

Watching High Definition Flat Screen Television causes Stress on your Eyes & Brain that may lead to Dementia and ALZ

August 10, 2023.

Conrad LeBeau

The development of technologies that transmit images began in the 18th century. (1) Advances in television transmission of images, both wired and wireless, were interrupted during the Second World War. The first television broadcast in 625-lines occurred in 1948 in Moscow (1). This article critically evaluates the long-term health effects of flat screen TVs.

In 1956, I watched a black and white tube type TV that was purchased by my parents in 1956 while we lived on a small family farm in the Upper Peninsula of Michigan. I was 13 years old. We received one channel - NBC. I remember watching the Jackie Gleason show, and also, the nightly Huntley-Brinkley reports in 1956 during the Soviet invasion of Hungary that crushed a popular uprising against Soviet communism.

In 1960, after we had moved to South Milwaukee, I watched the Kennedy - Nixon debates. A few years later, my parents bought their first color TV set. I recall watching a tour of the White House by President John F Kennedy and his gracious wife - Jacqueline.

After 1960, the push button telephone gradually replaced the dialup phones and the earlier hand crank phones that had previously connected us to the party we were calling. By October 1983, the first generation of wireless cell phones was introduced in the United States. The first generation of mobile phones was 1G. Then came 2G and 3G, the latter was discontinued in 2022.

Today, we have 4G, and 5G (4G on steroids), while the commercial media is not asking an important question: How much is too much? Americans are unknowingly being subjected to health dangers from too much exposure to radiation from 4G and 5G.

Ref: (1) Wikipedia - History of Television

Stress on the Brain from Light Emitting Diodes and Flat Screen TVs

An article on Digital Trends (*) by Quentyn Kennemer , Ryan Waniata and Michael Bizzaco discusses the similarities and differences between OLEDs, QLEDs, mini-LEDs, and now QD-OLEDs. After reading this short article and its many confusing acronyms, one fact is clear, the flat screen televisions use light crystal displays (LCDs) while they also use LED technology for lighting purposes. Both LED and LCD technologies are combined in most flat screen TVs currently on the market.

Except for some earlier flat screen TV models, all LCD or LED/LCD TVs being marketed in 2023 use light emitting diodes while some earlier models used CFL or compact florescent lighting. Both the earlier CFL's and the LED light source in the LCD TVs are artificial forms of light being viewed by billions of people around the globe.

The companies that market and develop these latest TV screen technologies do not fund studies on the long-term health effects of looking at this artificial light source - the TV screen, with their light emitting diodes (LEDs) several hours a day, for months and years on end.

My own personal reaction to looking at a flat screen TV in my living room is that spending too much time staring at the TV screen that is very bright, has the highest possible resolution and a lot of color and blue light emissions causes stress on both my eyes and my brain.

*Ref: <https://www.digitaltrends.com/home-theater/led-vs-lcd-tvs/>

There are 4 main factors in picture quality that are adjustable with most remote controls.

1. Sharpness (resolution) 2. Tint (blue to red) 3, Color (intensity) and 4. Brightness (from the LED light emitting diodes). By adjusting lower levels to all these factors, you can reduce stress on your eyes and your brains significantly. On the next page read the Abstract by M Aronson.

Does excessive television viewing contribute to the development of dementia?

An Abstract

by M Aronson (1)

"The etiology of most kinds of dementia is still obscure and is probably multifactorial. We query whether excessive watching of television may contribute to the development of dementive processes for the following reasons: TV spectators are exposed to a mass of successive and rapid stimuli with little or no possibility of relating to the viewing matter. ...

"In addition, a considerable part of the material is stressogenic, and generally there is no opportunity for a subsequent release of tension. **Stress, via the glucocorticosteroids which it induces, has been shown to damage neurons in the hippocampus, a brain region involved in memory processes....**

"Considering that many individuals have been watching television for several decades, not infrequently at an average rate of 4 or more hours daily, it is possible that cumulative, stress-derived damage may magnify the risk of a dementive process in such long-term, habitual viewers.

Upon clinical intake of cases of suspected dementia, it is suggested that inquiry into the patient's television watching habits be incorporated into the anamnesis.]

Ref: 1. Med Hypotheses . 1993 Nov;41(5):465-6.

Note: When I entered the search terms "Dementia and Television" in the search box at Pubmed, it retrieved 261 scientific articles. Besides the above Abstract, two more are listed below.

MORE SCIENTIFIC CITATIONS

Effects of television viewing on brain structures and risk of dementia in the elderly: Longitudinal analyses.

by Takeuchi H, Kawashima R. Front Neurosci. 2023 Mar 8;17:984919. PMID: 36968501 Free PMC article.

Television viewing and cognitive decline in older age: findings from the English Longitudinal Study of Ageing.

by Fancourt D, Steptoe A. Sci Rep. 2019 Feb 28;9(1). PMID: 30820029 Free PMC article.

How to Adjust a Flat Screen TV to reduce stress on the eyes and brain

No 1. **Sharpness** Resolution-dim it. Using the Menu button on your remote control, I adjusted the "sharpness" to a significantly lower level so that the resolution on the TV matches the other items in my room. I moved the sharpness (resolution) about 80% of the way to the left so the TV picture matched the focus of other objects when you look away from the TV.

Extreme high resolution with artificial LED light from the TV is not natural and is a constant source of strain on the optic nerve. Your eyes and brain will thank you when you tune out high resolution.

No 2. **Tint** - turn down the blue and up the red (yellow and green) colors. Using the Menu button, change the dominant color you look at from blue to the red side so you blue colors will change to a shade of green or bluish-green. This happens when I move the selection to the left side of the Menu to reduce blue light emissions.

Researchers have found that blue light emitted from TV screens, Smart phones, I-pads, and computers depress melatonin production and that interferes with restorative and restful sleep. If you think high intensity LED blue lights are OK, then consider the next time a car with high intensity blue headlights blinds you from seeing oncoming traffic.

No 3. **Turn down the color.** Too much color is also a strain on your eyes and brain as it is also artificially made in the TV through light emitting diodes (LEDs).

No 4. **Turn down the brightness.** I lowered the background brightness to reduce the of intensity the artificial light reaching my eyes.

After making the above 4 adjustments to my TV screen, I rarely use my yellow tinted glasses anymore. My eyestrain was very substantially reduced (by 90% or more). Now, you may wonder why a color print in a magazine that is just as sharp and beautiful as a flat TV screen image does not cause strain in your eyes. It is because the printed picture does not emit high frequency LED light into your eyes like the TV does.

Stress from Multiple Sources is linked to Memory loss and Dementia

Although LED and CFLs as forms of cheaper light are in wide use, unless there is constant viewing under the strain they create on your eyes, their occasional use is not likely to cause damage to the memory centers of your brain. LEDs are also used in desktop computers, Laptops, I-phones and Smart-phones.

Many of these sources of LED can be adjusted to reduce the blue light, reduce the brightness and resolution. You can also reduce your viewing time or look away from them every few minutes. As an example, I have adjusted my desktop computer to remove background blue light, and reduce brightness and color. I prefer black on soft white or off white backgrounds for easier viewing.

Television is different, not only for the amount of viewing time people expose themselves to with its artificial lighting, but for one more reason - it is the rapid movement of pictures on a TV screen shown in advertisements or in high action films. In high action movies with tense and violent scenes, it will cause stress in the mind of the viewer.

Paranoia is a state of mind where there is constant fear. PTSD, head injuries resulting from a war, a fight, or an accident has also been connected to memory loss and dementia.

High action comedies do not have this effect nor do musicals. You do not experience stress from listening to the radio, watching a TV talk show, listening to a comedian, or watching and listening to the music of Lawrence Welk.

Emotions have everything to do with mental health. If you live in fear or are always angry or hate the world, you may have chronic insomnia, and continuous stress that adversely affects your mental health. If you love your work and the people you live with - you have discovered the secret of happiness.

Depression as a state of mind has been linked to dementia, as well as suicidal and even homicidal tendencies. Sunshine, music and walking in a nature park should be the first remedy considered for depression instead of taking drugs that may have adverse effects. Also, adopting a **cat** or a friendly **dog** will help.

Dementia - Scientific Research

Fungus (Mold) - Fungus found in the Brains of Alzheimer patients

It appears that there is a connection between insulin resistance and sugar consumption and pathogenic fungal growth in the body and brains of advanced cases of Dementia, also known as Alzheimer's. This is on top of the link between stress and memory loss discussed earlier.

An online search at Pubmed at the National Library of Medicine using the terms "**insulin resistance and dementia**" resulted on over 3000 scientific articles. The following excerpts are the opinions of Bodo Parady and were published in the Journal of Alzheimers.*

Innate Immune and (the) Fungal Model of Alzheimer's Disease

***Journal of Alzheimer's Dis 2018; 2(1) 139-152
by Bodo Parady**

Abstract

Various fungi and bacteria can colonize in the brain and produce physical alterations seen in Alzheimer's disease (AD). Environmental and genetic factors affect the occurrence of fungal colonization, and how fungi can grow, enter the brain, and interact with the innate immune system. The essence of AD development is the defeat of the innate immune system, whether through vulnerable patient health status or treatment that suppresses inflammation by suppressing the innate immune system.

External and mechanical factors that lead to inflammation are a door for pathogenic opportunity. Current research associates the presence of fungi in the etiology of AD and is shown in cerebral tissue at autopsy.

From the time of the discovery of AD, much speculation exists for an infective cause. Identifying any AD disease organism is obscured by processes that can take place over years. Amyloid protein deposits are generally considered to be evidence of an intrinsic response to stress or imbalance, but instead amyloid may be evidence of the innate immune response which exists to destroy fungal colonization through structural interference and

cytotoxicity. Fungi can remain ensconced for a long time in niches or inside cells, and it is the harboring of fungi that leads to repeated reinfection and slow wider colonization that eventually leads to a grave outcome.

Although many fungi and bacteria are associated with AD affected tissues, discussion here focuses on *Candida albicans* as the archetype of human fungal pathology because of its wide proliferation as a commensal fungus, extensive published research, numerous fungal morphologies, and majority proliferation in AD tissues.

Berberine for Prevention and Treatment of Alzheimers

A search on Pubmed earlier today using two words "**berberine**" and "**dementia**" yielded 111 results. Based on several abstracts I reviewed at the National Library of Medicine (Search Pubmed), berberine has a wide range of very beneficial health properties. One abstract is quoted below on its use for preventing and even treating Dementia and Alzheimer's.

Neuroprotective potential of berberine in modulating Alzheimer's disease via multiple signaling pathways

J Food Biochem . 2021 Oct;45(10):e13936.
Authors: Moazzama Akbar 1 , Anam Shabbir 1 et al.

Abstract

Berberine is one of the most important quinoline alkaloids, which has shown numerous pharmacological activities. There are pieces of evidence that berberine serves as a promising substance for treating Alzheimer's disease (AD). Recently, numerous studies on animal models have shown the neuroprotective role of berberine. AD is a complex disease having multiple pathological factors.

Berberine restrains the deposition of amyloid plaques and neurofibrillary tangles. Substantial studies have demonstrated that berberine may also exhibit the protective effect against the risk factors associated with AD.

This review illustrates the role of berberine in neuroinflammation, oxidative stress and its activity against acetylcholinesterase enzyme. It

also focuses on the bioavailability and safety of berberine in AD. However, more investigations are required to explore the bioavailability and safety assessment of berberine and its new perspectives in limiting the AD-related pathogenesis and risk factors.

PRACTICAL APPLICATIONS: Current therapeutic measures only provide symptomatic relief against AD by slowing memory loss, resolving thinking problems and behavioral issues. In recent past years, many biological actions and potential therapeutic applications have been observed by berberine particularly in neurological diseases.

Berberine has been investigated by various researchers for its activity against AD. This review demonstrates a variety of mechanisms by which berberine imparts its neuroprotective roles and provides the possible mechanism of action of berberine by which it prevents the formation of neurofibrillary tangles and disaggregation of amyloid beta plaques in AD.

It also focuses that berberine limits the neuroinflammation and oxidative stress in AD. Pre-clinical aspects of berberine against AD are also discussed. Eventually, a prospect is formulated that berberine might be a therapeutically significant agent for treating and preventing AD.

To order a copy of the entire published article, contact © 2021 Wiley Periodicals LLC or J Food Biochem.

Berberine Plant Sources. Wikipedia:

Berberine is naturally found yellow alkaloid found in Barberry, Turmeric, Oregon grape root, Goldenseal root, Yellowroot, Chinese goldthread, Prickly poppy, and Californian poppy. Berberine is usually found in the roots, stems and bark of the plants sources indicated. **Berberine hydrochloride** extracted from plant sources is sold in health food stores.

Berberine's health benefits include reducing insulin resistance, craving for sweets, and help with weight loss, Webmd states that berberine has been safely used in adults for up to 6 months at 1.5 grams daily. Berberine capsules are usually 500 mg ea. Read instructions on the bottle before using and/or consult with a doctor.

Stress, Gut Health and Brain Function- the role of probiotics and prebiotics

Probiotics for Alzheimer's Disease:

Ruth Naomi,1 Hashim Embong,2 Fezah Othman,3
Hasanain Faisal Ghazi,4 Nithiyah Maruthey,5 and
Hasnah Bahari I, and Ben Witteman

Nutrients. 2022 Jan; 14(1): 20.

The following excerpts indicate a direct connection between gut microflora and brain function.

Abstract

A growing body of research suggests that long-term exposure to stress is a risk factor for Alzheimer's disease, which may accelerate the illness's course. The risk of **dementia is highly related with stress and worry** [70,71,72,73,74,75,76,77]. Stress from the environment or from the outside can lead to psychological distress, which can be compounded by inflammation and oxidative damages.

As a result of psychological stress, the hypothalamic-pituitary-adrenal axis (HPA) axis is activated, resulting in the release of glucocorticoids into the bloodstream, which then enters the brain through the blood-brain barrier to activate the glucocorticoid receptor in humans and mineral corticosteroid receptor in mice, respectively [78,79].

Probiotics exert a beneficial effect on the gut-brain-microbiota axis by preventing the hyperactivation of hypothalamic-pituitary-adrenal axis following a gut microbiota dysbiosis and inflammatory processes. Investigation of the different strains of *Lactobacillus* identified that probiotic ***Lactobacillus rhamnosus*** decreased the corticosterone levels and anxiety-like behaviour in non-stressed mice [74].

Although HPA dysregulation is believed to be associated with stress, the exact mechanism remains unclear. Probiotic *Bifidobacterium pseudocatenulatum* reduces stress-induced inflammation and improved glucocorticoid sensitivity in murine model of chronic stress induced by maternal separation.

Note: **L Plantarum** and other fermented foods (sauerkraut, yogurt, cider vinegar, Kombucha etc) promote good flora that also supports brain health.

Extra-virgin olive oil for potential prevention of Alzheimer disease

Rev Neurol (Paris) 2019 Dec;175(10):705-723.
G C Román 1 , R E Jackson 2 , J Reis 3 , A N Román 4 , J B Toledo 5 , E Toledo 6

Abstract

Between 1935 and 1965, the Italian-American inhabitants of Roseto (Pennsylvania, USA) observed a traditional Italian diet and maintained half the mortality rates from myocardial infarction compared with neighboring cities.

In the Seven Countries Study, during 40 years (1960-2000) Crete maintained the lowest overall mortality rates and coronary heart disease fatalities, which was attributed to strict adherence to the **Mediterranean diet**. In the French Three-City Study, a ten-year follow-up (2000-2010) showed that higher consumption of olive oil was associated with protection from cognitive decline and stroke.

A large number of population-based studies and intervention trials have demonstrated that the Mediterranean diet is associated with lower prevalence of vascular disease, obesity, arthritis, cancer, and age-associated cognitive decline.

Many of these effects are the result of consumption of fruits, seeds, legumes and vegetables but olive oil is the chief dietary fat in Mediterranean countries and the main source of monounsaturated fatty acids, as well as an important source of beneficial polyphenols and other antioxidants.

Considering the critical role of vascular factors in the pathogenesis of late-onset Alzheimer disease it seems appropriate to focus on disease modification through proven dietary therapy. The authors base their hypothesis onepidemiological data.... and a comprehensive review of the mechanisms of action of extra-virgin olive oil and its components in the prevention of vascular disease.

In addition, **extra-virgin olive oil** has had positive effects on experimental animal models of Alzheimer disease. We therefore propose that extra-virgin olive oil is a promising tool for mitigating the effects of adverse vascular factors and may be utilized for potential prevention of late-onset Alzheimer disease. __End of article __

Note: Green olives with or without the pits inside are a tasty addition to any salad and a source of olive oil.

Case Reports

The Story of my Dad

Conrad LeBeau

My father, Herbert J LeBeau, was born in 1905 and lived through the great depression of the 1930's. Around 1932, during the height of the depression, he had a nervous breakdown. A doctor thought he was going to die, and a priest was called in to give him the last Rites of the Roman Catholic Church.

After the late Rite's blessing by the priest, he made a full recovery, and a few years later married my mother, Stella, and fathered five sons. In 1988, Dad was diagnosed with Alzheimer's. My older brother, Jim, who lived near our parents in Cedarburg, WI was in contact with both of them during these trying times on a regular basis. He did his best to help. I lived over 20 miles away and visited my parents less frequently.

On more than one occasion, Jim told me that he noticed that Dads condition worsened after he ate sweets included cookies, and ice cream (a source of corn syrup). Dad passed in September of 1994 at 89 years of age while Stella lived to the age at 98 and left us in September of 2012.

Stella's maiden name before marriage was Mary Stella Forgette. The Forgette name was derived from an earlier French version spelled "Forget." She never did have dementia and once joked that an uncle had told her: "*Your name is Forget and don't forget it.*"

Note: While I knew nothing about what caused Alzheimer's in 1994; in hindsight, the trauma of a nervous breakdown during the great depression and Dad's lifelong sweet tooth, (love of ice cream) are two possible contributing factors, as indicated by current research, as preconditions for the development of dementia and ALZ.

2023 - WI - a local case report

This case involved a resident who is just a few years shy of his 60th birthday. Specific details are omitted here to protect his privacy. Having retired too early, he developed early onset dementia in 2022 only a few months after he ran out of his 401K retirement funds. Stress from exhaustion of his finances was likely a major

factor, although his mother died from Alzheimer's when she was over 80, but he was 20+ years younger, so this is unlikely at such a earlier age.

Like my Dad and the current occupant of the White House who shows signs of mental decline when he speaks, this relatively young man also loved ice cream. At one time he told a friend he could eat half a gallon in one sitting.

As I am writing this, the thought entered my mind that most brands of ice cream are loaded with corn syrup and most of that corn syrup is made from Monsanto's GMO corn. We don't know if traces of Monsanto's weed killers are in the corn syrup. Hundreds of products (soda, salad dressings etc) are made from GMO corn and thousands of products contain corn syrup. Can corn syrup made from GMO corn damage the nerves and the brain? Sometimes, things that we don't know are harmful to us are in fact harmful.

We do know one thing, eating yogurt, kefir and other fermented foods, whole organic grains and vegetables are not associated with memory loss, dementia or any significant health issues in current or past medical journals. The opposite is reported - that eating more vegetables and fruits is good preventive medicine.

Recently, a friend of his offered the young man temporary residence while better accommodations (such as an assisted living center) can be found to better meet his needs.

The caregiver and I had a discussion on the issue of stress as a causative factor in Dementia. He told me when his friend became agitated and angry, he would pace the floors. He had difficulty hearing and speaking full sentences. He had bizarre behavior patterns like putting his right shoe on his left foot. He had difficulty getting dressed without assistance and numerous other issues.

"Stress Relief" Tea helped his hearing

The caregiver told me that he found a herbal tea in a local health food store that helped tremendously called "**Stress Relief**" (The tea is sold under the brand name **Yogi**). The anger, pacing and frustration of his friend lessened considerably after he drank the tea. He used

only one tea bag per day that he dipped in his morning coffee.

One hour after drinking the tea, his hearing improved significantly. Instead of talking loud about 12 inches away from his head, he could hear you 5 or 6 feet away while speaking almost normally. Also, he would even make some complete sentences that made sense. His short-term memory even improved.

More testing or case reports are needed to determine if "**Stress Relief**" tea helps others affected by stress and short term memory loss.

What about Prevagen and Neuriva? Braggs Nutritional Yeast for Nerves

These products are advertised on TV. Prevagen is derived from Jellyfish and may help with early memory loss. Another fish product that should be beneficial is **sardines canned in olive oil**. Canned **red sockeye salmon** is also a good choice for vascular and brain health. I have no information on Neuriva. Contact the manufacturer for research data.

As for **Braggs Nutritional Yeast**, it is an awesome product. I use one tablespoon daily to support my health. Braggs Nutritional yeast has the best taste of various yeast products I have tested. It is loaded with all natural B vitamins and also has RNA/DNA that will help build and repair stressed nerves. I know one local person who had neuropathy in her feet and completely got rid of it in two weeks only using Braggs Nutritional Yeast. It is sold in Health Food Stores. Braggs also distributes apple cider vinegar .

Increased fructose (refined corn syrup) intake as a risk factor for dementia

published in J Gerontol A Biol Sci Med Sci
2010 Aug;65(8):809-14. by B C M Stephan 1 , J C K Wells, C Brayne, E Albanese, M Siervo

Abstract

The transition in the world age demographic toward older age is associated with an increased risk of neurodegenerative diseases, such as Alzheimer's disease. Risk profiles for dementia may also be changing. Obesity and type 2 diabetes have increased in prevalence in the last half-century and have been associated with

increased dementia risk. Specific changes in nutrition may also represent a direct risk.

A diet transition in the United States has occurred in the intake of refined sugar, particularly high-fructose corn syrup (HFCS) from a yearly estimate of 8.1 kg/person at the beginning of the XIX century to a current estimate of 65 kg/person. This article considers the association between refined sugar intake, markers of cardiovascular disease risk, and the possible promotion of the development of dementia.

High Fructose Corn Syrup-Moderate Fat Diet Potentiates Anxio-Depressive Behavior and Alters Ventral Striatal Neuronal Signaling in Mice

Published by Frontiers in Neuroscience
ORIGINAL RESEARCH published: 26 May 2021
by Ayanabha Chakraborti^{1†}, Christopher Graham^{1†}, Sophie Chehade², Bijal Vashi¹, et al.

Excerpts from the Abstract

"High fructose corn syrup (HFCS) is widely used in beverages and is often included in food products with moderate or high fat content that have been linked to many serious health issues including diabetes and obesity. However, the impact of such foods on the brain has not been fully characterized. Here, we evaluated the effects of long-term consumption of a HFCS-Moderate Fat diet (HFCS-MFD) on behavior, neuronal signal transduction, gut microbiota, and serum metabolomic profile in mice to better understand how its consumption..... relate to behavioral dysfunction. "

"Mice fed HFCS-MFD for 16 weeks displayed enhanced angiogenesis, increased behavioral despair, and impaired social interactions. Furthermore, the HFCS-MFD induced gut microbiota dysbiosis and lowered serum levels of serotonin and its tryptophan-based precursors. Importantly, the HFCS-MFD altered neuronal signaling in the ventral striatum ... "

...."Unhealthy dietary habits are increasingly recognized to affect brain function and neuropsychiatric and neurological disorder progression (Ljungberg et al., 2020; Popa-Wagner et al., 2020). Here we showed that consumption of a HFCS-MFD potentiates anxio-depressive behavior, alters gut microbiota profile, dysregulates serum tryptophan metabolism and alters the phosphorylation state of key neuronal proteins in the ventral striatum that regulate mood and anxiety."

Note: The full scientific article is available for free at Pubmed (National Library of Medicine). After reading the article, the only conclusion is that corn syrup consumption contributes to anxiety, depression and other effects. Depression and anxiety are known precursors to brain dysfunction and dementia. .

Earthclinic.com Reports

The following testimonial on Alzheimer's comes from the website earthclinic.com. There is a separate listing for Dementia as well as Alzheimer's. Information at earthclinic.com comes from the experiences of millions of people around the globe. Over 500 diseases and health condition are listed plus there are many thousands of actual case experiences from readers for every health problem imaginable.

The following is an excerpt from a letter posted at earthclinic.com under the Alzheimer's link.

Niacinamide, Vitamin A, Coconut Oil

Posted by Joyce (Asheville, NC) on 01/24/2014

I would like to share how I cured my 89 year old mother from Alzheimer's! Six years ago my mother was diagnosed by a very reputable specialist with Alzheimer's. At the time she had difficulty remembering things she had done that day. She would ask the same questions over a lot. She would say things that did not make sense and she had become quite angry and irrational.

I am a holistic health practitioner and.....I started her on some of the supplements that I knew about for Alzheimer's. These included Phosphatidylserine, L-Carnitine, Tumeric, Ginkgo and vinpocetine as well as a multi-vitamin.

Two years after she started this protocol she went back for a follow up appointment with the Alzheimer's specialist who had originally diagnosed her. He was quite surprised that her condition had remained the same for two years.... But we really wanted to see improvement.....

Here is where the cure comes in. I had read about studies done using Niacinamide to cure Alzheimer's. The studies suggested giving it in small doses many times throughout the day to keep constant levels in the bloodstream.we ended up giving her a 500 mg. capsule three times a day with meals.

At this time I had also read about studies showing that high doses of vitamin A actually dissolves Beta Amyloid deposits in lab animals..... The article I read which was published by a doctor who recommended a form of vitamin A called "Mycellized A" in liquid form as this is better absorbed. So I also started her on the mycellized vitamin A.

After starting her on these two new supplements (**Niacinamide 500 mg 3 times a day, and Mycellized Vitamin A 100, 000 mg. a day for 3 weeks, (then cut back to 20, 000 mg a day maintenance)**) we noticed a big improvement.

Later we added a couple of other things which I believe helped her as well. One of them is **Coconut oil**. The other is to make sure that she does not have a bladder infection.....we noticed that whenever she got one that her mental symptoms would get much worse.....

It has been 6 years since her diagnosis and instead of progressing, her Alzheimer's is gone for the most part. She is now back to her old self. Her thinking and cognition are good. To recap, I feel that what really helped her the most has been the Niacinamide and the Mycellized vitamin A, and secondarily the coconut oil and preventing UTI's.....[End of excerpt.]

Short List of Beneficial Supplements

Niacinamide (250 to 500 mg with meals 3X)

Probiotics - *Lactobacillus acidophilus*, *L. Casei*, *B. Bifidum*

Vitamin A

Coconut Oil

Berberine - available in health food stores.

Extra Virgin Olive Oil

Magnesium L'threonate - improves memory

Stress Relief Tea (Yogi)

Braggs Nutritional Yeast - for nerve health

Mediterranean Diet- also drink more water

Exercise- Walk more and get some Sun.

Confused? Try praying and ask God for help

It is OK to speak out loud when making your request with prayer. Be thankful if your request is answered; and help others as you have been helped.

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