

BRAIN HEALTH: ALZHEIMER'S DISEASE

PREVENTION AND TREATMENT

DID YOU KNOW?

- Conventional western medicine does not address the root cause of Alzheimer's disease and memory loss.
- Toxins in our environment are the leading cause of neurological diseases.
- Heavy metals: mercury, aluminum and copper are clearly linked to memory loss.

MERCURY IS THE BIGGEST CULPRIT!

- Leads to neurofibrillary tangles and amyloid plaques.
- Mercury levels at least 3 times that of the rest of the population
- Coal-burning industry pumps 48 tons of mercury into the air annually

ALUMINUM HAS BEEN LINKED TO ALZHEIMER'S DISEASE FOR OVER 20 YEARS.

- Aluminum is a demonstrated neurotoxin and the most commonly used vaccine adjuvant
- According to the CDC, we ingest 7-9 mg of aluminum daily.
- Antiperspirants, cooking with aluminum pans, water bottles.

SOME PRODUCTS THAT CONTAIN ALUMINUM

- antacids
- dyes
- cake mix
- processed cheese
- deodorants
- baking soda/powder
- cookware
- vaccinations
- shampoos
- cosmetics
- lotions
- soda cans
- foil
- soy based and/or lactose intolerant baby formulas

COPPER TOXICITY

High levels of copper destroy essential detoxifying nutrients:

- B vitamins, vitamin C, and zinc
- Oral Contraceptives have been implicated in raising copper levels

THE BODY IS SELF-HEALING AND SELF-REGULATING

- The brain has built-in protective mechanisms; we all respond to the toxic loads differently.
- Glutathione- the master anti-oxidant is a powerful detoxifier and immune system enhancer

FOOD IS MEDICINE

A diet that includes all food groups (including whole grains and 5 servings of fruits and vegetables a day), can provide all the **B vitamins** most people need.

A steady, daily intake of glutathione supportive foods is the best way to maintain high levels of glutathione in the body and thereby chip away at the stockpile of toxins that have accumulated over the years (and continue to take in on a daily basis).

SOURCE OF B VITAMINS



- asparagus, spinach, romaine lettuce, green peas, eggplant, Brussels sprouts, tomatoes, tuna, and sunflower seeds.

- calf's liver, spinach, romaine lettuce, mustard greens, collard greens, turnip greens, asparagus, broccoli, eggs, and yogurt.





B3

- tuna, beef liver, chicken, halibut, salmon, asparagus, and sea vegetables

- strawberries, cauliflower, broccoli, turnip greens, winter squash, collard greens, corn, tomatoes, asparagus, calf's liver, sunflower seeds, eggs, and yogurt



B5



B6

- spinach, kale, turnip greens, mustard greens, collard greens, Brussels sprouts, cauliflower, cabbage, celery, bell peppers, asparagus, broccoli, garlic, banana, tuna, and cod

- tomatoes, carrots, romaine lettuce, cabbage, cauliflower, cucumber, onions, strawberries, raspberries, almonds, walnuts, oats, eggs, halibut, and milk



B7



B9

- romaine lettuce, spinach, turnip greens, collard greens, mustard greens, cauliflower, broccoli, beets, asparagus, parsley, papaya, calf's liver, lentils, squash, pinto beans, black beans, garbanzo beans, and string beans

- calf's liver, sardines, snapper, shrimp, salmon, beef, halibut, yogurt, and eggs



B12



DRGEORGEJ.COM

HOLISTIC HEALTH & HEALING