

Alzheimer's and Diabetes Videos by Dr. Wes Youngberg

Up to now, Alzheimer's Disease has been considered incurable. Dr. Bredeson's treatment method deals with the underlying causes and uses 25 different (concurrent) treatment strategies. Nine out of ten patients reversed dementia in 3 to 6 months.

There is a tipping point. If you do enough kinds of treatment, and you do them all together, you can get to a tipping point where the disease is regressing instead of progressing.

In case study #1, the patient, a woman in her late sixties, had spatial memory problems, which are common. For example, she got lost on familiar roads, looked for a familiar light switch on the wrong wall, called her pets by the wrong names, and was unable to remember book pages that she had read in the preceding minutes. She was turned down for long term care insurance, and was contemplating suicide when her friend found out about Dr. Bredeson and made an appointment.

In case study #2, a 52 year old man forgot his locker number at the gym. He was a "numbers guy" and did complex math in his head until he started getting dementia. His verbal recall memory (even with dementia starting) tested in the 83rd percentile. It then declined to the 1st percentile. He couldn't remember faces, didn't recognize people he knew. Would read 4 or 5 chapters of a book before he realized that he had read the book before.

In the body, neurons are attached to other nerves. Like computer cables, they can get "unplugged" and the connection is lost, even though the neurons are right next to each other. Each memory has its own synapse. You can no longer retrieve the memories that are "unplugged."

A 69 year old patient changed his diet, did more exercise, and had an attitude of "What more can I do to help this situation?" He did everything he could do. In six months, he had almost a complete recovery.

Alzheimer's Disease represents 80% of all dementia. There are 30 million sufferers today, and 45 million of the 318 million population will get Alzheimer's in their lifetime. An Alzheimer's patient needs three full-time caregivers. They cannot be left alone. The cost of care is over \$100,000 per year in most cases.

Dr. Bredeson's goal is to prevent, manage, and reverse early symptoms. By age 40, everyone has layers of amyloid plaque in our brain. Two thirds are Alzheimer's patients are women, and 60% of caregivers are women. A woman's chance of getting Alzheimer's disease is greater than her risk of getting breast cancer.

The death of nerve cells causes loss of the memories that were contained in those nerve cells. A very small amount of extra virgin olive oil was found to effectively fight neurotoxins.

Dr. Youngberg offers a program called "Diabetes Undone." It consists of 8 sessions (twice a week for 4 weeks). He mentioned an upcoming program at the Fallbrook SDA Church. This course is for everybody, because the underlying causes of diabetes are the same as the underlying causes of heart disease, cancer, high blood pressure, stroke, dementia, Alzheimer's, etc. There is hope for reversing Alzheimer's if it is caught early enough.

Dr. Youngberg laid out 8 tips for combating the underlying cause of disease. (Read on.)

Tip #1: Set goals, make a plan, and follow the plan, not your feelings. You have to say No to some things in order to say Yes to better things (such as a whole foods, plant-based diet). There is hope. You can get better.

He described a Facebook post “How she got rid of her hunchback,” on the New York Post’s Facebook page. Anna Pesce, age 86, had a hunchback, scoliosis, spinal stenosis, and degenerative disk disease. She hired a physical therapist to come to her house, and after two years of therapy such as doing yoga, she was almost standing straight. The point is, the people who get better are the ones who are willing to really work at it.

Tip #2: Resist sarcopenia. Overcome puny muscles! Bad things happen when we are not fit. Strength training and flexibility should be part of our daily routine. Muscle decay correlates to the decay of every organ in our body, including our brain. Use it or lose it! Atrophy means we are declining in overall health.

The first sign of early dementia is the decreasing size of your muscles. This is directly related to brain health [possibly because exercise improves blood circulation]. It is not age that gets us, but we allow our body to fall apart.

There was a study done of 90-year-old New Yorkers in a Jewish nursing home. They underwent a 10-week exercise program, 20 minutes of exercise three times a week. At the end of the study, 70% of the patients who had used a cane or walker no longer needed it. Agility and strength go a long way to prevent falls. The study measured the circumference of the thigh, calf, and bicep. Muscle mass in these participants increased 10%, but muscle strength increased 300%.

The shrinking and degeneration of any tissue in the body is associated with senility. The hippocampus is a region in the brain responsible for short-term memory. The hippocampus need not shrink. You can grow new brain cells, and it happens due to exercise.

We misunderstand the inevitability of the aging process. It can happen much later than we think, even 20 or 30 years later. *Salupenia* is the loss of health, literally the “shrinkage” of health, from the word “salud” meaning health.

Growth hormone is improved by all 8 tips he is giving us. An estimated 88% of people can reverse mild cognitive impairment.

There are five main categories (triggers) of breakdown in the brain. We do not have to lose 1,000 neurons per day in the hippocampus. We can gain 1,000 neurons per day if we are willing to address all the causes of chronic illness to get to the tipping point of getting better instead of getting worse.

- 1) Toxins and Irritants. It can be difficult to reduce our exposure to toxins and irritants, which often come from the food supply, but it is worth the effort. Eat organic as much as possible.
- 2) Inadequate nutrients. Be cautious of dieting. Eating too little of good foods makes nutritional deficiencies even worse.

3) Shrinking of tissues. This can occur throughout the body due to lack of stimulation (i.e., muscle atrophy). The same thing happens with organs, not just muscles.

4) Hormones. There is a relationship between hormone balance and brain health. Hormones are necessary for optimizing, stimulating, and healing the brain and other organs. There is something called brain derived neurotropic factor (BDNF). Exercise is critical to brain health. Even 7 minutes a day of isometric exercise can increase growth of hippocampus cells. The hippocampus can grow dramatically in 6 months.

5) Exposome. Everything we eat, drink, think, and do activates our genes in a positive or negative way. Gene expression is affected by the environment of the cell, such as inflammation.

Diabetes Undone is a comprehensive lifestyle treatment. If you follow the program, you are undoing all of the other top killers as well.

Tip #3: Guard your genome. Your “lifescape” or “healthscape” is your internal environment. Think of it like a Google Earth view of the inside of your body.

A saliva test, which takes about six weeks to get the results, is a DNA test that can tell us a lot about our genetic heritage as it relates to our health. It helps us understand some of our most basic risk factors.

Adults with the highest blood concentration of persistent organic pollutants (POPs) were 38 time more likely to have diabetes, heart disease, cancer, stroke, etc. Obesity is a risk factor for diabetes if our blood concentration of pollutants is above a certain level.

Pesticides have a devastating effect on gene health. The right nutrients are needed – at higher levels – to detoxify pesticides. There is a “dirty dozen” of fruits and vegetables that have the most pesticide residue. It is important to eat organic produce, especially of the dirty dozen. (See list at the end of these notes.)

Our risk of prediabetes increases as we get older. Half of people over 50 have prediabetes. Two thirds of people over 60 have prediabetes. Three fourths of people over 74 have prediabetes. Type II diabetes can be called “Alzheimer’s Disease of the pancreas” because the pancreas gets gunked up, similar to amyloid plaques in the brain.

Chronic microbial infections speed up the aging process. One third of people have a gene mutation that reduces our ability to detoxify the body and use folate to repair cells.

The APO E4 gene is the most important gene related to Alzheimer’s disease. If you have one copy of this gene, your risk of Alzheimer’s increases by 500%. If you have two copies of this gene (from your mother and your father), your risk of Alzheimer’s increases by 1200%. However, you can still reverse Alzheimer’s if you know what to do.

Tip #4: Get tested for insulin resistance. Chances are, you have some degree of insulin resistance. Insulin resistance is a big risk factor for heart disease and stroke, maybe even a bigger risk factor than high cholesterol, which is generally regarded as the number one risk factor for heart disease and stroke. Insulin resistance is an underlying factor in all chronic disease.

Everyone should get a hemoglobin A1C test. A value of 6.4 or greater is defined as diabetes. Don't deny the diagnosis (if you have it), but deny the verdict. Address the underlying cause and you can get better.

Tip #5: Get tested for Vitamin D. The normal reference range is 30 to 100 ng/dL. A deficiency of Vitamin D is associated with a 51% greater risk of dementia. If your vitamin D level is very low, you have a 125% greater risk of dementia. Spend time outdoors and take supplements to optimize your blood levels to the upper 1/3 of the reference range.

Tip #6: Get a 4-hour glucose tolerance test. This is the best way to assess your tendency to high or low blood sugar. Increased insulin production is linked to an increase in migraine headaches. High insulin production is also the number one cause of infertility.

A one-hour blood sugar value above 155 is an independent risk factor for heart disease, stroke, and Alzheimer's.

Your A1C level is not the only marker of concern. Your CRP (C reactive protein) should be near zero. This is a marker of inflammation in the body. Your ANA (anti-nuclear antibodies) value is an indicator of autoimmune disease. Your ferritin (iron storage) level should be in the range of 70-100.

Tip #7: Dental floss is mental floss. Periodontal disease is a key trigger for rheumatoid arthritis. Periodontal disease is also a risk factor for heart disease (500% increased risk), stroke, cancer, kidney disease, etc. Kidney disease itself increases your risk of Alzheimer's by 5,000%.

Low grade chronic infection of any kind (i.e., sinus infection, gingivitis, urinary tract infection, candida, toenail fungus, dental plaque, etc.) is harmful to the body and should be eradicated by a comprehensive lifestyle program and whatever additional measures are required. If left untreated, chronic low grade infection will be your undoing.

Any infection can trigger dementia and Alzheimer's because it spreads inflammatory chemicals throughout your body. The infection (such as sinus infection or gingivitis) can travel through the nerves directly into the brain, or can get across a leaky blood-brain barrier.

One way to treat chronic infection (or even cold or flu symptoms) is to take vitamin D. A dose of 50,000 IU of liquid vitamin D, either once or up to three days, unlocks the virus gene and helps you conquer infection.

In general, the greater the dementia, the less cooperative the patient is, and the harder to treat.

Dr Youngberg mentioned the NEWSTART program (trademark program of the Weimar Institute).

Periodontal disease was gone in two months in patients given alpha lipoic acid, vitamin C, and Coenzyme Q10.

Tip #8: Get 7-8 hours of deep sleep every night. It literally gets the gunk out of your brain and your entire body. The lymphatic system squeezes out the beta amyloid plaques from your brain every night.

Resources:

Books:

Hello Healthy by Dr. Wes Youngberg and Russell Holt

Goodbye Diabetes by Dr. Wes Youngberg

DiabetesUndone.com – you can do the program online or take free classes in person. There is a kit for \$99 that includes a cookbook, instructions, workbook, and over 40 videos.

Dirty Dozen (from CBS News):

The complete list of the 2016 "Dirty Dozen" included many popular fruits and vegetables:

1. Strawberries
2. Apples
3. Nectarines
4. Peaches
5. Celery
6. Grapes
7. Cherries
8. Spinach
9. Tomatoes
10. Sweet bell peppers
11. Cherry tomatoes
12. Cucumbers

The Environmental Working Group also noted that while hot peppers and leafy greens like kale and collard greens did not meet the criteria to be ranked on the list, some samples were found to contain toxic insecticides, and it encouraged consumers to consider organic options.

Alzheimer's Reversed in Detail: See the video at:

<https://www.youtube.com/watch?v=t1XvjeoOK0c>

SharpAgain.org and HealthAdvocatesWorldWide.com come together and show how some people in detail have reversed their diagnosis of Alzheimer's and have obtained their memories and lives back from this horrible disease. This takes place with an audience in Florida.

More Resources:

NutritionFacts.org

Free videos on more than 2,000 health topics with new videos and articles uploaded every day. This site is operated by Dr Michael Greger, author of the bestselling book *How Not to Die*. This book is a review of the 15 leading causes of death in American and what we can do to prevent them. All claims in the book are backed up by peer reviewed scientific evidence.

Books:

The China Study by T. Colin Campbell, PhD, and Thomas M. Campbell II, MD

Prevent and Reverse Heart Disease by Dr. Caldwell B. Esselstyn Jr.

Movies:

Forks Over Knives

Food Matters

Vegan Tales

Powered by Green Smoothies (on Youtube)

Plant Pure Nation (on Youtube or their website)

and others along these lines...

Weimar Institute and the NEWSTART lifestyle program. NEWSTART stands for Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, Trust in the Lord.

<http://weimar.edu/>

<http://newstartclub.com/>

<http://nedleyhealthsolutions.com/>