

Week 07 (2017)

Boxers? Yes, but Soccer Players?

In the news today, studies show trauma to the head suffered by boxers and in fact any sports players such as soccer, football and rugby almost guarantees there will be some degree of dementia/Alzheimer's as a result.

At least in the UK this is big news as it applies to studies showing when soccer players simply 'head' a ball, it leads to damage of the brain. Of course when they interview the 'experts' for their opinion, they as usual try to 'cover it up' and say such things as 'we need more evidence'.

It's Well Known

Off course it was already well known that boxers suffer a greater degree of dementia and other brain damage. Even American football players with all of their padding and super safety helmets have a greater risk of dementia and brain damage. I remember a couple of years ago Will Smith appeared in the film, Concussion, as a football player suffering from early dementia and how a Nigerian pathologist battled with the NFL to prove there was an epidemic of dementia with professional football players.

The NFL and their doctors did everything they could to deny it but in the end the mounting scientific evidence, congressional hearings and finally a class action by former players helped the brave doctor to win his point. The NFL agreed to put aside \$1billion to compensate the players and their families.

Let your child play football, soccer, rugby, boxing and other violent contact sports but know there may be a price to pay for turning professional.

Not Just Sports

Violent contact sport can cause brain damage most but a gentle collision that triggers your airbag can also cause trauma and concussion. Anything that flips or bangs your head will cause trauma to the brain. Many studies show that even being knocked unconscious for just a few occasions dramatically increases the dementia risk. I first read the earlier studies on this subject 15 years ago as I had boxed in my youth and had motorcycle crashes, which left me unconscious for various periods.

So Will I Get Dementia/Alzheimer's?

The answer is no. If you already know me, you will also know that as soon as I read these studies 15 year-ago that I researched how to avoid dementia. The medical system even today refuse to believe that brain cells can be regenerated and therefore they are the last people to ask for help. Instead I did my own research in brain cell regeneration. I am 71 at the time of writing this newsletter and far from brain degeneration I am working harder and longer with my brain than any time in my 71 years.

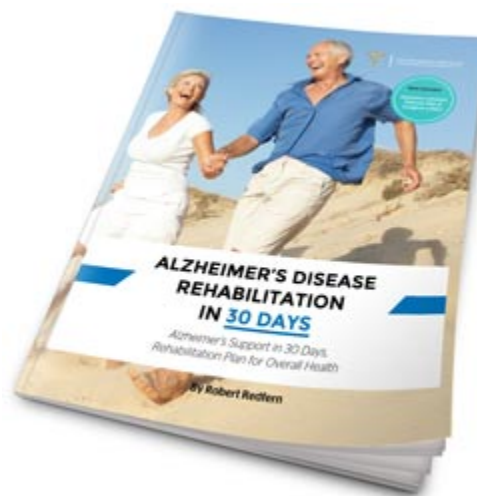
See what I have done for the past 14 years to keep my brain healthy...

My Plan to Protect and Recover any Brain Damage/Dementia

1. The first and most critical step is a Ketogenic diet. Stopping carbs and sugar stops the poisoning of your brain and the science behind this was detailed by Neurologist, Dr. David Perlmutter's book, Grain Brain.
2. See low carb/sugar recipes on my web site www.ReallyHealthyFoods.com.
3. The 1st supplement I took is called ReFocus and simply contains an extract from the Periwinkle flower. **It is the only supplement that has studies showing that it helps regenerate brain cells and improves memory.** [Click here](#) for more information.
4. The 2nd critical supplement is [Serranol](#) with four important ingredients including CurcuminX4000, Serrapeptase, Vitamin D3 and the seaweed extract Ecklonia Cava Extract.
5. [Lithium Balance](#) is classed as the essential brain anti-ageing nutrient.

There are other supplements I take but these steps above are the most critical.

You can read more and download my Alzheimer's book for free [here](#).



MORE HEALTH NEWS FROM THIS WEEK?

Read a selection of my articles at Naturally Healthy News and the latest article links are below.

Sports Injuries To The Head May Increase Dementia Risk

Sports Injuries To The Head May Increase Dementia Risk Football or soccer players could potentially be more at risk of developing dementia according to scientists. The claim comes after researchers examined the brain of six footballers and soccer.... [Read Here](#)

How To Take 'Berry' Good Care Of Your Heart Health

Blueberries. Blackberries. Raspberries. Some of your favourite berries aren't just super tasty, they also provide many powerful health benefits too. A powerful source of antioxidants, berries are also rich.... [Read Here](#)

Live Longer And Boost Your Health With Nattokinase

Nattokinase is a powerful proteolytic enzyme that is known for its amazing fibrinolytic (anti-clotting) capacities. It's most commonly used in promoting cardiovascular health and its ability to restore healthy... [Read Here](#)

Acupuncture Provides Pain Relief MORE Powerful Than Opioids

Acupuncture can provide powerful and effective pain relief that according to one latest study was found to work even faster than powerful painkillers such as morphine... [Read Here](#)

Folate – An Essential Vitamin For Good Health At All Ages

Folate is a powerful nutrient that has been studied for decades in terms of its health benefits. In particular it has emerged as a vital nutrient that can help... [Read Here](#)