems for humans but only 4 anti-fungals that doctors have in their armoury. Even these 4 are failing. There are three powerful actions that we humans can do 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 1. 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 3 hours per day and walk 3-5 miles every day at a fast pace. There are other activities such as gardening and housework but the goal is to keep active and keep the oxygen flowing.

Action 2. Stopping all starchy carbohydrates, high sugar foods and drinks and following a ketogenic diet. You can never eat too many green vegetables and dark skinned fruits. Consume the powerful anti-fungal coconut oil, in everything you cook. I take it in my Americano coffee.

Action 3. Take supplements such as Curcumin. Curcumin is an anti-fungal, bacterial and viral. It has three studies showing benefits with Alzheimer's but that was taking it in capsule form.

For Alzheimer's or cognitive decline, my recommendation is to take it in capsule form but also use the following recipe:

- Open 6 capsules of [CurcuminX4000](#) into a glass.
- Add 3 teaspoons of melted coconut oil or MCT oil.
- Add a small avocado and 1 or 2 teaspoons of 'sugar free' chocolate powder.
- You can experiment with adding coconut sugar 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.

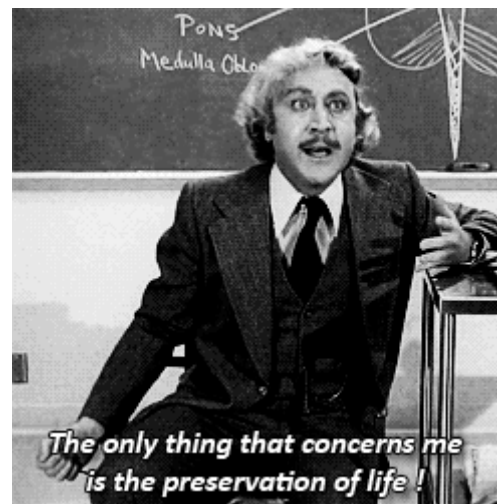
It is important to chew this until it has completely dissolved in your mouth. This way it will absorb in the mouth and be in your brain within minutes.

It is your simple natural solution to lifelong cognitive health. This is also recommended for brain or throat cancers.

I am in no doubt reading all of the research that carbs and sugar are the prime cause of our health problems.

It's a shame that Gene Wilder did not do his own research but I trust his parting words in this image will inspire you to look after yourself and your family.

My concern is the preservation of my families lives and the lives of you my readers.



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