

Alzheimer's Puzzle

Mitochondrial Resuscitation the Key to Prevention

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USA Today:

“There is still no treatment or cure for Alzheimer's Disease”

University of Iowa, lead authors

S. Anderson, PhD and T. Graboski, MD:

“Currently there is no cure for dementia and Alzheimer's”

“All people are at risk for dementia, with the greatest risk factor being increased age”

“More than 4 million Americans have dementia and the number is projected to grow to over 14 million in the next 50 years.”

Los Angeles Times:

Baby Boomers now fear Alzheimer's more than Cancer

University of Pennsylvania

Jason Karlawish, MD, Dementia specialist

“People are more afraid of losing their minds than having a heart attack, stroke or cancer”

Pretty scary, huh? Now what? The only “cure” is prevention and we will get to that later. And I will show you how you can prevent Alzheimer's to include utilizing current research at UCLA and from our clinical protocols that have been effective. It is preventable and it is only 5% familial. So relax and do the right thing, which is eat right, exercise, rest and pray. There is no drug, no cure and no magic.

However, in order for you to listen to the magical “cure” you seek or what you need to do to prevent Alzheimer's, which is one of the most debilitating diseases known, we need to give you a background in how serious this disease is so you will listen. Otherwise you will not. They don't call Alzheimer's “Type 3 Diabetes” for no reason. Could a clue be in your eating habits because genetics has been ruled out, for the most part. Per the Genome project of 2004, only 2-5% of all disease is a result of genetics. 95-98% of all disease is a result of your lifestyle. Predominately what you eat, how you think, the toxins you are exposed to, and your lack. Think on that last one for awhile. Lack of what?

For some, there is nothing more frightening than knowing and having awareness because then you have to take total responsibility for yourself. And what you have been taught by societal conditioning is to defer your irresponsibility onto others, like the doctors that failed you, as you remain the victim. You are not the victim of your demise; you just might be the cause.

Be mindful of how you create disease

What is Alzheimer's? It is the most common form of dementia, and accounts for up to 80% of dementia. Alzheimer's is progressive and worsens over time with no cure and

some now believe it is the 3rd leading cause of death in the US surpassing the Allopathic MD's, for that dubious distinction, with Heart Disease and Cancer now running neck and neck. Wow, just 2 years ago, Alzheimer's was considered the 6th leading cause of death and now it has climbed up the charts of society's sick hearts like a bullet into bronze medal round and onto the podium and into the metal. After diagnosis of Alzheimer's, the average life span is only 8 years. And those remaining years are not pretty. Just ask any Alzheimer patient caretaker. And the drugs make it worse.

This, from the Alzheimer's Association international conference in France in 2011:
*"For those who do have Alzheimer's, there are no good treatments and the **Alzheimer's drugs do not work**. Over 43% of those 85 years old have Alzheimer's Disease. The most rapidly growing group is 65 years of age at over 13%."*

Earliest signs of a degenerating aging brain are fatigue promoted brain activity overexertion with driving, reading, work, etc. Walking into a room and forgetting why you are there. Depression and poor digestive function.

Moderate signs are inability to focus or concentrate, difficulty learning new tasks, chronic constipation, increased blood pressure, increased resting heart rate, stress susceptibility and poor circulation.

Significant signs may include inability to work professionally, to appreciate life, to perceive neurological loss and tremors. Severe signs may include neurodegenerative disease, uncontrolled bladder tone, bowel obstruction and inability to digest food, inability to taste, smell or develop social relationships and dependency on family or medical staff for activities of daily living.

Enter the Neurotransmitters. A neurotransmitter is the key chemical messenger of the nervous system. The brain uses neurotransmitters for a multitude of functions such as signaling your heart to beat, telling your digestion to function and telling your brain to experience certain moods. Neurotransmitters affect the functions of many systems in the body. Wow, all that seems kinda important, huh?

What affects the Neurotransmitters? There are only 4 stressors that affect the human body to dis-ease. Chemical, Physical, Environmental and the most debilitating, Emotional stress. Most dis-ease starts in the Emotions and manifests in the physical. Your thoughts will determine your wellness.

The neurotransmitter pathways are Serotonergic, Gabaergic, Dopaminergic and the Acetylcholine and Cholinergic.

Brain Aging & Degeneration of Neurotransmitter Pathways:

Serotonergic

- *Depression
- *Poor Focus
- *Social Isolation
- *Sleep disorders

- *Loss of Joy
- *Loss of interest in life
- *Slowed reflexes and coordination
- *Relationships affected

Gabaergic

- *Anxiety
- *Panic Attacks
- *Disorganized Attention
- *Worry & Fear
- *Restlessness
- *Overwhelmed
- *Sensitive to light and sound

Dopaminergic

- *Depression
- *Inability to finish tasks
- *Feelings of hopelessness
- *Anger & feelings of worthlessness
- *Loss of Motivation
- *Slow movements and mind
- *Isolation

Acetylcholine & Cholinergic

- *Loss of photographic memory
- *Poor verbal memory
- *Constant forgetfulness
- *Difficulty with sense of direction
- *Slow mental speed

Everyone, at various times, will experience any of the aforementioned symptoms. Even throughout one day and even at very early ages. So, please do not look at those symptoms and think, “oh, my God, I experience all of them. I am a mess!” No you are not. The “mess” comes from the symptoms progressing to constant, over time, to where you cannot get through the day without assistance. And if you think you are progressing, there is good news in how to slow it down or prevent it completely.

Dr. Dale Bredeesen

Director of Neurodegenerative disease research

UCLA School of Medicine

“Many of us are walking around with early Alzheimer’s without realizing it. It is a huge problem on the rise and there has not been any sort of therapeutic approach that has worked.”

Even if you tested positive for two of the proteins that would predispose you to Alzheimer’s, you can still prevent the disease from developing through effective lifestyle choices. Just like diabetes and heart disease.

The research done at UCLA identifies inflammation as the main factor in the creation of this disease as is the case with most dis-ease process in the body. Inflammation is one of the causes of mitochondrial suffocation and programmed cell death through Apoptosis, which we have discussed in other essays on Mitochondrial dysfunction.

Once again, Dr. Bredeesen:

“My argument is that if you do the right things, Alzheimer’s disease should be a very rare illness.”

Rare? It is the 3rd leading cause of death. Rare? It is not rare, is it? Clearly we are not doing the right things to prevent this very serious disease that one of our Presidents died of. Dr. Bredeesen is absolutely correct, though. It should be a very rare disease. In fact read the following from Dr. Bredeesen, which is what I have been saying about every

single disease process out there, that all these health issues we call diseases are not. They are symptoms that something has gone awry in the body through a cumulative toxic overload and nutrient deficiencies. That is the only way you can create what we call disease along with the concurrent inflammatory process.

Dr. Bredesen:

“If you got inflammation going on you are making Amyloid. (Which is a protective response) If you are decreasing your support system, you are downsizing a network.”
“IN ESSENCE, ALZHEIMER’S IS NOT REALLY A DISEASE, IT IS A FALLING APART OF THE SYSTEM.” *You are making Amyloid because you are fighting bad microbes and you are inflamed because you are insulin resistance or toxic.”* That is why they call Alzheimer’s, Type 3 diabetes. Sugar causes inflammation and toxicity. Grains.

Amyloid binds toxins such as heavy metals, mercury and copper. It is, once again, a perfect system designed by the Celestial Design Committee to protect you. The problem is you need to now remove it from the body, reduce the continued inflammation, restore the nutrients and resuscitate the mitochondria. Your well-meaning Allopathic MD is not trained in how to do that and the drugs they use have never worked. In fact, they have made the condition worse.

Again, we see more and more research pointing to the “Integrated Functional Lifestyle Medicine” we practice at Lifestyle Quixotica as key in preventing and reversing most disease process, however one must take responsibility and do the right thing. We have not waived in over three decades as no drug can heal or cure anything.

Once again, Dr. Bredesen:

*“If you look at the molecules involved in this disease, you cannot escape the conclusion that **a functional medicine approach is an optimal approach.**”* *We need to look at all the things that contribute to the cognitive decline.”* And the source is your lifestyle. What you eat and your level of exercise, rest and prayer. Pretty simple, huh? The problem? Our society would rather just take a pill, sit back with another beer and Cheetos, watch The View and let someone else be responsible for their health. You created your illness.

The main issue with Alzheimer’s is in synaptoblastic dysfunction. The brain has lost the ability to make proper connections or synapsis. Neurotransmitters are key in this synaptic function. The mitochondria are key in neurotransmitter function. Getting the picture on how this is all starting to come together? The Mitochondria are at the crux of the discussion on whether or not you will develop Alzheimer’s.

The issue most discussed with Alzheimer’s is Amyloid or what most would term plaque of brain synapses so they stop making the connections needed for brain function. That is a perfect system of protection, by the way. And you can prevent that and reverse it. Having said that, from working with patients for over 3 decades, if you want to get assistance, get it early. The longer you wait, the harder prevention and reversal becomes with all disease and illness. So, what that means is it is your responsibility to practice a healthy lifestyle on a DAILY basis each and every day. Prevention is really your only viable play. Is this sounding redundant? Well it has been said, one needs to hear the

message several times prior to gaining an understanding. The problem? No one can critically think or listen any longer.

If you think you can get ill and then seek health care from an Allopathic MD that knows how to reverse or prevent disease, good luck. They don't know anything about health or disease prevention. They are well-trained prescription writers and ER disease management people. Not health care professionals. Better wake up and understand very clearly. They are not trained in lifestyle integrated functional medicine. They are trained in, "see the illness, prescribe the drug." And for that you pay quite handsomely as you get sicker and sicker and shackled to more and more drugs.

Better start paying real good attention because the medical insurance pay for nothing any longer as your premiums and deductibles are going thru the roof. And the drug companies are placing medications out of reach, financially. Even if you are covered by company-sponsored insurance what you are getting is not health care or disease prevention. You are getting disease management with more and more drugs and that is why all disease is on the rise. It costs \$475,000 for one treatment of the new Novartis AG cancer drug. Can you afford that? No. Will your insurance pay that much out? Absolutely not.

Dr. Mercola: *" Dr. Bredesen points to EMF's from wireless technologies as a crucial component that needs to be addressed, as this type of radiation activates the voltage gated calcium channels in your cells and the greatest density are in your brain. It is my belief that excessive microwave exposure and glyphosate (Monsanto's Roundup pesticide) which disrupts the blood brain barrier, are two of the most significant factors contributing to Alzheimer's."* Well said. I have seen this clinically over and over again along with a spike in all neurodegenerative disease over the last 31 years of practice.

The key to feeling better is through the balance and proper response of both the calming (inhibitory) and the stimulant (excitatory) neurotransmitters. Specific Amino Acids are used by the brain as neurotransmitters to regulate mood, feelings and bodily functions. Using REAL LIVE ORGANIC FOOD rich in nutrients is critical for prevention and reversal. So, you can't be eatin' and MaccoDonalds and lots and lots of packaged processed and whole grains such as bread, tortillas, crackers, pasta, regular and diet soda's, processed pasteurized homogenized milk etc. Ever, never. That turns into pure sugar and sugar is the problem in creating the inflammation we have discussed. Not sugar from whole real organic live fresh fruits and vegetables. Most of the Alzheimer patients we have encountered have been sugar addicts as is most of our society hence the reason Alzheimer's has now overtaken Allopathic MD murders as the 3rd leading cause of death in the US. And that has only happened in the last 2-3 years. Let that sink in. Alzheimer's is the 3rd leading cause of death behind heart disease and cancer. You better start paying attention and adjusting your lifestyle.

The following are supported when you consider proper neutraceutical (real food supplements) for the degenerating brain and Alzheimer's prevention: Cerebral blood flow, Phospholipid morphology, anti-inflammatory support mechanism, neuron oxidative phosphorylation, Methylation and neurotransmitter functional systems.

Journal Of Alzheimer's Diseases
December 2011

“Scientists should refocus efforts from searching for underlying pathogen to manipulating neurotransmitters of the brain. We have been led down a path of finding a cure that does not exist with drugs that worsen the cognition.”

Journal of Neurogastroenterology & Motility
March 2011

“We conclude that the presence or absence of conventional intestinal microbiota influences the development of behavior and is accompanied by neurochemical changes in the brain.”

“THERE IS INCREASING INTEREST IN THE GUT-BRAIN AXIS”

Once again, we see the critical importance of the Gut-Brain connection via the 10th cranial nerve or Vagus nerve and restoration of the gut flora or microbiome with PROBIOTICS. I have been preaching this for over 3 decade. As the gut is inflamed so will follow the brain with inflammation. The gut bacteria have the ability to significantly influence your mind, mood and behavior.

New York Times
1996

“The greatest concentration of Serotonin which is involved in mood control, depression and aggression is found in your intestines, not your brain. Your bowels contain over 100 million neurons-more than in your spinal cord or peripheral nervous system.”

Journal of Neurogastroenterology
2011

“Probiotics have significant effect on brain chemistry, modulating mood and behavior regulating signals to your brain via the Vagus Nerve.”

Dr. Mayer, Geffen School of Medicine, UCLA
2011

“It is little wonder anti-depressants provoke serious Gastrointestinal side effects.”

Which cause brain inflammation that contributes to dementia and Alzheimer's. Stop going to Allopathic MD psychiatrists that practice quackery and are making you worse. These so called doctors are frauds and are creating a great deal of pain in our society. They should not be allowed to see patients and certainly not allowed to prescribe drugs that are making you worse. Quacks. Pure and simple. You have two nervous systems. The Central Nervous System consisting of your brain and spinal cord and the Enteric Nervous System, which is the intrinsic nervous system of your gastrointestinal tract which is also an immune system. They work in concert and do everything else in your body.

Ask your quack Allopathic MD psychiatrist if they even know the difference between the two aforementioned systems. Go ahead and have a good laugh or is it cry after they murdered your loved one. Please watch the documentaries “Marketing of Madness” and

“Hidden Enemy” or visit the CCHR interactive museum of Psychiatry in Los Angeles. A caution to the faint of heart-you will be sickened by what you see and hear the Psychotic Psychiatrists have perpetrated upon our society. They are repulsive and more emotional dysfunctional than you or I. And that is the reason they went into mental health in the first place. If you think general Allopathic care has been a failure, the Psychiatrists have been a miserable failure while practicing the drugging of society with their criminal behavior.

Where Do You Go From Here?

PREVENTION IS YOUR ONLY OPTION AND PLAY. There is no other route to deter Alzheimer’s and there is no cure. And reversal, although possible, is difficult. Once you pickle that cucumber, it is very difficult to reverse that process. Although, maybe possible, most likely not probable. We have been tested and evaluated to no end at enormous costs with no reliable outcomes and no effective options for a cure or treatment. So, evaluations are moot. You and the ones around you are your evaluators in your behavior. You know when you are starting to lose it and certainly the ones around you do, as well.

Why would you waste time on the never ending evaluations to get the diagnosis you know is coming unless, of course, there is monetary gain on your end from some form of disability impairment rating and documentation so you can get a monthly SSI paycheck as you drift off into oblivion? Listen, I am not challenging that as it is a good thing, however while you are waiting for that very long period of time that that process takes, which could be years, start the process of regeneration and practice it every single day and be disciplined about it.

The only option is prevention, which addresses proper Gut-Brain Chemistry, balance thru Neurotransmitter support, De-toxification, Mitochondrial resuscitation, nutrient replacement, proper rest, effective functional exercise and prayer or meditation. PERIOD.

Later in the Brain Health chapter we will expand on specific solutions, however briefly, effective protocols are not complicated. It is quite simple. Eat clean food that is GMO free, pesticide free, herbicide-free, reduce EMF exposure if that is even possible any longer, use nutraceutical supplementation that is functional and effective and food based.

That is why we created a crisis response team via our products in “Brain Synergy” for neurotransmitter support with a complete Amino Acid Profile in addition to Gaba, P5P and Ashwaganda for adrenal support. The addition of our probiotic “Florabiotica Plus Enhanced” and/or “Florabiotica Synergy” for the restoration and maintenance of effective gut-microbiome along with the adaptogen mycelia in “Immune Synergy” to reduce inflammation and utilizing our CoQ10 Ubiquinol with PQQ, Creatine Monohydrate and D-ribose for Mitochondrial resuscitation. Combine this nutraceutical response with functional nutrition and you are well on your way to prevention and possible reduction of attending symptoms. We will address other tools such as hyperbaric O2 therapy later.

The “Hidden Lost Patient” in the Alzheimer Puzzle

The National Alliance for Care Giving:

“67 million Americans provided care to a family member suffering from Alzheimer’s”

Caregiver burnout takes a heavy and destructive toll. Caregiving for an Alzheimer’s family member is demanding and an extremely difficult job and often creates feeling of isolation. Alzheimer’s Caregivers have been called the “Hidden Patient” as many of their emotional and physical needs are not attended to, as caregiving for an Alzheimer patient is a 24/7 job causing depression and suicidal thoughts.

The toll on the caregiver is immense. As Alzheimer’s is not only a mind-stealing ailment, it unleashes difficult to manage behavioral problems such as:

- *Physical Aggression
- *Yelling
- *Constant Call Out
- *Delusions
- *Hallucinations

And caregivers get caught in a flurry of difficult tasks such as:

- *Bathing
- *Changing Diapers
- *Brushing Teeth
- *Managing Behavioral Problems
- *Cooking
- *Feeding
- *Modifying the Entire home for safety

All the while trying to cope with their fears and anxieties. This issue is not for the faint of heart. It devastates everything in its path to include the caregiver.