

Keep a Keen Mind

Age-Proofing Your Brain

Although we often associate old age with a loss of mental ability, getting older doesn't have to mean that you have to develop fuzzy thinking, struggle to learn something new or start forgetting things. It is possible to keep a keen mind as we get older, if we apply the correct keys. But, you can't wait until you start developing dementia or Alzheimer's, because by then it's too late. The time to start protecting your mental abilities is while you still have them. In fact, by starting to apply these principles *today* you may actually increase your current cognitive abilities, and who couldn't use a little extra brain power?

It's becoming increasingly important to protect your mental assets because brain-related disorders on the increase. More than five million Americans have some form of Alzheimer's disease and another six million suffer from dementia. By the time it is diagnosed, both Alzheimer's and dementia are difficult to treat because a large part of the brain is already damaged or destroyed. So, as with other degenerative diseases, the best course of action is to focus on prevention.

Your brain is one of the most complex organs in your body. It contains 100 billion nerve cells (neurons), 98% of the neurons in the body, and it regulates every organ and tissue in your body. The importance of brain function can be demonstrated by the fact that although it makes up only 2% of the body's weight, the brain uses about 25% of your body's oxygen supply and as much as 20% of the sugar.

Nutrition and Your Brain

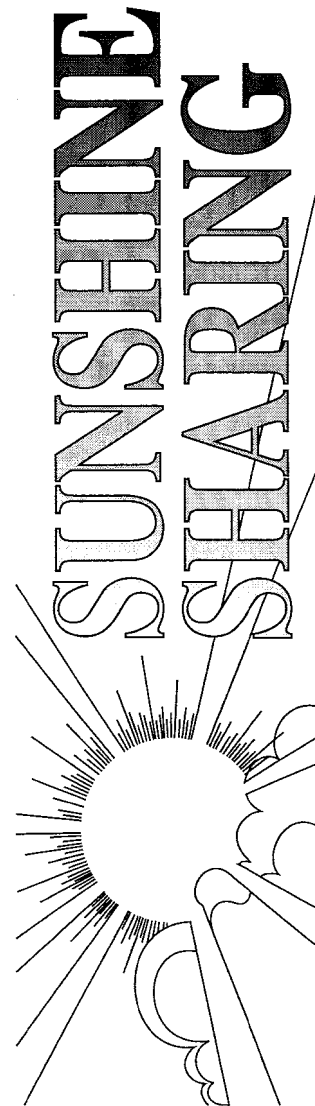
Since the brain has such a high metabolism, it is highly affected by what you eat. Although modern medicine has tended to discount the role of nutrition in mental health, studies in the last decade have shown strong links between nutrition and neurological and psychiatric conditions. Research has also shown that food choices made during pregnancy, lactation and early childhood may have long-term consequences on a child's mental development. Research also shows that good nutrition can improve your brain function (and reduce your risk of brain disorders) as an adult, too.

The same poor nutritional habits that promote weight gain, diabetes and cardiovascular disease also cause problems with brain function. These poor habits promote inflammation and free radical damage, which play a role in numerous brain-related problems, including depression, anxiety, sleeping disorders, Parkinson's disease, Alzheimer's disease and dementia.

Proper nutrition supplies the brain with energy and nutrients for proper functioning and it helps build the structure of the brain. The phrase, "you are what you eat," particularly applies to the brain. A "junk food" diet creates a "trashy" brain! It's like trying to run a 220-volt electrical appliance on a 120-volt system. The energy just isn't there to fuel healthy thinking. No wonder so many people in our society seem to have problems thinking clearly!

A little improved nutrition would go a long way towards improving learning ability in both children and adults. It would also reduce the occurrence of depression, anxiety, ADHD and other "brain" disorders as well as protect our memory as we grow older. So, if you want to keep a keen mind, start today! Take better nutritional care of your brain and you'll *remember* to thank yourself someday.

Inside, you'll find five essential keys to keeping a keen and healthy mind...



Your guide to better health the natural way.

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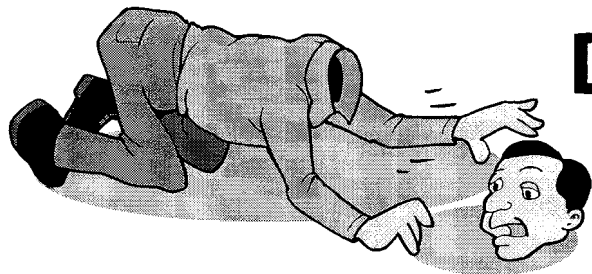
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Don't Lose Your Mind

Five Keys to Keeping Your Brain and Memory Healthy

A mind is a terrible thing to lose. So, if you want to keep your head in top shape, here are some secrets to keeping your mind in good working order as you grow older. By the way, these suggestions will improve your overall health, too.

Key #1

Feed Your Brain Properly



Your brain is probably the most nutritionally sensitive organ in your body. Long before you develop actual physical health problems from poor nutrition, you'll probably develop mental and emotional symptoms such as anxiety, depression, absent-mindedness, fuzzy thinking ("brain fog"), confusion and nervousness. If you experience these symptoms, try improving your diet instead of running off to the doctor for a "quick fix" pill.

Understanding the biochemical make-up of the mind is helpful in understanding how to nourish it properly. For starters, the brain is 70% water, so it is very sensitive to dehydration. So, if you want to think more clearly and protect your grey stuff, start by drinking 1/2 ounce of pure water for every pound of body weight every day. (That's 75 oz. or a little more than a half-gallon for an average 150-pound person.)

Next, 50-60% of the "dry" weight of the brain is fat, with 35% of that fat being omega-3 fatty acids. So, if you want to keep your brain healthy you need to be a "fat-head" by eating the right kinds of fats. The most abundant omega-3 fatty acid in the brain is **DHA**. DHA is essential for proper brain function and is found primarily in fish oil. Adding cold-water fish, such as halibut, mackerel, salmon, herring, anchovies, trout and tuna, to the diet is very beneficial for your brain. DHA is available as a single supplement and is also found in **Super Omega-3**. Vegetarians, in particular, are often very low in this fatty acid and should consider supplementation.

At the same time, avoid hydrogenated oils (shortening and margarine) and trans fatty acids from processed and deep fried foods. These fats aren't good for your brain.

Besides fat, the brain also needs amino acids from protein. Amino acids are necessary for the production of neurotransmitters. Meals containing adequate protein tend to increase levels of dopamine and norepinephrine (which results in a more alert mind and a better mood). Protein foods are especially important at breakfast. Having protein for breakfast helps to increase mental alertness and stabilize blood sugar levels (key #3). A good supplement for neurotransmitter production is **Super Algae**. It contains significant amounts of amino acids and has been used to improve alertness, energy and pituitary function.

Foods high in the B-vitamins are essential for lowering the risk of Alzheimer's and dementia, as well as cardiovascular disease (see key #4). B-vitamins are involved in helping the formation of neurotransmitters such as dopamine, epinephrine, and serotonin. Recent studies have shown a link between declining memory and Alzheimer's disease and inadequate levels of folic acid, vitamin B-12 and vitamin B-6. **Nutri-Calm** is a good choice for getting B-vitamins and other nutrients to support healthy brain function.

Key #2

Control Oxidative Stress and Inflammation



An increasing body of evidence implicates most problems associated with aging to inflammation and oxidative stress, including deteriorating mental conditions such as dementia, Parkinson's and Alzheimer's disease. The brain is particularly sensitive to damage from inflammation and free radicals, so another part of feeding your brain properly is to eat plenty of antioxidant-rich fresh fruits and vegetables, organically-grown where possible. Most experts recommend 5-9 servings of these health-protecting foods every day.

When we can't get adequate amounts of fruits and vegetables, **Thai-Go** is a convenient, easy and tasty way to get more antioxidants into the diet. Thai-Go is a blend of fruit juices and other botanical ingredients that are rich in naturally occurring antioxidants including polyphenols, flavonoids, xanthenes and vitamin C. This powerful formula also reduces inflammation, relieves pain and enhances energy production.

Additional Help and Information

If you would like more information about natural ways to keep your brain sharp and your memory active, talk to the person who gave you this newsletter. They have additional handouts and resource materials to help you. You can also consult some of the following sources for more information:

The Brain Diet by Alan C. Logan.

Optimum Nutrition for the Mind by Patrick Holford.

Smart Food; Diet and Nutrition for Maximum Brain Power by A Winter and R. Winter.

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

Another way to combat inflammation and reduce free radical damage is to take **Super Trio**. This convenient nutritional packet contains Super Supplemental, a quality multivitamin and mineral supplement, Super ORAC, a powerful antioxidant formula and Super Omega-3. Besides being part of brain structure, Omega-3 essential fatty acids help control chronic inflammation.

A third option for protecting the brain is **Brain Protex**. This formula is designed to enhance acetylcholine production and inhibit free radical damage to the brain cells responsible for memory. Acetylcholine is the neurotransmitter involved in memory. Alzheimer's disease involves the destruction of brain cells that produce acetylcholine.

Brain Protex contains an extract of Chinese club moss which contains a substance called huperzine A. Huperzine A has been shown to help prevent and slow the progress of both Alzheimer's and dementia. Brain Protex also contains antioxidants that cross the blood brain barrier to protect brain cells from oxidative damage and nutrients that support acetylcholine production.

Key #3 Keep Blood Sugar Regulated



The brain consumes more blood sugar (glucose) than any other organ and takes this sugar up directly from the blood stream without the need for insulin. The amount of sugar in your blood directly controls the amount of sugar reaching your brain. Too much sugar and the brain is overstimulated, which results in agitation, irritability and nervousness. Too little sugar in the blood, a condition known as hypoglycemia, can cause mental confusion, irritability, shakiness, fatigue, cold nose and limbs and cravings for sugar.

The pancreas regulates the blood sugar level to keep the brain stable. Blood sugar problems are linked to age-related cognitive decline, dementia and Alzheimer's disease. These blood sugar problems also increase inflammation, which can damage brain cells.

So, although the brain needs sugar as an energy source, simple sugars actually contribute to "brain fog" and mental decline. So, select complex carbohydrates, fruits, vegetables and whole grains, over products containing refined sugar, high fructose corn syrup, white flour and other processed grains. Be sure to include high quality protein and fats with meals as this stabilizes blood sugar levels and keeps the brain working better.

If you crave sugar, you may have hypoglycemia. Besides eating small, frequent meals containing protein, fat and complex carbohydrates, you can also use supplements to help stabilize your blood sugar level. **Super Algae** supplies amino acids (protein) that not only stabilize blood sugar, they also benefit the production of neurotransmitters. Take 2-4 Super Algae with breakfast and two more at regular intervals during the day, especially if you get an afternoon energy slump.

Licorice root is another herb that stabilizes blood sugar levels. Take 2 capsules with breakfast, 2 with lunch and 2 more in the afternoon if you experience an energy slump.

If you have diabetes, consider taking **SugarReg** or **Target P-14**. SugarReg contains minerals and herbs, including gymnema, which has the ability to regulate and lower blood sugar by lowering the amount of sugar processed by the stomach. Target P-14 is formulated with herbs and the minerals chromium and zinc to support the pancreas and to address diabetes, hypoglycemia and mental function. Chromium improves cognitive function by improving glucose metabolism. Zinc also improves thinking skills and memory, notably in undernourished children. It also stimulates cell division, repairs tissue damage and helps to protect body tissue from cellular damage.

Key #4 Maintain Healthy Circulation to the Brain



Because the brain has such a high demand for oxygen and sugar, it requires a constant supply of oxygen-rich blood. Because blood flowing to the head must fight gravity, exercise is extremely important for maintaining good blood flow to the brain. This is why something as simple as taking a walk can help to clear your mind. So, exercise regularly for a healthy brain and a keen mind.

If blood flow to the brain starts to become impaired due to arterial constriction or hardening the arteries, brain function will suffer. Fortunately, there are herbs and supplements that can improve blood flow to the brain and enhance cognitive processes at the same time.

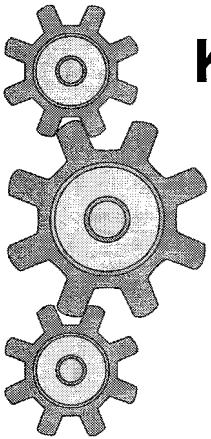
One of these is **Ginkgo/Gotu Kola with Bacopa**. This is a formula made with two classic brain herbs that have the ability to pass through the blood-brain barrier aiding in brain function and improving memory.

Ginkgo biloba keeps blood vessels and capillaries flexible, aiding circulation and increasing blood flow to the brain improving the neurons uptake of glucose and oxygen. It is also a powerful antioxidant that prevents cell damage and has been shown to increase neurotransmission by normalizing levels of acetylcholine and norepinephrine. These neurotransmitters are key for memory, learning, attention and mood. Ginkgo also seems to have antidepressant activity and clinical trials show it eliminates mild forms of dementia.

Goto kola revitalizes the nerves and brain cells, strengthens the adrenal glands and purifies the blood. It has been traditionally used as a memory-enhancing herb, but is also a powerful rejuvenating tonic.

Hardening of the arteries will impair blood flow to the brain and reduce cognitive function. People with reduced blood flow to the brain often get sleepy when they sit for long periods and have problems with being absent minded. Fortunately, there is help for this problem. High in vitamins, minerals and antioxidants that enhance circulation, **Mega-Chel** is formulated to help the body strip plaque from artery walls. It can also help remove heavy metals from the body that damage brain and nerve tissue.

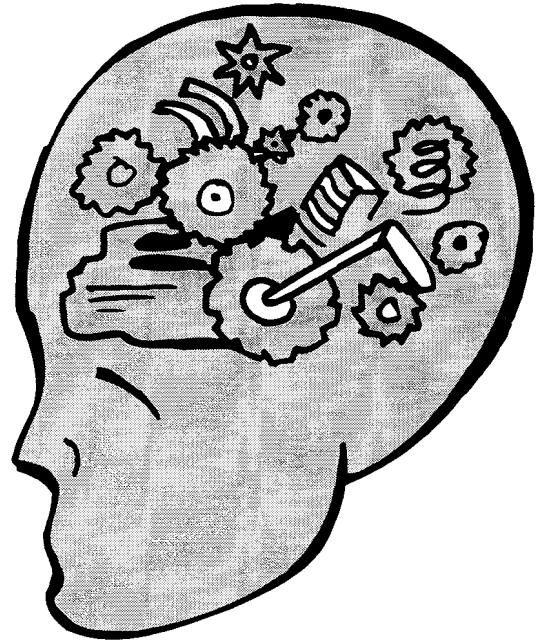
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Keep Your Mental Gears Running Smoothly *and* Avoid Age-Related Memory Disorders

In this Month's Sunshine Sharing

**Discover "Five Secrets to Keeping
Your Brain and Memory Healthy"**



Key #5

Don't Poison Your Brain

Toxins can seriously damage the brain, especially fat-soluble toxins (such as petrochemical solvents) and heavy metals like mercury, aluminum and lead. In addition, drugs and alcohol do serious damage the brain.

To keep your mind clear and active avoid as many chemicals as possible, don't use drugs and minimize the consumption of alcohol. Specifically, to avoid chemicals, don't use aluminum cookware, purify your drinking water, use non-toxic household cleaning products and personal care items and read labels carefully.

Two great supplements that help to rid the body of unwanted chemicals are **Heavy Metal Detox** and **Enviro-Detox**. Heavy Metal

Detox contains cilantro, algae, amino acids and minerals designed to chelate heavy metals from the body.

And, as it's name implies, Enviro-Detox is a formula that helps the body get rid of environmental toxins. It supports the liver, the primary organ for breaking down harmful chemicals.

Be sure to drink plenty of water when doing any kind of detoxification program. It may also help to take a fiber supplement like **Nature's Three**. Detoxification will reduce inflammation, improve sleep quality, improve brain function and support general health. Talk to the person who gave you this newsletter so they can help devise a cleansing program specifically tailored to your needs.

When your brain is fed properly, you'll be able to stay mentally active and hold onto your memories. Who knows, you may even get smarter in the process.