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This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment.

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them..

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!

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Brain Facts

The conscious mind controls 5% of our brain. The subconscious mind controls 95%

Listening to Music strengthens the brain to the point that structural changes occur

70% of the total weight of the brain is water

The average person has 70,000 thoughts a day

66 to 70 % of the dry weight of the brain and myelin is made of fats and cholesterol

Thoughts are real things and can effect your physical self

The Brain Vs The Mind

- Physical Injury
- Poor Nutrition – fats, zinc and magnesium
- Poor Circulation
- Parasites
- Toxins (see transverse colon)
- Chemicals/Medication
- EMFs
- Emotional Injury

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Your Brain is Complex

- Your brain:
 - Makes up only **2%** of your body weight (about 3#)
 - Consumes **25%** of your oxygen
 - Consumes as much as **20%** of your sugar
 - Does not react favorably to metal deposits i.e. mercury, copper or aluminum (also ammonia)
 - Needs adequate amounts of dietary fats - - Made of 70 % fats and cholesterol (dry weight)
 - Needs adequate amount of GOOD Water (60-70%)
 - Reliant on Magnesium
 - Needs adequate amount rest and is reactant to STRESS

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82-Year-Old Woman With Dementia Gets Her Memory Back After Changing Her Diet

Published 1 year ago on April 27, 2018
By Alanna Kettler

<https://www.theyucatantimes.com/2019/10/82-year-old-woman-with-dementia-gets-her-memory-back-after-changing-her-diet/>

Cause of Alzheimer's, dementia and Parkinson's

- https://www.youtube.com/watch?v=VqG0kAv6KQU&list=WL&index=3&t=1s&ab_channel=HealthSecrets



Interesting Brain Facts

- What is good for your heart is also good for your brain.
- New brain cells live 4 weeks and will die unless they are stimulated by use (intellectual or analytical thought)
- Things which poison the brain include: Alcohol, caffeine, painting, Tylenol, pain meds, Excito-toxins such as nutra-sweet, MSG, etc. [check gum & mints for aspartame](#)
- Supplements good for the brain are Gingko, sage, huperzine, omega oils, walnuts, pecans, gotu kola
- Sleep, exercise, music therapy helps in brain repair.
- The brain is composed mostly of fats and water.
- Muddled thinking or even some headaches are caused by dehydration

From Dr. Daniel Amen Lecture

hoo-PEHR-zeen

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<https://www.amenclinics.com>

Using your non-dominant hand to do simple tasks such as brushing your teeth, texting, or stirring your coffee/tea can help you form new neural pathways. These cognitive exercises, also known as "neurobics," strengthen connectivity between your brain cells.

Dancing

- <https://socialdance.stateford.edu/syllabi/smarter.htm>
- <https://www.nejm.org/doi/full/10.1056/NEJMoa022252>

Aerobics for the Brain

EXTREMELY IMPORTANT Use it or lose it

Some studies suggest, for example, that volunteering at a very high level (i.e., 15 hours or more a week) may be a pathway for maintaining cognitive performance in post-retirement years

<https://www.psychologytoday.com/blog/the-third-age/201405/use-it-or-lose-it>
http://www.aarp.org/health/brain-health/brain_games/

Using peanut butter to detect Alzheimer's.

Close one nostril at a time and smell the peanut butter. You should be able to smell the PB at the same distance from each nostril.

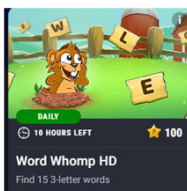
Studies indicate that people with Alzheimer's were not able to smell the pb as well through their left nostril as their right one.

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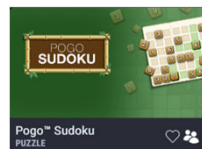
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Use your Brain

- AARP - <https://games.aarp.org/>
- Pogo - <https://www.pogo.com/>



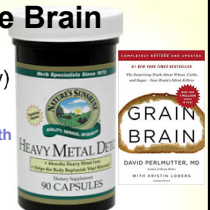
Read



Use Imagination

Serious Insults to the Brain Easily Avoidable Toxins:

- Heavy metals (aluminum, lead, mercury)
- Aspartame
- MSG
- Huffing Glue, paint, gas, etc. [Vitamin E with selenium](#)
- Smoking



Often Needed Intervention to Prevent:

- Ammonia
- Acid
- Lack of O₂, COPD
- Poor circulation –heart, carotid artery plaque
- Type 3 diabetes
- Parasites
- Yeast
- Wheat (Grain Brain)
- Sufficient Nutrients
- Injury: Trauma or stroke

An SpO₂ (saturation of peripheral capillary oxygen) of greater than 95% is generally considered to be normal.

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L-Glutamine

- Helps supply the brain with energy.
- Supports cellular growth, energy and repair.
- Helps pull ammonia out of the brain. (check for bladder infection)



L-glutamine is an amino acid (a protein building block) that is important in supplying the brain with energy. Its main function is to support cellular growth, energy and repair. It also helps with muscle pain (from exercise).

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Body Fluids pH Norms

- Saliva 6.3 – 6.6
- Cell Fluids 6.3 – 6.6
- Urine 5.5 - 6.8
- Skin 5.5
- Tears 6.5
- Breast milk – 8.0
- Blood 7.35 - 7.45 **7.41**



Water's pH should be 7.0

RO Water is slightly acidic

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Acid Causers

- Emotions
- Some medications especially pain medications
- Diet especially Coffee, tea (regular and decaf), Soda
- Milk products, Milk, Yogurt, Ice-cream, Cheese
- Sugar
- Poor Digestion
- Processed Foods
- Cooked foods
- Juices after a few hours
- Hybrid Grains

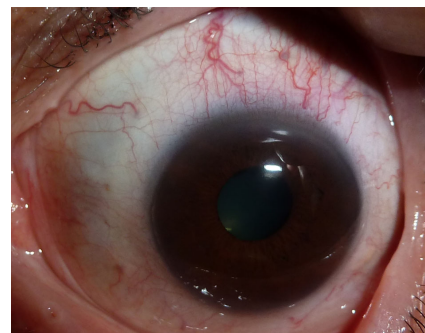
https://www.youtube.com/watch?v=Xfqx_NaMKU&feature=youtu.be

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Keep the Respiratory System Clean



Yeast in Brain



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The Six Steps to Yeast Control

1. Starve OUT
2. Natural Predator – fermented foods and probiotics
3. Caprylic acid – coconut oil
4. Immune – Yeast Fungal
5. pH balance
6. Don't get re-infected



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Type 3 Diabetes ~ Brain and Blood Sugar

Consumes the most glucose of any organ

- Too much sugar:
 - Agitation
 - Irritability
 - Nervousness
- Not enough sugar:
 - Hypoglycemia
 - Mental confusion
 - Shakiness
 - Fatigue
- Simple sugars contribute to "brain fog" The crystals are sharp and abrades the tissue
- Complex sugars stabilize blood sugar and nourish the brain
 - Fruits
 - Vegetables
 - Whole grains
- Include protein and good fats with your meals. Especial nuts, seeds and avacados



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Parasites in the Brain



Suggestion:

Start 45 days before a full moon. Take 1 box of Tiao he and follow with 1 box of para-cleanse. Do rotation 2 additional times.

Making sure the bowels are moving well and the liver is supported.

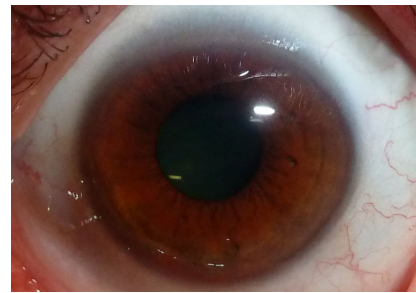


I-Glutamine helps pull toxins out of the brain



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Brain Lacking Fatty Acids ~ Shrinking



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Super Omega 3 Oils

- Anchovies, sardines and mackerel
- EPA and DHA
- Lemon to protect against oxidation

- Provides an extremely bioavailable source of omega-3 essential fatty acids (EPA and DHA).
- Krill oil has as much as 100 X times more Omega 3s in the same dosage as many other fish-oil supplements

Take With Protein

NSP's fish oil is so pure there is only 10 parts per BILLION impurity



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Minerals & Vitamins

ZINC

- If lacking sense of smell
- Stinkin thinkin
- Foot odor
- White dots on nails
- Rough skin back of upper arm

MAGNESIUM

- Craving chocolate or coffee
- Heart palpitations
- Butt cool to touch

B Complex

- Sensitivity to light
- Hard time falling to sleep
- Lack of dreams



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Staying Focused

- Provides important nutrients for normal brain-stimulating levels.
- Helps modulate brain activity and energy levels



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Brain-Protex

- Designed for longevity and overall wellness
- Provides protection against free radical damage
- May help block the enzyme responsible for the breakdown of acetylcholine



- Magnesium l-threonate plus gotu kola aerial parts, bacopa leaf and ginkgo leaf—herbs well-known to benefit circulation and brain health
- Magnesium plays an essential role in nerve synapses
- Magnesium l-threonate, a highly absorbable form of magnesium, can easily cross the blood-brain barrier and increase the brain's magnesium level.

•Craving chocolate or coffee
•Heart palpitations
•Butt cool to touch

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HSN-W: From Steven Horne's book-- "HSN-W is very good for the brain and nerves, not just because it contains silica, but because two of its key ingredients, sage and rosemary, are antioxidants for the brain and nerves. They also enhance acetylcholine, the neurotransmitter responsible for memory. Silica plays a role in nerve function as well, being part of the nerve sheath (myelin sheath), which protects and insulates the nerve fibers."



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Frankincense

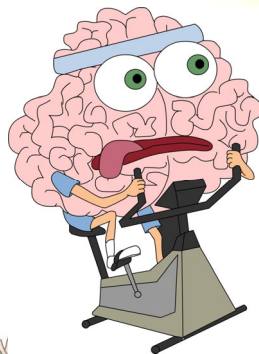
- Soothes the nerves
- Is centering, comforting and elevating
- Has been associated with meditation and spirituality
- Believed to help get nutrients pass the blood brain barrier



Peppermint, Vetiver and orange oils stimulates the brain

Aerobics for the Brain

- Sleep
- Hydration
- Capsicum, Gotu Kola & Ginkgo
- Breakfast
- Drawing a number 8
- Cross Crawl
- Cut out ExcitoToxins
- Use it or Lose it
- Protect Against Heavy Metals

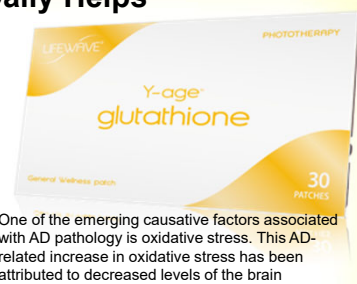


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Daily Helps



Capsicum (VERY Yang) ~ helps push circulation to the extremities including the brain



One of the emerging causative factors associated with AD pathology is oxidative stress. This AD-related increase in oxidative stress has been attributed to decreased levels of the brain antioxidant and glutathione.

<http://www.ncbi.nlm.nih.gov/pubmed/24496077>

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- <https://www.brainandlife.org/>

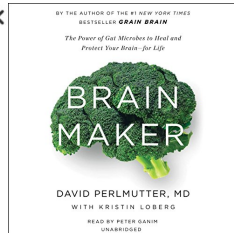
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Natural Health with Nature's Sunshine

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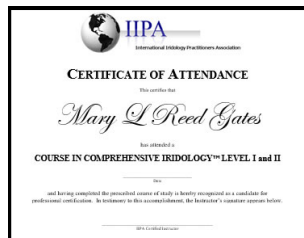
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Scientists Find
Sniffing Rosemary
Can Increase Memory
By 75%!
Please Share!

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- add heavy metals, ammonia and brain tumors to your slide from tonight. Also add magnesium and zinc to the brain complex slide.
- dont forget the amalgams
- Add Peanut Butter to the Mineral and Vitamin slide..

