A Supplement to Dr. Micozzi’s
COMPLETE ALZHEIMER’S CURE
An All-New, All-Natural Protocol to Protect and Restore Brain Health and Reverse Memory Loss

Avoiding Brain Damage—from Medical Care!
I often warn about the dangers of cholesterol-lowering statin drugs like Zocor and Lipitor.

In fact, they are METABOLIC POISONS that interfere with your body’s natural production of vitamin D and CoQ10, two nutrients crucial for good health.

And at least one prominent U.S. scientist thinks statins even disrupt brain function.

Of course, Big Pharma is trying to tell us the complete opposite: that high cholesterol causes dementia. And they say you need to take a statin drug to cut your risk.

But this claim is just plain wrong.

Your brain NEEDS cholesterol, a scientific fact you may have learned in Biology 101.

Originally, doctors only gave statin drugs to people with high cholesterol. But now, Big Pharma wants virtually every adult to take them. They say it will prevent any number of health problems—from cardiovascular disease to Type II diabetes.

A few years ago, Big Pharma got some help advancing their cause.

An “expert” panel expanded the guidelines for statin use. This panel concluded that we need to look beyond total cholesterol levels when determining who should take a statin.

Applying these guidelines means millions more American men and women (and up to a billion worldwide) “qualify” to start taking statin drugs.

The statin industry has also worked overtime to prove high cholesterol raises your risk of Alzheimer’s dementia.

But they’ve only found ONE STUDY that even comes close to substantiating this claim.

In a single review study from the past 30 years, men with high cholesterol in their 50s had an increased risk of Alzheimer’s much later in life.

The statin industry quickly jumped on this random finding back in 2008. And the lame stream media aided and abetted them. But they missed (or didn’t understand) a key piece of the study…

The men in the study started taking statin drugs in their 50s, once they were diagnosed with high cholesterol. So, for the rest of their lives, the men had statin-induced LOW cholesterol.

Now, a good percentage of these men DID develop dementia. But it wasn’t because of their initially high cholesterol.

Having LOW cholesterol for all those years probably INCREASED their dementia risk.

You see, cholesterol plays in a critical role protecting the brain. In fact, here is what an overwhelming number of studies published before and after that review suggest…

Older adults with HIGH cholesterol have INCREASED longevity.

Plus, researchers link high cholesterol with BETTER memory and REDUCED dementia risk.
And lastly, researchers link falling cholesterol levels very clearly with HIGHER rates of Alzheimer’s dementia.

In addition to these statistical associations, there’s one obvious biological reason why statin drugs contribute to Alzheimer’s dementia…

Statins cripple your liver’s ability to make cholesterol. And, as I said a minute ago, your brain NEEDS cholesterol. It enables signal transport across the synapses—a critical, ongoing brain function.

Longer term, cholesterol encourages the growth of nerve cells. And it keeps the myelin sheath around nerve cells healthy. Without healthy myelin, the nerve cells in your brain can’t communicate with each other!

In an interview, one prominent U.S. researcher had this to say about the effects on the brain of lowering cholesterol…

“When you deprive the brain of cholesterol, you directly affect the machinery that triggers the release of neurotransmitters. Neurotransmitters affect the data-processing and memory functions. In other words—how smart you are and how well you remember things.”

Doctors at the University of California, San Diego conducted the “Statin Effects Study,” gathering more than 5,000 reports from people who said they experienced one or more side effects after taking a statin.

The second most-commonly reported side effect: MEMORY LOSS and other cognitive problems!

What’s even more remarkable: in some instances, SEVERE DEMENTIA WAS REVERSED by discontinuing statins, according to the study leader, Beatrice Golomb, MD, PhD.

In one such case, a woman with “dementia” was taken off statins by a doctor who read about the Statin Effects Study. Within a week, the woman left the nursing home where she had been living and resumed an independent life.

Here’s another startling case history about a statin stupefying the brain’s memory—in this case, literally ERASING it!

A NASA physician-astronaut named Dr. Duane Graveline actually experienced AMNESIA after taking a statin drug for just six weeks!

Following his frightening ordeal, Dr. Graveline wrote a book about the damaging effects of statins on the brain called Lipitor: Thief of Memory.

So protect yourself from these thieves. And don’t let any primary care physician scare you into taking a statin drug supposedly because “high cholesterol is a big risk factor for Alzheimer’s.” It’s just not true.

Lesson 5
Is Your Brain “Allergic” To These Drugs?

There is some important news about allergy medication that you need to know…

A new, large study provides the strongest evidence yet that popular over-the-counter allergy drugs like Benadryl and Chlor-Trimeton may substantially increase the risk of dementia in older adults—by as much as 54 PERCENT!

These medications belong to a class of drugs called anticholinergics. Other popular over-the-counter anticholinergic drugs include: Dramamine, Sominex, xybutynin, tolterodine, Zyban, Wellbutrin, Spiriva

Considering how many different conditions these drugs are designed to “treat,” it’s no wonder research shows as many as 50 PERCENT of all Americans age 65 and older have taken at least one anticholinergic drug.

Until now, the only side effects attributed to these drugs have been dry mouth, constipation, urine retention, blurred vision, and increased heart rate.

And although there is some awareness that anticholinergics cause unpleasant short-term mental confusion and drowsiness, there has been no mention of long-term effects on dementia in the prescribing information.

Which means most doctors remain unaware of this
problem. Hopefully this new study will change that lack of awareness.

But regardless, it should most certainly change the way you handle your own seasonal allergies. I’ll give you some effective, natural ways to combat your allergy symptoms in just a moment.

The study involved 3,434 men and women, with an average age of 73 years. The researchers used pharmacy records to track the participants’ medication use.

Over the study period, 23 percent of the participants were diagnosed with dementia, and 80 percent of those people were diagnosed specifically with Alzheimer’s disease.

As I mentioned above, the researchers found that the people who took the largest amounts of anticholinergic drugs had a 54 percent increased risk of developing dementia.

But even more frightening is their finding that simply taking the minimum effective daily dose of one of these drugs every day for just three years put people in the HIGHEST CATEGORY for dementia risk.

Overall, there was an obvious dose-response effect between use of anticholinergics and risk of dementia. Even the study participants who took minimal doses were still at greater risk than those who didn’t take the drugs at all.

So why are these drugs so risky for our brains?

Well, much of the pharmacology for allergies is based on developing drugs that affect the sympathetic (stimulating) and parasympathetic (relaxing) nervous systems.

These key nerve systems use adrenalin (epinephrine) or acetylcholine, respectively, as neurotransmitters.

Anticholinergics interfere with acetylcholine playing its normal role in the nervous system. Scientists believe that acetylcholine has an affect not only on the nerves throughout our bodies, but also on the neurons in our brains.

These study findings are nothing to sneeze at. But unfortunately, neither are seasonal allergies, which can be long-term—even life-long—problems.

Here are a few, key ways to fight allergies—without drugs!

Keep your immune system healthy and balanced. Make sure to take the following daily: B vitamin complex, 5,000 IU of vitamin D3, 1 to 2 grams of fish oil.

Limit the amount of allergens that enter your body. One simple method is to wash your hands and face frequently whenever the pollen flies.

You can also flush allergens from your eyes and nose by immersing your face underwater (salty water is best) and blinking your eyes several times, and then blowing out through your nose.

Gargle with salty water to flush out your mouth and throat. And don’t be afraid to blow your nose regularly into a handkerchief or tissue—that’s nature’s way of clearing out allergens.

Use common spices like capsaicin (hot red pepper), curry (turmeric, coriander, cumin, chili pepper), or horseradish—they’re all great at clearing sinuses when used in food.

Chinese hot and sour soup and Chinese hot mustard have the same effects.

To soothe an allergy-irritated throat, try hot tea with lemon and honey. And menthol and eucalyptus help with allergic cough and congestion.

The serious risks of anticholinergic drugs simply aren’t worth it, no matter how awful seasonal allergies make you feel.

Lesson 6
What You Must Know Before “Going Under”

Surgery is always risky. No matter how you slice it (or how it slices you). And according to a study conducted in 2013, it’s not just the surgery itself you should worry about. The anesthesia poses its own set of risks too.

In fact, this study shows that receiving general anesthesia may significantly INCREASE YOUR RISK of developing Alzheimer’s disease, or AD.
But isn’t anesthesia always used appropriately? Doctors wouldn’t knock you out if they didn’t need to, right? Wrong.

Gastroenterologists, for example, overuse general anesthesia during “routine” colonoscopies. This adds even more risk. We know that local anesthesia works just as well for this procedure. Plus, it’s safer and less expensive.

For this study (conducted in Taiwan), researchers followed more than 20,000 patients ages 50 years and older between 1995 and 2010.

They discovered that 2.65 percent of patients who received anesthesia during surgery went on to develop Alzheimer’s disease. By comparison, only 1.39 percent of patients not given anesthesia developed Alzheimer’s.

It means that TWICE AS MANY patients who received anesthesia developed AD compared to those who didn’t. This is a clear red flag.

In addition, researchers noticed that patients began to show signs of dementia soon after having gone under anesthesia.

Why does anesthesia appear to increase your risk for Alzheimer’s?

Although most experts still consider anesthesia safe, the evidence now suggests that it may cause neurodegenerative complications.

In fact, both laboratory studies and imaging studies show that inhaled anesthetic agents promote amyloid beta-peptide in patients. This “brain sludge” usually goes away after a few days. But in AD patients, it builds up and never goes away.

Experts already acknowledge anesthesia’s short-term toxicities. These result in post-operative confusion. And a decline in mental function. These deficits can last a few days to a few weeks.

But when patients experienced permanent cognitive decline following anesthesia, most doctors attributed it to something else. Now we know, the anesthesia may have actually CAUSED it.

What does this all mean for you? Local anesthesia is a far better choice for many medical procedures, such as colonoscopy.

If you need to have minor surgery or a medical procedure, ask your doctor about using local anesthesia. Better yet, find out whether the surgery is really necessary in the first place. Are there safer alternatives?

For more about Dr. Micozzi’s Complete Alzheimer’s Cure Protocol, visit:

www.ovhlearning.com and www.drmicozzi.com
ABOUT DR. MICOZZI

Marc S. Micozzi, M.D., Ph.D. was the founding editor-in-chief of the first U.S. journal in Complementary and Alternative Medicine and organized and edited the first US textbook in the field, *Fundamentals of Complementary & Integrative Medicine* in 1996. He has published nearly 300 articles in medical literature and is the author or editor of over 25 books. Dr. Micozzi served as Senior Investigator of cancer prevention at the National Cancer Institute, where he published the original research on diet, nutrition, and chronic disease. He continued this line of research as the Associate Director of the Armed Forces Institute of Pathology and Director of the National Museum of Health and Medicine.

In recent years, Dr. Micozzi has served as the Founding Director of the Policy Institute for Integrative Medicine in Bethesda, MD, working to educate policy makers, the health professions, and the general public about the opportunities for integrative medicine and the need for clean, clear science within our modern medical establishment. Dr. Micozzi writes a monthly newsletter called *Insiders' Cures* as well as a free e-letter called *The Daily Dispatch*.