Healing by Design

ALZHEIMER’S

10 STEP PROTOCOL TO PARTNERING WITH GOD’S DESIGN

1. Body Ecology Diet to eliminate all allergenic foods, boost immune system and fight infections. This is crucial to strengthen the immune system and remove fungal infections, which can cause brain degeneration. It also eliminate bad fats, processed foods, white flours and sugars. Can eat healthy fats, proteins, greens, fermented foods and other nutrient dense foods. Walnuts, fish oils, coconut oil and olive oils are best researched for brain health. Sugar and bad fats are most destructive (think donuts).

2. Hydration and minerals. Avoid dehydrating with coffee, soda and other beverages, choose water. Hot teas and warm water for best results. Drink Alkaline, negatively ionized water by Vollara called Living Water. Avoid tap water. Drink purified water, adding Himalayan Salt using SOLE by NHI. Add Blue Ocean Minerals by VitaBlue to water for electrolyte spark and Inner Vitality plant minerals by Morningstar. Most crucial to replace magnesium, using foot soaks with Magnesium Chloride by Health and Wisdom (best results) or CALM powdered magnesium drink by Natural Vitality.

3. Get outside! Fresh air and sunshine. Sunshine in the eyes is especially powerful for healing the brain and neurotransmitter production. Don’t wear sunscreen or sunglasses. Get a nice tan. Don’t stare at the mid-day sun, but consider and research watching sunrises or sunsets.

4. Bring oxygen to the body using Fresh Air by Vollara ozone purifiers. Look into ozone therapy and Food Grade H2o2 therapies. These heal the body! For supplements to bring oxygen into the body try Oxy Life Zero to Sixty, Oxy Life Detox Formula or Aerobic Life O7 stabilized oxygen water drops.


6. Detox. These ideas can remove metals and chemicals from the brain. Bentonite clay pulls toxins and chemicals from the body and you can drink liquid clay in water daily (1tsp up to 2T daily in water) or take clay detox baths, using Liquid or powdered clay by Living Clay. Also try Toxin Therapy by Harmonic Innerprizes, Metal Free by Body Health and Toxipurge by North America Herb and Spice.

7. USE the brain. Try daily puzzles, learning languages, memorizing and studying scriptures in Bible, etc.

8. Avoid dangerous EMF’s. Use Miracle Balance Cell protect and Earthing Mats or Sheets by Earthing.com

9. Detox your world. Avoid chemicals in cleaning supplies, cosmetics, personal care products, sunscreen, pharmaceutical drugs like STATINS, OTC drugs, aluminum and chemicals in deodorant, laundry detergent, etc.

10. Set your MIND on JESUS! God made your mind, He can renew your mind (Romans 12:2). “You shall love the Lord your God with all your, with all your soul and with all your mind.” Matthew 22:37
Green tea battles Alzheimer's

Daily Dose – June 23, 2008

Dear Friend,

Green tea is turning out to be one of nature’s true miracles. As I've reported here before, studies have found that women who drank at least two glasses of green OR black tea every day slashed their risk of ovarian cancer by 46 percent. And those who drank only one cup per day still managed a 24-percent reduction in risk.

Now, another study on green tea has found that it could be a weapon in the battle against Alzheimer's disease.

Most people who have a neurological disease like Alzheimer's have a buildup of amyloid plaque, a toxic protein that impairs the function of your brain cells. This plaque builds up when certain proteins "misfold," causing them to become toxic to your cells.

That's where green tea comes in. Green tea has an antioxidant called apigallocatechin gallate (EGCG) that appears to be able to convert those misfolded proteins into a different, less toxic molecule. Fixing these misfolds could prevent the buildup of amyloid plaque – possibly preventing or slowing down the progression of the disease.

At this point, researchers don't know whether or not treating these damaged cell proteins in this way could actually reverse plaques that form in the brain (i.e., cure Alzheimer's or Parkinson's). I wouldn't expect more research anytime soon, either. Since pharmaceutical companies can't patent EGCG, the likelihood of someone funding sufficient clinical trials isn't too good. But so what?

You already know green tea is good for you. Knowing its potential to prevent Alzheimer's is one more reason to drink up.

Putting on a kettle of green tea,

William Campbell Douglass II, M.D.