



**1 GRASS-FED BEEF** Cows that are fed grains instead of grass have meat higher in omega-6 fats, which produce inflammation.

**2 COCONUT OIL** Rich in beta-HBA — and highly regarded as a brain “superfuel” — coconut oil is low in carbs and promotes memory.

**3 AVOCADOS** Nutrient dense, avocados contain an amazing 20 vitamins and minerals. And they have anti-inflammatory properties too.

## Natural Remedies to **Combat** Memory Loss

Fight the wasting effects of Alzheimer's with **healthy foods** and mental-health-boosting supplements. ::

**F**EW AILMENTS ARE AS frightening as memory loss and Alzheimer's disease. For most of the 5 million Americans diagnosed with it, Alzheimer's causes advancing memory loss, thinking problems, and other maladies.

It is the sixth leading cause of death in the United States, and those numbers are rising, with cases projected to more than triple by 2050 as the nation's 77 million baby boomers grow older. Unfortunately, Big Pharma has a disappointing

record of failures in attempting to develop new drugs that can reverse Alzheimer's, despite billions of research and investment dollars spent over the past three decades.

Today, doctors typically treat the disorders with drugs that slow, but cannot halt, its progression. The U.S. Food and Drug Administration has approved two types of Alzheimer's medications — known as cholinesterase inhibitors (Aricept, Exelon, Razadyne) and memantine (Namenda) — to help manage the cognitive symptoms (memory loss,

confusion, and problems with thinking) of patients.

But while Big Pharma continues to pursue more effective anti-Alzheimer's drugs, research has shown a handful of natural and alternative approaches are promising ways to manage, slow, and combat the symptoms of memory loss.

Here's a primer.

### THE ANTI-ALZHEIMER'S DIET

New nutritional research into the links between diet and memory loss suggests you may be able to maintain your mental edge by boosting your nutrition.

A convincing body of scientific evidence has linked sugary, high-carb diets — not dietary fat — to Alzheimer's, as well as obesity, diabetes, heart disease, and certain cancers.

Dr. David Perlmutter, a board-certified neurologist and fellow of the American College of Nutrition, has long argued that sugary soft drinks and junk foods are behind millions of



Americans' physical ailments as well as rising rates of Alzheimer's.

"One of the key ways to help prevent [Alzheimer's] disease is through diet," says Perlmutter, who is author of the No. 1 *New York Times* best-seller *Grain Brain*, and, most recently, the best-selling book, *Brain Maker*.

Specifically, he recommends what he calls the "Anti-Alzheimer's Trio" — grass-fed beef, avocados, and coconut oil. All three foods are high in brain-healthy fats that help boost memory and cognitive function, and reduce inflammation tied to dementia.

"These items are all low in carbs and high in fat, helping to reduce some of that brain-bullying inflammation — the root cause of so many ailments," he explains.

A number of other foods also contain ingredients that prevent neurodegenerative disorders. Among them:

- >> Blueberries
- >> Blackberries
- >> Apples
- >> Cinnamon
- >> Leafy greens
- >> Extra-virgin olive oil
- >> Salmon
- >> Concord grape juice
- >> Rosemary
- >> Nuts
- >> Yogurt

## 10 SUPPLEMENTS THAT BOOST MENTAL HEALTH

In addition to memory-boosting foods, a growing body of scientific research shows that a handful of dietary supplements can keep your brain in top form.

"Natural supplements can help our brains function better, faster, and more efficiently," says Dr. Ray Sahelian, author of *Brain Boosters*.

"There is no doubt that they influence brain health, and in many cases are equivalent or superior to pharmaceutical drugs."

Here are a handful of supplements that are worth trying:

**1 Ginkgo biloba** The herb from this tree species has been used in traditional Chinese medicine for thousands of years. Supplements, which use extracts from the leaves, boost mental functioning by increasing circulation to the brain.

A study from the University of Miami Miller School of Medicine found that *Ginkgo biloba* improved the brain's speed in making connections in healthy older adults by 68 percent. Researchers at the University of California-Los Angeles examined the effects of *Ginkgo biloba* in patients who complained of mild age-related memory loss and found it improved verbal recall.

**2 Acetyl-L-carnitine (ALC or ALCAR)** Several clinical trials indicate that ALC delays the onset of age-related cognitive decline, and can increase cognitive function in the elderly. ALC can cross the blood-brain barrier where it helps produce brain chemicals, keeps mitochondria (the cell's energy powerhouses) from deteriorating, and helps regenerate neurons.

**3 Alpha lipoic acid** Some studies have found that this substance can enhance the body's ability to synthesize glutathione, the main antioxidant found in cells.

A study published in the *Journal of Neural Transmission* found that alpha lipoic acid stabilized cognitive function in a small group of Alzheimer's disease patients.

**4 Omega-3 fatty acids** Researchers at Rhode Island Hospital found that the brains of older adults who took fish oil, which contains omega-3 fatty acids, suffered significantly less cognitive decline and brain shrinkage than those who didn't take fish oil.

A recent study in the *FASEB Journal* — published by the Federation of American Societies for Experimental Biology — found that fish oil reduced brain inflammation

and the buildup of amyloid plaque, a hallmark of Alzheimer's.

**5 Curcumin** This active component of turmeric, a spice found in many Indian dishes, is a potent anti-inflammatory and fights free radicals that promote aging. A study at the University of California-Los Angeles found curcumin may treat Alzheimer's by slowing the build-up of amyloid plaques in the brain.

**6 Pycnogenol** An extract of French maritime pine bark, this supplement can significantly improve memory, attention span, and the ability to manage tasks, according to the latest research. A recent study found that individuals who took pycnogenol, twice daily, experienced improvements in attention span, memory, ability to manage finances, interpersonal skills, and judgment.

**7 Bacopa Monnieri leaf extract** Bacopa is a medicinal herb used in traditional Indian ayurvedic medicine to enhance cognition and boost memory.

**8 Phosphatidylserine** This chemical helps maintain cellular function, especially in the brain, boosting neurons' ability to communicate with one another. It has been traditionally used to complement Alzheimer's treatment, and combat age-related decline in mental function and attention deficit-hyperactivity disorder.

**9 DMAE** This amino acid, found naturally in the brain, functions as a building block for choline, which allows the brain to manufacture the neurotransmitter acetylcholine. This brain chemical enhances cellular signaling in the brain and the nervous system and is used to treat a variety of neurological conditions.

**10 Huperzine A** This purified extract from a plant called Chinese club moss is also believed to help combat memory loss by increasing levels of acetylcholine. Studies show that it can increase alertness and energy. □