

Alzheimer's: Why some Doctors are going Cuckoo for Coconuts

New research in the field of Alzheimer's treatment has been focusing primarily on improving and restoring brain function through the use of *ketones*. When the body has not gotten enough to eat, or blood sugar levels get too low, the body begins to burn fat for energy. Ketones are a byproduct of this process. Ketones are an alternative source of energy for the body, kind of like a back up system when glucose, the body's primary source of energy, is unavailable.

Recent studies into the effects of ketones on Alzheimer's patients has shown that increasing the amount of ketones in the blood over the course of a few months results in improved brain function, as well as memory and cognitive functions. This is very exciting news because most Alzheimer's medications usually only slow the progression of the disease, essentially delaying the inevitable. Alzheimer's is considered incurable, and anything that reverses the progression of the disease and restores brain function is epic news.

The conclusion to this research is that increasing the level of ketones in the blood has a strong beneficial effect on an Alzheimer's patient. But why is that? It all boils down to *energy*. The brain requires a lot of energy to function and it functions *all the time*. Even when you are sleeping, to your brain this is only the after lunch calm before the dinner rush that is the restaurant of your body. To maintain this level of activity 24 hours a day requires an incredible amount of energy. The main source of this energy for the brain is *glucose*. Glucose is the energy product made out

of the food you eat and it is what most of the cells in your body use as fuel. As we get older, however, our brains get less effective in using the glucose it gets. People who eventually develop brain disorders typically have more pronounced inefficiencies in their brain's ability to use glucose.

People with Alzheimer's have brains that can't process glucose and are therefore starved for energy. Without this energy they lose their brain function and is also the reason why the condition gets worse over time, because there is less and less energy to keep the brain alive and going. So if the brain can't get energy from glucose, what can it do? Ketones. Though our brains lose their glucose processing abilities over time, they do not, however, lose their ability to process ketones, which are an excellent alternative source of energy. That is why when ketones are increased in the bodies of Alzheimer's patients they get such marked results because the brain now has energy to use and thus function is restored.

Lately, it has been shown that one of the best, if not unexpected, ways of increasing ketones in the body is not through medication, but rather through eating regular doses of coconut oil. Coconut oil, after being digested by the intestines goes straight to the liver and gets turned directly into ketones. A number of people have had great success with coconut oil. One of them is Dr. Mary Newport whose husband Steve has Alzheimer's and has had incredible results from taking two tablespoons with meals. At the height of his disorder, he had little to no short term memory, severely impaired physical coordination, and body tremors. He also could not read

due to vision problems related to decreased brain function.

After just a few months of coconut oil, along with his standard medications, he now jogs daily, his vision has returned to normal, he has excellent short term memory and can converse about items recently read and can relay details about events or conversations days to weeks earlier with accurate detail. This level of improvement, especially from something tantamount to a diet change, is absolutely groundbreaking.

This type of breakthrough is not just for people who have Alzheimer's. There is a strong correlation between the inability to use glucose in the brain and a wide range of brain function disorders including dementia, Parkinson's, Huntington's and others. Increasing the amount of ketones in the body, especially through consuming coconut oil, will have a strong positive effect on all of these disorders, not just Alzheimer's.

Coconut oil can also be used as a preventative. The recommended method for using it is to start at a small amount, such as a single tablespoon a day, mixed in hot liquid like tea. Steve took it with oatmeal in the morning. It is best to start at a lower amount so that your body's digestive system can get used to it and over the course of a couple weeks, work yourself up to two tablespoons a day. Remember to use only organic virgin coconut oil made in the USA. Coconut oil everyday keeps Alzheimer's away!

If you have Alzheimer's, or if you are taking care of someone who has it and are considering adding coconut oil to their diet. It is best to inform your, or

their, doctor about this action. So far, there have been no negative affects from using it, even in conjunction with standard Alzheimer's medications, but it is important nonetheless to inform a doctor to ensure safety.

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