Brain Wellness

Rejuvenate Your Memory and Nervous System
Prevent Cognitive Disease with a Nutraceutical Approach

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Age 40 and Beyond

• Our gray matter shrinks with each succeeding decade
• The brain steadily loses neurons and cerebrospinal fluid
• Neuronal connections are short-circuited by a buildup of plaque and a breakdown of the neuron insulating layer

Lifestyle and Exercise

• Regular exercise reduces the risk of Alzheimer’s by 4 times and improves mental acuity
• Weight-bearing exercise have been associated with an increase in testosterone that raises dopamine levels
• Avoid toxic metal poisoning: use gloves and masks and drink filtered water
• Avoid antacids, paints, varnishes and products which may contain lead, aluminum or mercury
Lifestyle and Exercise

Simple mental exercises can build & tone cognition:

• Crossword Puzzles, Brain Teasers and Trivia Games
• Learn something new: language, dance, sport or hobby
• Repeating significant details of a story immediately after it is read to you
• Duplicating a drawing or diagram right after viewing it
• Repeating a series of 10 numbers
• Reading a news story & recalling the answers to who, what, when, where, & why
Diet and Supplements

• Acetylcholine is synthesized by the body from choline, a B vitamin that comes from lecithin containing foods

• Cereven is a premier brain and nerve enhancement supplement which provides comprehensive support for circulation and electrical brain activity

• Blood-flow enhancers like quercetin and d-phenylalanine, Huperzine, Rhodiola rosea, and ginkgo, have improved memory and focus in Alzheimer’s patients

• Supplements such as Cognitex (a potent source of glycercylphosphoryl-choline and other nutrients for the brain) are as vital to overall health as a daily multivitamin, says Dr. Eric Braverman. Eric Braverman, M.D. internationally renowned expert in anti-aging medicine, director of PATH Medical in New York, clinical professor of Integrative Medicine at Weill Cornell Medical School
Dr. Eric Braverman believes that most bodily afflictions have their origins in brain chemical imbalances.

Each of the four lobes of the brain in essence produces a primary biochemical, called a neurotransmitter, responsible for a specific brain function.

Eighty percent of the complaints prompting someone to seek medical care are directly related to deficiencies in one of the four primary brain chemicals.

Chemical deficiencies exhibit themselves as mild symptoms. When recognized early they can be addressed by dietary changes, supplements, and lifestyle modification.

BEAM Brain Electrical Activity Mapping analysis, measures the speed & strength of neurotransmissions, metabolism, and electrical activity of the brain (P300 wave).

If the neurons are not working as they should, chances are that the brain’s overall health is compromised.
Loss of Memory and Brain Function

- Depression
- OCD
- Diabetes
- Addictions
- Coronary Bypass Surgery
- Menstrual Cycle
- Toxic Metal Poisoning
- Menopause
- Post traumatic Stress
- Head Injuries
- Chronic Fatigue
- Anemia
- Kidney Failure
- Pulmonary Disease
Parkinson’s Disease

• According to the National Parkinson Foundation, there are approximately 1.2 million people with Parkinson’s disease in the US and Canada

• **Toxins** such as carbon monoxide, herbicides, methanol, and insecticides have been linked to Parkinson’s so both industrial and farm populations are affected

• Exposure to **infections** such as encephalitis, measles, influenza, and STD’s also has been associated with Parkinson’s

• Oxidative stress results when an excess of free radicals overwhelms the body’s defenses

• Damage of lipids, protein, DNA, and, ultimately, slow cell death

• **Metals such as iron, copper, and aluminum catalyze free radical reactions.** Studies have shown an excess of these metals in the brains of Parkinson’s disease patients
Foods to be Avoided

• Sweetened Foods
• Artificial Sweeteners
• Processed Foods
• MSG
• Alcohol (Except Red Wine)
• Chlorinated and Fluoridated Water
• Microwaved Foods

• Dairy
• Gluten i.e. Wheat
• Margarine
• Fried Foods
• Polyunsaturated Oils
• Canola Oil

• Sugars and fats must be avoided in excess
• High-sugar diets have been correlated with a threefold risk
• High-fat diets with a fivefold risk
Diet is Paramount at Every Stage of Parkinson’s

The Best Foods for Detoxification:

• Organic Fruits
• Vegetables
• Poultry
• Wild Salmon
• Red Beets

• Green Beans
• Carrots
• Turnips
• Spinach
• Olive Oil

The Best Foods for Memory and Brain:


• Dietary support includes food rich in choline such as eggs, wheat germ, blueberries, broccoli, almonds, caviar, pomegranate juice, tea, coffee, red wine and dark bitter chocolate

• Supplement support: choline, phosphatidylserine, vinpocetine, and quercetin, Cereven, Stem cell nutrition, DHLA (Lipoic acid) magnesium, EPA/DHA (Omega 3), N-acetyl carnitine and lecithin
A Diet to Remember

While supplementation of choline is recommended, the following foods are good dietary sources of choline:

**Breakfast**
- eggs, wheat germ, tofu,
- blueberries, grape juice, coffee

**Lunch**
- eggs, cheese, peanut butter,
- chicken, fish, lettuce, soybeans

**Dinner**
- caviar, cod roe, beef liver, beef steak, chicken, fish, cabbage, cauliflower,
- broccoli, fava beans

**Snacks**
- peanuts, almonds, hazelnuts, peanut butter, celery, hardboiled eggs, blueberries,
- oranges, raw broccoli or cauliflower, beef chopped liver on whole wheat crackers
Natural Approaches

• If levodopa (Sinemet®) is used, vitamin B6 should be taken 3-4 hours after the last dose of levodopa, since vitamin B6, in some cases, may cause levodopa to convert to dopamine in the blood before it reaches the brain.

• Intravenous infusion of chelators eliminates from the brain iron and other toxins that contribute to the formation of free radicals.

• Anti-oxidants also act as chelators, and best results are achieved when a combination is used including vitamins C and E and polyphenols.

• To ensure adequate glutathione, consume egg yolks, red peppers, and onions.

• Another way to raise glutathione levels is to supplement the body’s cysteine with N-acetylcysteine or L-cysteine.

• Magnesium and the amino acid tryptophan, found in turkey, bananas, and milk, mitigate the dyskinesia that can occur with dopamine therapies.
The Complexity of Alzheimer’s Disease

• After a painful and lingering illness, Alzheimer’s causes death; it’s the 6th leading cause of death in Americans overall, and the 5th among those over 64

• Insidious loss of memory

• Confusion and mood swings

• Loss of brain cells

• Atrophy or shrinkage of the brain

• Areas include hippocampus and cortex responsible for memory, cognition and personality
Nutrients with Strong Evidence from Human Studies

- Acetyl-L-Carnitine
- Ginseng
- Huperzine
- Lipoic Acid
- N-Acetylcysteine (NAC)
- Omega-3 Fatty Acids
- Vitamin D
- Ginkgo Biloba
- Magnesium
- Vitamin E
Nutritional Support For The Brain

**Curcumin** (as absorption-enhanced BMC95®): 400–800 mg daily

**R-Lipoic acid**: 240–480 mg daily

**Acetyl-L-Carnitine**: 1,000–3,000 mg daily

**Fish oil**: providing 1,400 mg EPA and 1,000 mg DHA daily

**Vinpocetine**: 10–30 mg daily

**Pyrroloquinoline quinone (PQQ)**: 10–20 mg daily

**Phosphatidylserine**: 100 mg daily

**Coffee** (caffeinated) 3-5 cups daily, ideally standardized to provide highest concentration of polyphenols.

**Blueberry extract**: 150—750 mg daily

**Green tea extract** (standardized to 98% polyphenols): 725–1,450 mg daily

**Resveratrol**: 250 mg daily

**Whole grape extract**: 150 mg daily

**Magnesium**: 140 mg daily as magnesium-L-threonate and at least 100 mg daily as magnesium citrate

**Vitamin B12**: 1,000–5,000 mcg daily

**Vitamin B-6**: 250 mg daily

**Folate** (preferably as L-methylfolate): 400–1,000 mcg daily

**Vitamin D**: 5,000 – 8,000 IU daily; optimal blood levels of 25-OH-vitamin D are between 50—80 ng/mL

**Coenzyme Q10** (preferably ubiquinol): 100–300 mg daily

**N-acetylcysteine (NAC)**: 600–1,800 mg daily

**Ashwagandha extract**: 250 mg daily

**Alpha glyceryl phosphoryl choline**: 600 mg daily

**Huperzine A**: 200–800 mcg daily

**Panax ginseng**: 400–1,000 mg daily

**Vitamin E**: 400 IU daily with at least 200 mg gamma tocopherol

**Ginkgo biloba** (standardized extract): 120—240 mg daily

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Acetyl-L-Carnitine

• Sources include: Organic Beef, Legumes, Vegetables, Nuts, Fruits, Pumpkin, Sesame, Sunflower Seeds, and Greens such as Asparagus

• Contributes to movement of fatty acids and other vital fuels from the cell into mitochondria

• Decreases buildup of amyloid beta and tau proteins

• Boosts natural cellular antioxidant levels

• Improves memory, cognition and behavior

• Slows the rate of deterioration
Nutrients Attack Multiple Mechanisms of Alzheimer’s Disease

• Alzheimer’s disease steals people — first it takes their memories, then their personalities, and finally their lives

• Someone in the U.S. gets Alzheimer’s almost once a minute

• Conventional medications can only modify symptoms; they are entirely ineffective at changing the course of the disease

• Nutritional supplements, each of which has multiple mechanisms of action, are best suited for combating Alzheimer’s; many different supplements show promise at slowing the disease and reversing the biochemical abnormalities that underlie it

• Regardless of which supplements you choose, starting early (before symptoms appear) is likely to produce much better effects than waiting until the disease’s mind-robbing actions are evident
The Underlying Pathological Factors Associated with Alzheimer’s Disease

- Considerable scientific debate about which are causes and which are consequences

- Prescription medications cannot change any of these abnormalities. They contribute marginally to improving symptoms

- Every one of these anomalies has shown some response to therapy with nutraceuticals in lab studies

- **Senile plaques:** abnormal proteins called **amyloid beta**

- Impose oxidant stress and trigger inflammatory changes

- **Ultimately death of brain cells**
• Neurofibrillary tangles: abnormal proteins called tau

• Trigger cell destruction and ultimately cell death

• Oxidative Stress

• **Inflammation** now recognized as a root cause of Alzheimer’s

• Inefficient mitochondria

• Elevated homocysteine

• The brain suffers from too much excitatory signaling
Nutrients Reverse Cognitive and Memory Deficits

• **B vitamin** supplements lower homocysteine
  • Slows buildup of abnormal proteins amyloid beta and tau

• **Coenzyme Q10 (CoQ10)** keep mitochondria healthy by improving their efficiency at burning foods to produce energy

• **DHEA** (dehydroepiandrosterone) supplementation has anti-inflammatory effects
  • Stimulates production of new neurons in tissue-culture experiments
  • Produces a restoration of youthful cognition and memory
• **Curcumin** (turmeric) has favorable effects on brain receptors

• **Found to protect against brain aging**

• **Improved performance on cognitive tasks and enhanced locomotion**

• **This kind of reversal of Alzheimer’s damage is something no existing drug can do**
• Human studies: **curcumin, piperine, EGCG** (Epigallocatechin gallate), **alpha-lipoic acid, N-acetylcysteine, B vitamins, vitamin C, and folate** in those with mild to moderate Alzheimer’s disease

• Institutionalized patients with later-stage disease, this formulation produced an improvement of about 30% on the standard neuropsychiatric inventory

• Improve cognitive performance in people **without** dementia, demonstrating the power of combined supplementation

• Mainstream medicine remains baffled by the condition

• **Five drugs** on the market, **none of which can modify or slow disease progression**
• Nutritional supplements offer a broader front on which to target Alzheimer’s

• Great promise by acting on several or many different aspects of the disease’s progression

• Using a combination of multi targeted supplements may be the only way to stop or slow Alzheimer’s disease, and prevent it from taking away your personality