

HOW TO:

SAVE YOUR BRAIN

PROVEN WAYS TO MAINTAIN AND REGENERATE YOUR BRAIN
IN A WORLD OF ALZHEIMER'S AND DEMENTIA



BY JONATHAN OTTO & THE HEALTH SECRET TEAM

ALZHEIMER'S & DEMENTIA: WHAT'S THE STORY?

Today young children are being diagnosed with dementia and arthritis. Diseases that we used to see only in the elderly are now being seen in children.

Isn't that shocking, and just devastating!?

Too often, we think of cognitive decline as irreversible. We have heard over and over again that the damage to the brain that causes Alzheimer's and dementia cannot be repaired. But is that true?

In this report, you will discover the principles for good mental health and how you can use them to preserve and even regenerate brain function.

A 100 YEAR OLD LEGEND

Let's start with looking at the life of a 100-year-old man, with no aches or pains, to discover the principles he used and how you can use them.

Dr. Ellsworth Wareham is a 100-year-old celebrated heart surgeon who still mows his lawn and trims his bushes.

He lives in Loma Linda, California—the only so-called “Blue Zone” of the U.S., an area where men and women live measurably longer lives than the average American.

Loma Linda has banned smoking, and alcohol is scarcely sold. It has one of the highest concentrations of Seventh-Day Adventists in the world, a faith in which living a healthy lifestyle is taught and encouraged.

Wareham credits his longevity, good health, and clearness of mind, for which he is most grateful, in large part to his vegan diet, which he adopted midlife after reading research that showed animal protein raises cholesterol.



Although he retired from operating in the surgical unit at Loma Linda University at age 74, Wareham mentored and assisted residents at the university until age 95.

SO WHAT ARE WAREHAM'S DAY-TO-DAY LIFESTYLE HABITS THAT CONTRIBUTE TO HIS OVERALL GOOD HEALTH?

Each day, Wareham gets eight or nine hours of rest, waking up at 5 a.m. He eats two healthy meals a day (refraining from animal products), exercises, and spends time with his family.

Wareham enjoys retirement, but said there doesn't seem to be much free time. "I will read quite a bit, and I do my own landscaping pretty much. I trim my bushes and mow my lawn, and I get my physical exercise that way," he said.

Wareham doesn't use a cane and prefers to use the stairs instead of the elevator. He cites research out of Stanford University from about 25 years ago that suggested a 46 percent decreased incidence of death by heart disease by climbing a flight of stairs 20 times per week.



OUR VISION



“Mental health has two dimensions—absence of mental illness and presence of a well-adjusted personality that contributes effectively to the life of the community.

Ability to take responsibility for one’s own actions, flexibility, high frustration tolerance, acceptance of uncertainty, involvement in activities of social interest, courage to take risks, serenity to accept the things which we cannot change, courage to change the things which we can change, the wisdom to know the difference between the above, acceptance of handicaps, tempered self-control, harmonious relationships to self, and others, including Nature and God, are the essential features of mental health.”¹

- Abraham Verghese

So, it isn’t simply “not having a mental illness” that we are looking to accomplish. We want our minds to function at the best possible level and have a completeness and fulfillment, even well into old age.

1. Verghese, Abraham. “Spirituality and Mental Health.” *Indian Journal of Psychiatry* 50.4 (2008): 233–237. PMC. Web. 30 Aug. 2017. <https://dx.doi.org/10.4103%2F0019-5545.44742>

WHAT ARE NEURODEGENERATIVE DISEASES?

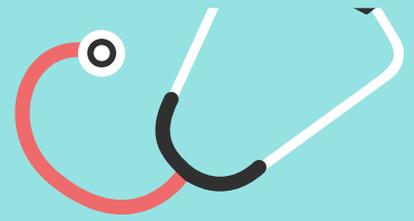
Neurodegeneration is the progressive loss of structure or function of neurons (nerves), including death of neurons, which results in diseases such as Alzheimer's/dementia, Amyotrophic lateral sclerosis (ALS), Lewy body disease, Parkinson's, Huntington's, Spinal muscular atrophy, neuropathy, MS, Lupus, memory loss, and more.

Neurodegenerative disease can occur at any age and have now surpassed both cardiovascular disease and cancer in incidence rates. Though they haven't always been known as autoimmune diseases, they do show all the same features, and the symptoms are just as debilitating.

There also seems to be an underlying commonality between the sudden increase in autoimmune conditions and neurodegenerative conditions because they both began increasing in the population in the mid 1990's—about the same time genetically modified (GMO) food crops began to come into the markets, as well as an increase in the use of toxic chemicals, such as herbicides, pesticides, and fertilizers.



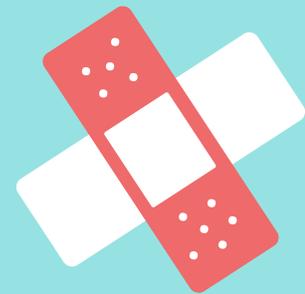
WHAT ARE THE CAUSES OF NEURODEGENERATIVE DISEASES?



Many factors can cause and contribute to neurodegenerative diseases. Known factors include environmental stressors, leaky gut or intestinal permeability, mental/mind/emotional stressors, and genetics.



While genetics may make one more prone to neurodegenerative and autoimmune diseases, it generally takes one or more of the other factors to trigger the expression of the genomes that results in the disease. Without a triggering factor, the genomes can lie dormant and the inherited genetic potential for a disease may never develop.



So let's take a look at each of these factors and what they include.



1 ENVIRONMENTAL STRESSORS

Environmental stressors may include heavy metal toxicity, mold, parasites, and Lyme disease and its coinfections. These can cause a weakened immune system, inflammation, and even nutrient deficiencies.



2 DIETARY FOOD CHOICES

Dietary food choices can cause inflammation, a weakened immune system, food sensitivities, allergies, microbiome imbalances, hormone imbalances, and nutrient deficiencies from lack of nutrients and/or inability to absorb nutrients.



3 MENTAL/EMOTIONAL STRESS

Mental/mind/emotional stressors include Adverse Childhood Experiences (ACE's), physical and emotional traumas such as abuse, brain injury or infection, life-threatening experiences, and multiple life stressors such as death, divorce, serious disease, accident, etc.



4 LEAKY GUT

Leaky gut or intestinal permeability is where the junctions in the gut are open bigger than they should be, letting things into areas where they shouldn't be. And when things get in that shouldn't be there, like big, undenatured proteins or any type of food or any type of pathogen, the body starts attacking it. Then autoimmunity and neurodegeneration starts getting triggered because the body can't tell the difference between the large foreign particles and the normal particles of the body. So then the body attacks its own particles, such as in specific organs like the thyroid, adrenals, joints, nerves, and even the brain.



THE IMPACT OF CHILDHOOD TRAUMA

Many people have experienced childhood trauma of one kind or another, whether emotional, sexual or physical abuse, or whether the loss of a parent or a loved one. Unfortunately, painful experiences are difficult to avoid in this life, and it is significant to note that new research is finding a link between those childhood traumas and our physical health. This is good news for many who have this correlation, because in being able to address those emotional, mental, and spiritual scars that were caused by the trauma, their mind and body can begin the healing journey.

“During the past few decades, researchers have demonstrated how trauma early in life can strongly impact and potentially trigger the development of chronic illness. In addition to mental illness, victims of child abuse are more susceptible to developing allergies and asthma, autoimmune disorders, osteoarthritis, cardiovascular disease and metabolic disorders.

Several specific characteristics occur more frequently in victims of childhood abuse and might influence the development of chronic illness. These include poor sleep quality, elevated perceived stress, high body weight and small social networks. These factors all have been demonstrated to increase inflammation in victims of childhood abuse compared with non-victims. These patients may be at risk of dying younger secondary to the chronic effects of inflammation.”³



3. <https://consultqd.clevelandclinic.org/2014/11/childhood-emotional-trauma-closely-linked-to-problems-in-adulthood/>

What Can We Do To Prevent & Restore Brain & Nerve Function?

As the old sayings go, “A stitch in time saves nine” or “The best defense is a good offense.” And so it is with our brain and nerve health.

While there are some factors that we cannot/could not control—childhood abuse, deaths, accidents, etc.—the sooner we begin a lifestyle that reduces the factors that cause disease and increase the factors that cause health, the less likely we’ll be to develop neurodegenerative diseases and the more likely we’ll be able to turn around any diseases we may already have, or at least prevent or slow their advancement, including neurodegenerative disease.

Dr. Michael Merzenich states that Alzheimer’s is not a disease.

It’s the end stage of a decades-long negative progression.

We should not look at it as a disease to be treated, but instead, should determine how to stop the decades-long progression.

We should be stopping it from ever happening in life.

Dr. Merzenich believes that Alzheimer’s can be prevented, or at least delayed for probably indefinitely in most people, and that when you do that, the changes that you drive in the brain will lead to substantial increases in longevity.

NUTRITION

“Let thy food be thy medicine,” said Hippocrates hundreds of years ago. Every bite of food we eat will either contribute to our physical and brain health or be injurious.

There was a classic study on brain fitness—the nun study—reported in a book by Dr. Bob Goldman. The nuns in the study who were on plant-based, whole foods nutrition throughout their entire life had perfect brain function and never developed Alzheimer’s or dementia. But in the group of nuns who were eating meat, cheese, eggs and dairy products, the incidence of Alzheimer’s and dementia was statistically similar to the rest of the population. Both groups were away from stress, didn’t have to worry about a job, and lived under the same conditions. The only difference was their diet.

Trappist Monks and Benedictine Monks had the same results. The plant-based monks that were away from stress, lived longer and had less disease—little or no cancer or heart disease, and excellent brain function.

Even Dr. Alzheimer stated that the Alzheimer’s condition was found in people who ate a lot of animal products. They had high LDL (low density lipoprotein) cholesterol that clogged up the arteries to the brain. That reduces circulation to the brain through the small capillaries and then you can’t think clearly.

According to Dr. Ben Johnson, “Diet is your number one thing. Diet is critical... So avoiding sugar and sugar spikes: sugar spikes cause Alzheimer’s, sugar spikes cause diabetes, sugar spikes cause cancer; not singularly, but one of the factors. And so what is a sugar spike? A sugar spike is when we eat a certain substance, and it spikes the blood sugar more than 20 points.

So this is critical in my treatment of Alzheimer’s patients and cancer patients and in preventing aging, everything that I do.



Dr. Sruti Lam warns against AGEs.

AGEs is an acronym for Advanced Glycation End Products. Glycation is a reaction in which sugars are bonded with either proteins or lipids. When this bonding takes place, a product called glycotoxin is formed. When glycotoxins are ingested, they're not able to be broken down, digested or absorbed in the body. Food normally has very low AGEs in the body. But we increase AGEs by overcooking food, grilling food, or deep-frying food. For example, one serving of raw chicken has 800 AGEs, but fried chicken or deep-fried chicken has 8,000 AGEs. And when consumed, the AGEs are not absorbed or digested, and so they accumulate in our body.

Advanced Glycation End Products



Much research has been done on AGEs and has been shown to be one of the causes of diabetes and cardiovascular diseases. And now new research has found that AGEs is also a risk factor for Alzheimer's Disease. A study was done in 2014 on three different groups of mice. One was given a diet of low AGEs, one with high AGEs, and one normal levels. The mice that were given the high AGEs had a very increased cognitive decline. The same study was repeated on healthy humans, ages 60 and above. The people who had a high AGEs diet were shown to have a decline in their cognition.

So I'll actually tell my patients, go to the local pharmacy and get a blood sugar meter. Check your blood sugar, eat the bowl of whatever you're going to eat: quinoa or corn or potatoes or fruit, or whatever. Set your timer for 20 minutes and check your blood sugar again. If your blood sugar went up over 20 points, you can't eat that. That's causing a sugar spike. Sugar spikes cause damage everywhere, from the brain, to the pancreas, to our little bitty blood vessels, our capillaries, nerves, sugar feeding cancer cells. Sugar spikes are one of the unhealthiest that we can do in life."



So how do we change that? AGEs have been found to be naturally high in animal-derived products like beef, chicken, fish, and pork.

But foods that are carbohydrate-rich, like vegetables, fruits, and legumes, have been found to be very low in AGEs.

But when animal-derived foods like butter, mayo, or cheese are added to these foods, we're again consuming more AGEs.

So an alternative to that is to stop grilling or decrease the amount of grilling, frying, or overcooking food.

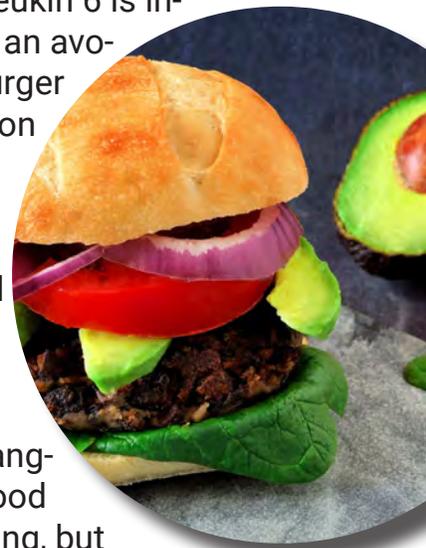
Instead, we can poach, blanch, or bake foods. And also reduce or eliminate animal-derived products like butter, mayo, and cheese.



Another study was done on **heterocyclic amines (HCAs)**, which are toxic substances that are released when animal products are grilled or fried. Studies were done in which spices were added to decrease or inhibit the formation of HCAs. Turmeric, cilantro, cumin, and rosemary were found to inhibit the formation of HCAs, even with grilling, and they make food more palatable and nutritious to eat.



In another study, it was found that when a burger with a patty of beef or chicken was ingested, two hours later there is vasoconstriction in the body, and an inflammatory substance called Interleukin 6 is increased. But when half an avocado is added to the burger there is actually inhibition of the vasoconstriction and the triglycerides and inflammatory amines that are formed in the body.



So there are simple changes that we can do for food that we are already eating, but **the best approach is to decrease or limit our intake of animal products, and actually increase our vegetables, fruits, and legumes intake to decrease AGEs and HCAs in the body.**

THE BENEFITS OF FASTING

Fasting is another critical element of diet. We not only want to be eating the right things, but fasting, all through the centuries, since the creation, has been a major spiritual practice and is also an extremely healthy practice, according to Dr. Ben Johnson. Fasting allows immune senescence to happen.

What is immune senescence? When we are exposed to an infection, our immune system mounts a response against it. Then, when the infection clears up, we have those immune cells sitting around waiting on that type of infection to show up again, but those immune cells are not active. So possibly 90% or more of our immune system is sitting dormant waiting for that one thing to show up again that we were exposed to years ago. And if it never shows up again, then that part of our immune system is not functioning.



Fasting allows the body to purge itself of some of those old cells, and then the immune system creates new, vibrant stem cells that haven't identified anything, and now they're looking for that new cancer cell or that new fungus or virus, and they can react to it. So fasting is an amazing health practice.

"A study in the June 5, 2014, issue of the Cell Stem Cell shows that cycles of prolonged fasting not only protect against immune system damage but also induce immune system regeneration, shifting stem cells from a dormant state to a state of self-renewal."⁴

On a daily basis, we should be fasting for 16 to 18 hours without food, and on a monthly basis, a 3-day water-only fast. But you say, oh I can't do that. Yes you can. Diabetics can do it, and anyone can do this. You have to set your mind to it and be firmly intentional. Water-only fast, preferably 72 hours, but no less than 48 hours. Drink lots of water because you're purging things, and you want to have a good wash-out. Fasting is very important for keeping a healthy mind and a healthy body.

4. <https://news.usc.edu/63669/fasting-triggers-stem-cell-regeneration-of-damaged-old-immune-system/>

THE MEDITERRANEAN

DIET &

HEALTHY FATS

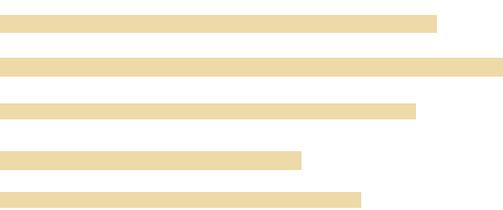
A Mediterranean Diet is a healthy diet. It consists of fresh greens, olive oil, peas, nuts, a lot of healthy foods. Eat fresh food, and organic, without any chemicals like herbicides, fertilizers, or pesticides. And absolutely no genetically modified organisms (GMOs). GMOs are created to resist herbicides and kill certain insects. They kill those insects by producing BT proteins within their cells that disrupt their digestive system. So you're taking these toxins that are made to kill insects into your body, and they're damaging you. So avoid GMOs also. If you can't afford organic, at least bring your food home and wash it off in the sink in hydrogen peroxide to kind of decontaminate the chemical residues that might be on it.

Avocado oil, extra virgin olive oil, and extra virgin coconut oil are healthy oils. They are brain food. Your brain can burn those medium-chain triglycerides. Healthy fats are critical. Fats are not only essential for life, they are primary fuel sources. We have to have healthy, vital, fresh oils to cook in and to eat on our salads. So no artificial oils.

We must avoid trans fats at all costs because of its structure. Trans fat is hydrogenated oil, which is not required by our body and cannot be absorbed or digested well. Hydrogenation means hydrogen gas is added into the oil in a vacuum to help preserve the oil.

Our body is building new cells every day from the materials available to it. If the material is broken, it builds the cells out of that broken material, but then the cells leak, they aren't healthy. Trans fats are the wrong material. They don't fit together well. It's like having a tile roof and some of the tile is turned upside down, some of them sideways. It's not doing the job. We have to have healthy, natural fats with which to build a solid structure. We should be eating fresh, raw, from nature, olive oil, avocados, coconut oil, almond, all those healthy oils. Our body needs both the saturated fats and the unsaturated fats, but not trans fats.

Dr. Sruti Lam states, "Fats are required for our human body for a lot of different processes. It's very useful for producing all the hormones in our body, for cholesterol synthesis, for the nervous system in our body. It is actually the lining for all our cells and cell membranes. So fat is an essential element that is required for our body. But when we're eating less or a low-fat diet, we're not getting the adequate amount of fat that is required for all the body functions."



Types of Fats

There are two different kinds of fat—saturated and unsaturated. Most of the saturated fats are animal-derived fats like lard, etc. Coconut oil is a plant-derived saturated fat. Fats that are saturated are solid at room temperature. Unsaturated fats are liquid at room temperature, are plant-derived, and include olive oil, sesame seed oil, grape seed oil, safflower oil, etc. Unsaturated fats get rancid (spoil) very easily and quickly when exposed to air, light, or heat. So when we purchase something like olive oil, we want it to be cold-pressed, and we want to store it in a dark bottle away from any kind of light, and keep it tightly sealed.

Oil Smoking Points

When we cook with oils, we want to be aware of their smoking points. The smoking point is the temperature at which the oil is no longer stable and begins to oxidize. Oxidized oil is toxic to our body. Different oils have different smoke points and can vary from 225 degrees Fahrenheit up to 500 degrees Fahrenheit. By cooking with the right oil at the right temperature, the food remains good for you to eat, because the oils used are not rancid or oxidized, and they're easily digested by the body.

Rancid and oxidized fats and foods, unnatural and extensive processing of foods, added chemicals and artificial preservatives and flavors, and food products containing GMO-derived ingredients are all toxic to the body. Such toxins contribute to inflammation throughout the body and can disrupt the balance of the body's microbiome. The body will then struggle and may be unable to rid itself of the toxins, heal the inflammation, and/or rebalance the microbiome, which will then lead to symptoms such as lethargy, difficulty in concentrating, focusing, or thinking clearly (feeling foggy brained), and other body dysfunctions like autoimmune diseases, allergies, more susceptible to infections and even the development of cancer and Alzheimer's.

Reducing Inflammation

There are many ways to naturally reduce inflammation in the body. **Some of the best foods to help reduce inflammation include fermented foods and liquids, broccoli, hemp oil, foods rich in Omega-3 fatty acids, tart cherries, soaked walnuts, pineapple, spinach, and spices, such as ginger and turmeric.** There are other whole foods that offer this benefit as well. The closer you can stay to a whole-foods diet, the less inflammation you will experience.

Foods to stay away from because of the inflammatory properties include **dairy, sugar, refined grains, grain-fed meat, and bad fats, such as corn, soy, and canola oils, all hydrogenated oils, and all oils that have been used for frying.** Fried foods are a culprit for inflammation in the body.

EXERCISE

Exercise is another one of those critical elements for the brain and for the body. There has never been a study done on exercise that showed any detriment and one would be hard-pressed to find a study that didn't show an improvement when exercise is properly carried out. From Alzheimer's to heart disease to atherosclerosis to diabetes. There is nothing that exercise doesn't help.

So, what does exercise look like? That looks like 30 minutes a day preferably, absolutely not less than 30 minutes, 3 times a week, of relatively intense exercise.

There was a recent study that came out that men that had prostate cancer had 60% less progression if they had vigorous exercise for 30 minutes or more, 3 times a week. So, vigorous is part of that equation and means getting your heart rate up to 150 if you're under 50 years of age, 140 if you're over 60, 130 if you're 70 or above. So the heart rate can go down a little bit as we age, but getting your heart rate up, nicely sustained, for a significant period of time—at least 30 minutes, a minimum of 3 times a week—is critical.

Besides being critical to our circulatory system, exercise is also critical to our lymphatic system. We know our vascular system is our arteries, veins, and heart, which is a continuous system to circulate blood throughout our body. We also have a lymphatic system with lymphatic vessels, which are actually open-ended out there in the tissues, the muscles, the glands. The vessels have no muscles in the wall like the circulatory system, so lymph doesn't move unless you move. Lymph is a liquid that collects and carries away the waste material that our cells are dumping right outside the cells. You do not want that garbage right around the cells. But the lymph can only carry it away with adequate amounts of hydration and movement because it's in the muscles, it's in the organs. When you move, it squeezes the lymph with the waste material into the vessels. The lymph vessels do have valves to prevent it from back flowing into the tissues, but you have to squeeze it up to the next valve, and up again, so motion is critical.

Exercise is critical to health in every realm, from the brain to the heart to the organs to the muscles. And so exercise is absolutely cornerstone, even for comatose patients.

Coma arousal techniques involve several modalities of approach. These patients have to be considered as total individuals, not just the brain. And even though we're treating the brain to get the brain to recover, we also have to treat the entire body. So to arouse somebody from a coma involves 1) making sure they have appropriate nutrition (so important), and 2) ensuring they get sufficient movement, even if it's passive movement.

Passive movement means having a therapist or a relative come in and exercise their limbs so they don't tighten up. And then, very importantly, is 3) a program of "multi-sensory stimulation" to stimulate all the different senses in the body in a very systematic fashion, one after another, and repeating that over and over again, multiple times a day until you start getting responses. And then when you start getting responses, depending on the response, you change that modality of stimulation.



To give an example—for an individual lying in bed in a coma who is not opening or moving their eyes, you might hold an eye open and shine a very bright light into it repeatedly, just a very brief flash, until you get a reaction. The way one normally sees a reaction to bright light is the pupil, which is the dark part of the eye, constricts, becomes pinpoint. When you get that reaction, then you can start shifting to less bright lights, then presenting them with black-and-white images, and progress to sensory stimulation depending on how they're progressing. The same is done with the hearing, with the sense of taste, with the tactile senses, so it's a progressive program that's tailored to the level of response.

So exercise or even passive movement and stimulation of all the senses, the entire body, are very important for healing the brain, even when not comatose.

And do these techniques work? Dr. Dale Bredeson says yes and gives examples. One guy had stopped allowing himself to think about the future or to talk about it with his grandchildren because he knew he would not be part of it, and now he's allowed himself to do that.

Another woman had lost her ability to play the piano, and that came back.

A woman who lost her ability to speak both Chinese and Russian, which she had learned when very young, started to gain back that ability as she improved. One girl said that her mother had become part of the family once again.

WATER

Hydration is critical. It washes out toxins and waste products, but it does more.

Our cells are making DNA all day long, working like a small factory. DNA looks like a rubber band wad, and it literally has to unfold and string out for it to be copied to create whatever the cell is creating from that DNA.

After it gets translated, it wads back up. If the cell is dehydrated, it's difficult for the DNA to untangle itself and then wad back up. Liquid is a medium which helps everything happen in the body.

After the cells manufacture their stuff, there's waste products, and since we don't have a little blood vessel coming from every cell, the cells throw the trash right outside the door.

Then more liquid—the lymph fluid—comes along to carry the waste back into the body systems to be recirculated or permanently disposed of with the urine or feces.

So we need lots of fluid for both inside and outside the cells, so hydration is critical.

Hydration with healthy water is best. Tap water and water in plastic bottles, which is often mostly tap water, are not the best. And that water may have been sitting in plastic for weeks or months, with all the chemicals and plastic.

The best water is fresh water that's cleansed with activated charcoal and other substances, preferably right in your own home and stored in glass.

If you have reverse osmosis water you should have remineralization in there because the life of the water is minerals. The body needs minerals to work. The nerves can't work without minerals. We can't make adrenaline or cortisol or other products without minerals, so minerals are a critical element.



REST

One of the health principles is rest. If you don't give your body time to recover from exercise, stress, daily activities, you're going to get sick or sicker. You need to rest and have your down time. It's so important, and that goes for sleep, too.

Sleep is a time for brain cleansing. Getting enough sleep at night is absolutely critical for your cognition. If you want to put yourself at risk of Alzheimer's and dementia, don't drain your brain. Every time you sleep at night your brain drains fluids carrying waste products. About 75% of people who have sleep apnea are not diagnosed with sleep apnea, it's a critical contributor to cognitive decline.

When you're awake during the day, your brain is inflaming, and there are fluids being added. There are cells in our brains called glial cells that become inflamed and fluid filled. Those cells drain when you sleep. So for somebody that doesn't sleep enough, they're going to have inflammation of the brain because there wasn't proper time for the brain drainage to happen. You can improve drainage while sleeping by propping your bed up a few degrees so your head is a little bit higher than your feet. That actually promotes brain drainage as well.

Insufficient sleep can affect the development of Alzheimer's and it can affect whether or not someone recovers from Alzheimer's. The major factor in that is the lack of melatonin, a hormone produced by the pineal gland.

Melatonin is extremely neuroprotective. It's one of the most powerful antioxidants our body produces. Melatonin has a particularly beneficial effect on the nervous system in that it protects the nerves and the neurons from falling apart.

Your body produces melatonin while you're sleeping, so if you're not sleeping, you're not producing melatonin, and you're not getting the beneficial protection from the melatonin.

Sleep deprivation is a contributing factor to neurodegeneration, the degeneration of the nervous system, because that protecting hormone, melatonin, isn't there so the nerves and neurons are more prone to damage.

The closer to the time the sun sets is the best time to go to sleep because that's when melatonin production starts setting in. So you want to get more hours before midnight. It's better to wake up at 2:00 a.m. then to go to bed at 2:00 a.m. So go to bed early, get up at 2:00 rather than go to bed at 2:00 and get up at 10:00.

We all need 8 hours. We do not do well without good sleep. If you only get 6, you'll have problems. You can go with 6 or 7 for a while, but that's not sufficient and still not good for your health or your brain. So engage in activities, then allow yourself the time to get that sleep.

That means going to bed on time. You're not going to get 8 hours of sleep if you go to bed at 11 or 12 o'clock at night, especially if you have to get up early for a job or responsibilities. You have to turn off the TV, the computer, shut off the lights, go to bed, and give your body and mind the opportunity to get that sleep to recover and repair.

That is an absolutely essential component of health for body and mind.



STRESS

A lot of people who have chronic disease have gone through significant stress. Sometimes they know the stress that happened and the autoimmune condition that happened around that same period of time. If the body is already having problems or issues and then another stressor comes in, and there are no reserves left to deal with it, a disease may occur that is significant enough to get diagnosed.

A Harvard Mastery of Stress Study followed about 160 young men college students for about 30-35 years to see which of these young men would develop a coronary artery disease, like high blood pressure and peptic ulcers.

They found that the men who reported that they felt close to both their father and their mother had about a 25% chance of developing one of these conditions. And those who were not close to either one, whether it be their father or their mother, their risk went up to about 80 to 90%.

So it was very protective to feel close to both parents. To feel close to one parent also was protective, maybe it dropped your risk to around 50%, but to be close to both parents caused them to have the least risk of developing these conditions.

So the feeling of being loved, of forgiveness, of sadness and remorse, and all these emotions can have an effect on the body. Our emotions play an important role in our physical and mental health. It has been said that nine out of ten conditions actually start in the mind, in the heart.

We hear of people having heart attacks when they get really emotionally wound up about things, but it also affects the gut and a lot of these chronic diseases that we have in ways that we don't understand.

Dr. Joyce Che was talking with a woman who had Ulcerative colitis who told about her childhood and her past and her relationship with her mother.

They spent an hour or two talking, and later the woman said, "You know I really appreciate us having that conversation because I had never realized the impact that my relationship with my mother had on me."

If you have wounds in your gut from the food and the toxins you're taking in, if you have wounds on your skin, these are all areas that are going to take resources from your body to heal. It's the same thing with emotional wounds.

They have found that just having the condition of depression causes decreased blood flow to the brain. It also increases the mediators of inflammation in the system. So just the thoughts that we think and the emotions that we feel will have a dramatic affect.

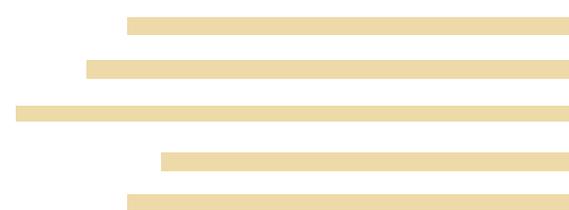
Often we have very little way of knowing how to deal with these things, because we've dealt with some of them since childhood, and they are defense mechanisms, walls we have built up around ourselves that we don't even know how to function outside of because that's just been who we are.

Cortisol is our major stress hormone. The main job of cortisol is to allow us to buffer life stressors, but also biological stressors. So, if you're getting stress signaling, the body goes into protection mode to try and survive. Cortisol is a signal that's there for survival.

How do we really reduce stress in our crazy lives these days? It's making a commitment to get to sleep on time. It's making a commitment to go for walks and spend more time out in nature. It's making a commitment to eat whole foods instead of packaged, processed foods. These are biochemical stressors in the body.

Mindfulness. Meditation. Practicing loving kindness in our relationships with others. All of these things will help us manage stress.

Essential oils have a direct ability to primarily affect the limbic system, which is our primal brain, your mood, your emotions, your remembrance. Studies have shown that simply diffusing citrus oils like lime, lemon, bergamot, and others, like orange, have created positive work-life balance for nurses specifically who have arguably one of the most stressful, underappreciated jobs on the planet. And they've found just by diffusing essential oils on the nurse station, that they reported being happier at work, less stressed, less anxiety, and overall their life became better.



OTHER WAYS TO COMBAT BRAIN DEGENERATION

There are so many natural ways to combat the devastating neurodegenerative diseases of dementia and Alzheimer's.

While we cannot expound on all the methods here in this Ebook, they will be covered in the informative 7-part docu-series, *Autoimmune Secrets*.

Some of these topics and protocols include:

HERBS AND ESSENTIAL OILS

DETOXING

PARASITES

GUT BRAIN CONNECTION

BRAIN EXERCISES

NEUROFEEDBACK THERAPIES

COGNITIVE BEHAVIORAL THERAPY

Don't be in the dark any longer. Discover the truth about brain health and autoimmune disease in 'Autoimmune Secrets.

Featuring over 50 doctors, scientists, researchers and survivors of thyroid disease, lupus, multiple sclerosis, rheumatoid arthritis, Lyme & even Alzheimer's & dementia, this documentary will show you the answers you've been searching for.

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