ALZHEIMER’S DISEASE REHABILITATION IN 30 DAYS

Alzheimer’s Support in 30 Days, Rehabilitation Plan for Overall Health

By Robert Redfern
About Robert Redfern

Your Personal Health Coach
www.MyGoodHealthClub.com

Robert Redfern was born in January 1946. He has helped thousands of people to date in more than 24 countries by providing online health guidance and resources in books, radio interviews, and TV interviews to share his nutritional discoveries. His new book series starts with the Healthier Heart book and is designed to bring all of his health knowledge into one user-friendly format that anyone can understand when pursuing health recovery.

Robert became interested in health when he and his wife Anne began to take charge of their lifestyle in the late 80s. Robert had not paid much attention to his health until 1986, despite Anne’s loving influence. It wasn’t until Robert’s parents Alfred and Marjorie died prematurely in their 60s that he was forced to re-examine his lifestyle choices.

Robert and Anne embraced a new health philosophy as they examined the health community, medical treatments, and common health issues. After researching the root cause of disease, they discovered that diet and lifestyle choices were the two most pivotal factors that contribute to overall health and well-being. Robert and Anne decided to make major changes in their diet and lifestyle, while utilizing HealthPoint™ acupressure. The changes that they saw were exceptional.

In addition to improved health, Robert and Anne both look and feel like they have more vitality than they did decades before they started their new health plan. Currently, Robert, 68, and Anne continue to make healthy choices to live energetically and youthfully, based on a foundation of Natural Health.
ROBERT REDFERN: YOUR PERSONAL HEALTH COACH
Provides step-by-step guidance on:

Alzheimer’s Disease, Senility, & Dementia Relief in 30 Days:
Step-by-Step Rehabilitation Plan
Publisher:

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Publisher's Note:

This book is not intended to diagnose any disease or offer medical advice. The intention of the book is only to provide information for the reader so that they can make healthy lifestyle choices.

Warning:

Some of the information in this book may contradict advice from your physician; nonetheless, content is based on the science of natural health.
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<td>I Committed To restoring and supporting my health for all of my life.</td>
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<td>I Committed To drinking 8-10 glasses of water per day.</td>
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<td>I Committed To spending time in the sun for 20 minutes each day (except when not advised).</td>
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<td>I Ordered The recommended supplements to support my plan and healing.</td>
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<td>I Started My breathing exercises.</td>
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*Note: Alzheimer’s disease comes with its share of personal challenges. Caregiver are reminded to implement the Commitment Plan slowly, gradually, and patiently, based on the circumstances of each individual patient.*
Alzheimer's Disease, Senility, and Dementia Explained

Many people confuse Alzheimer's disease, dementia, and senility.

Senility was a term originally used to describe declined mental function and capacity, often associated with old age. Over time, the term dementia was used instead. In all actuality, the correct term used to describe the myriad of conditions associated with deteriorated mental function and advanced age is senile dementia.

Alzheimer’s disease is just one condition of many. It affects sufferers of senile dementia the most often. 60% to 70% of those that have been diagnosed with senile dementia have Alzheimer’s disease.

There are other forms of senile dementia not fully covered in this book, including:

- Fronto-temporal dementia or Pick's disease
- Vascular dementia
- Parkinson's disease
- Lewy body disease

Causes of Senile Dementia

There are multiple causes of senile dementia. Many are as simple as a high-sugar/high-carb diet, vitamin deficiency, under-functioning thyroid, or more often, oxidative stress and inflammation. Once these concerns have been addressed and eliminated, the major symptom - senile dementia - can often be eliminated as well.
Understanding Alzheimer’s Disease

Alzheimer’s disease is the most common type of senile dementia. It affects millions of middle-aged and senior adults around the world. It is a brain disorder that will develop slowly. It is first recognized when cognitive function declines, followed by memory loss, irregular behavior, and changes in daily mannerisms.

How many people have Alzheimer’s disease?

44.4 million people suffer from dementia worldwide, according to Alzheimer’s Disease International estimates. That number is projected to rise to 75.6 million by 2030. 7.7 million new dementia cases are diagnosed every year. A new dementia diagnosis takes place every four seconds around the world.

The brain is affected by Alzheimer’s disease in several important ways:

• Cerebral cortex atrophy
• Cholinergic neuron loss
• Decrease in choline acetyltransferase activity (enzymes needed to produce acetylcholine)
• Notable presence of numerous plaques and tangles

Plaques and Tangles

• **Plaques** - Beta-amyloids (protein fragment deposits) build up in spaces located between nerve cells.

• **Tangles** - Tau (twisted protein fibers) build up inside cells.

The majority of people have a certain number of plaques and tangles, although a larger amount is found in the brains of Alzheimer’s disease patients. These plaques and tangles are considered highly suspicious in the development of Alzheimer’s disease. They can harm and eventually kill precious nerve cells.
Other Types of Senile Dementia

(*Found in Dementia Book)

Vascular Dementia

Vascular dementia is secondary to Alzheimer’s disease in diagnosis. It makes up roughly 20% to 30% of all senile dementia cases. Vascular dementia occurs when there is an inadequate blood supply to the brain. This results in nutrient and oxygen deprivation for brain cells. This type of senile dementia is closely related to stroke since strokes are also caused by poor blood flow to the brain.

Vascular dementia can result in minor to major changes in thinking skills. Symptoms may become most obvious after undergoing a major stroke.

Vascular dementia symptoms include:

- Disorientation
- Difficulty speaking
- Vision loss
- Memory loss, in some cases
Fronto-Temporal Dementia/Pick’s Disease
(*Found in Dementia Book)

A far less common type of senile dementia is Pick’s disease. It’s similar to Alzheimer’s disease because it also progresses slowly. However, Pick’s disease impacts different parts of the brain than Alzheimer’s disease—it causes tissue shrinkage in the temporal and frontal lobes. Sufferers of Pick’s disease also have excess amounts of the protein tau in nerve cells; this protein is considered harmless when detected in normal amounts.

Pick’s disease is different from Alzheimer’s disease because it can affect adults as young as age 20. The average age of diagnosis is 54.

The first commonly recognized sign of Alzheimer’s disease is memory loss. With Pick’s disease, the first symptoms may include:

- Behavioral changes
- Difficulty speaking
- Difficulty thinking clearly

Parkinson’s Disease
(*Found in Parkinson’s Book)

Parkinson’s disease is another progressive, degenerative brain disorder. It is primarily characterized by a loss of dopamine stimulation in the brain. The loss is evident in involuntary movement, also called tremors.

Parkinson’s disease is not usually considered a type of senile dementia. Nonetheless, dementia is present in roughly 30% of cases and may also manifest as Alzheimer’s disease. Many people are diagnosed with Parkinson’s disease in their late 50s, although it may occur in adults younger than 40.

Only 1% of adults over 50 are diagnosed with Parkinson’s disease.
Lewy Body Disease

Lewy body disease is quite common among the senior population. The average onset age for the condition is mid-to-late 60s. Lewy body disease has a number of similarities to both Alzheimer’s and Parkinson’s disease; it may occur simultaneously with these conditions related to senile dementia.

Lewy body disease is characterized by Lewy bodies, abnormal proteins that collect in parts of the brain.

Symptoms of Lewy body disease may include:

- Difficulty staying alert
- Difficulty focusing
- Hallucinations
- Struggle in posture or movement
- Disorientation
- Memory loss
- Stiff muscles

Inflammation

With the exception of gene dysfunction, inflammation is the root of all disease. Senile dementia is certainly not the exception. As inflammation is related to chronic disease like diabetes, cancer, and heart disease, it also triggers senile dementia. Brain inflammation is a result of the same factors that cause inflammation throughout the rest of the body.

Besides senile dementia, brain inflammation has also been associated with chronic stress, anxiety, and depression.

According to research, signs of clinical depression early in life may result in senile dementia later in life. Both conditions show signs of neuronal loss. When the body is constantly plagued by inflammation, caused by a continuous release of inflammatory proteins, disease will occur. Inflammatory proteins in the body will cause similar responses to those found in depressed people.

If a person is already depressed, inflammatory proteins are again released. It is difficult to say if the depression or the inflammation comes first; research supports both scenarios.
Risk Factors for Alzheimer’s Disease

Those most at risk for Alzheimer’s disease are women and members of the black population. When comparing adults over 65 to adults over 85, the risk of Alzheimer’s spikes significantly from 3% to nearly 50%. After Alzheimer’s disease has been diagnosed, lifespan will be shortened—in some cases, by as much as half.

*Genetics have very little to do with the development of Alzheimer’s disease.*

Some of the most common risk factors include high blood sugar related to diabetes, high LDL cholesterol, excess body weight in women, high homocysteine levels related to inflammation, lifestyle-related illnesses, metabolic syndrome, or unhealthy lifestyle factors, including smoking, alcohol overuse, high blood pressure, diabetes, and heart disease.

10 Major Warning Signs

The Alzheimer’s Association provides 10 critical warning signs for the development of Alzheimer’s disease:

1. Memory loss that affects daily life.
2. Difficulty solving problems or planning.
3. Challenges completing familiar tasks at home, work, or leisure.
4. Confusion related to time or place.
5. Difficulty comprehending visual images or spatial relationships.
6. New difficulty in writing or speaking.
7. Misplacing objects or difficulty retracing steps.
9. Withdrawal from social activities/work.
10. Mood or personality changes.

**CAREGIVER QUESTION TO MARK PROGRESS:**

Has the patient done something new for themselves?

Example: Dressed or undressed themselves, picked up a piece of fruit, or remembered a name of an object.
Use a Simple Test of Questions About Everyday Events to Indicate Senile Dementia.

A simple test about everyday activities or objects can test the extent of memory problems. You can use these questions to measure dementia that may occur in a loved one and also to assess improvement. It may be best to get negative results confirmed by a physician, although a doctor cannot offer any other help as Alzheimer's drugs do not work—no matter what you've been led to believe by pharmaceutical companies.

How do you use this test? Ask a set of simple questions about the present—not related to past events—that almost any relaxed, healthy person could answer easily. In close to 10 questions, the condition should be apparent. If your loved one is able to answer every question correctly, Alzheimer's recovery is achieved.

A score of 27 or more out of 30 is acceptable, with allowance for stress. Time is not an issue, but if a person has difficulty recalling the answers to questions, mark the point as zero and continue on. It is important that the test questioner asks and records without revealing any emotion or indicating error in the answer throughout the entire process.

30 Memory Questions:
Mark 1 for a correct answer and 0 for an incorrect answer.

1. At what hour did you wake this morning?  
2. What activities did you do this morning?  
3. Can you tell me about an activity you did yesterday?  
4. What is the name of this village/town/city?  
5. What is the name of this province/county/state?  
6. What country are we in?  
7. What is the numbered address of this property?  
8. Can you tell me the name of this road?  
9. What month is it?  
10. What year is it?  
11. What season are we in?  
12. Can you tell me the name of this room we are sitting in?  
13. Can you write down your favorite meal?  
14. Can you name the planet we are on?  
15. Can you tell me the name of this (show clock/wristwatch)?  
16. What day of the week is it today?  
17. What day of the week is it tomorrow?  
18. Can you tell me the days of the week backward from Sunday?  
19. Can you tell me the first and last letters of the alphabet?  
20. Can you spell HAPPY for me?  
21. Can you spell HAPPY backward?  
22. Can you repeat back three words to me—spoon, baby, apple?  
23. Can you repeat this grocery list back to me—eggs, milk, butter, bread, chicken, grapes?  
24. Can you tell me what you call this tool I am writing with?  
25. Can you show me the hand that you write with?  
26. Please write down what you ate for your last meal?  
27. Can you repeat this number backward to me: 42?  
28. Can you explain the difference between a boat and a car?  
29. Can you tell me what you call a baby cat?  
30. Can you tell me the color of your shirt/sweater?

Total □
Understanding Possible Causes of Alzheimer’s Disease

High Blood Sugar

Many people now call Alzheimer’s disease type 3 diabetes, confirmed by New Scientist magazine research. Roughly 60% of Alzheimer’s patients today have a medical condition that is linked to type 2 diabetes.

Most people understand that insulin is a hormone that regulates blood sugar, related to diabetes. Scientists now believe that insulin can also regulate brain function. Insulin supports neuron activity in the brain by using glucose for energy. Insulin also regulates neurotransmitters that affect memory and learning.

People that continually overeat fatty, sugary foods create insulin spikes that cause insulin resistance over time. Scientists have confirmed that insulin spikes can also cause long-term neural damage in the brain.

Really healthy foods and exercise provide a solution to reduce the risk of senile dementia and even rehabilitate Alzheimer’s disease.

Sleep Deprivation

Alzheimer’s disease currently does not have a medical cure. However, Johns Hopkins researchers believe that sleep deprivation may be a factor.

A Johns Hopkins Bloomberg School of Public Health cross-sectional study conducted on a Baltimore Longitudinal Study of Aging neuro-imagining sub-study linked shorter sleep and poor sleep quality with a higher beta-amyloid buildup, connected to Alzheimer’s disease. The average adult age in the study was 76.

Researchers support that healthy sleep patterns could slow the progression of Alzheimer’s disease or even prevent it altogether.

Blood Pressure

Pulse pressure, measured by the systolic minus diastolic blood pressure reading, increases with age. It can be used to better understand an aging vascular system. A VA San Diego Healthcare System study conducted on 177 men and women ages 65 to 100 without Alzheimer’s disease symptoms showed that individuals with higher pulse pressure had more biomarkers of Alzheimer’s disease. The correlation was proven in the 55 to 70 age bracket, although not in the 70 to 100 age bracket.

Within the 55 to 70 age bracket, every 10 point increase in pulse pressure led to a 1.5 pg/mL increase in p-tau protein in the spinal fluid, a biomarker of Alzheimer’s disease.
Low Testosterone

The Queen Mary Hospital of the University of Hong Kong published recent research confirming that low testosterone levels in men could increase the risk of Alzheimer’s disease. The study was conducted on 153 Chinese men age 55 or older, without noticeable signs of dementia. Close to one third of the men studied observed mild cognitive impairment, i.e. memory and clear thinking issues. This group of men also exhibited low testosterone levels and higher levels of a protein blood marker linked to Alzheimer's disease, called ApoE4. (Journal of Alzheimer's Disease, 2010)

Within just a year of the study, 10 of the men in the low testosterone group experienced signs of Alzheimer’s disease.

Inflammation

The majority of chronic age-related diseases are triggered by inflammation in the body. This includes gout, diabetes, arthritis, and Alzheimer’s disease. The Yale School of Medicine has honed in on a compound that can exacerbate age-related inflammation, called Nlrp3. This inflammatory compound affects general health and can cause related issues, like insulin resistance, bone loss, frailty, and cognitive decline.

Calming inflammation in the body and targeting this compound could delay a number of chronic, age-related conditions, including Alzheimer’s disease.

Food Additives

A butter-flavored food additive can be found in processed goods like butterscotch candy and microwave popcorn. Diacetyl, or DA, is naturally produced in the fermentation process and can also be found in wine and beer. You may have unknowingly ingested DA in numerous commercial foods, like corn chips, gelatin desserts, potato chips, milk products, syrups, and margarine.

While the EU and FDA have approved DA, a study from Chemical Research in Toxicology confirms that DA has similar structural properties to substances that create beta-amyloid proteins in the brain. When these proteins come together to form plaque, it results in Alzheimer’s disease. Researchers have confirmed that DA can cause clumping of beta-amyloids and resulting toxic impairment of nerve cells, as proven in a laboratory.

DA penetrates the blood-brain barrier, needed to protect the brain against potentially dangerous foreign substances.

Vitamin E Support

When Minneapolis VA Health Care System researchers observed 613 Alzheimer’s patients in four different randomized groups, a delay in cognitive decline was found in the group that received 2000 IU of vitamin E per day. The study lasted 2.5 years. Patients in the groups that received Alzheimer’s medication combined with vitamin E and Alzheimer’s medication exclusively did not show cognitive improvement.

According to study authors, “Among patients with mild to moderate [Alzheimer’s Disease], 2000 IU/d of alpha tocopherol resulted in slower functional decline.”
Alzheimer’s Treatment and Prevention

There are numerous ways to reduce the risk of Alzheimer’s disease, to keep it from progressing as fast as it could, and to possibly reverse the condition.

These methods include:

- Nutrients
- Balanced diet
- Exercise
- Social stimulation
- Adopting hobbies that engage the brain

There are some studies that show promise in the use of NSAIDs. However, NSAIDs often come with a long list of side effects, like vomiting, nausea, diarrhea, decreased appetite, constipation, dizziness, rash, headache, drowsiness, and gastrointestinal bleeding. NSAIDs can cause kidney damage in patients with lupus.

Ginkgo biloba has shown some benefits in treating Alzheimer’s disease. However, one of the biggest hopes in Alzheimer’s disease rehabilitation can be found in curcumin!

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**CAREGIVER QUESTION TO MARK PROGRESS:**

Have sleeping patterns changed for the better?

You may notice that the patient is sleeping longer or more restfully as you gradually implement the plan.
Curcumin Offers Hope for Alzheimer’s Disease

Curcumin is a phytochemical that falls within a class of compounds called curcuminoids. Curcumin is a tiny yet critical component of the renowned Indian spice turmeric; it is also a potent, natural polyphenol, a group of chemicals that offers a number of health benefits. Curcumin is extracted from the dried root of the curcuma plant, which is the portion of the plant primarily used for medicinal purposes.

How does curcumin support Alzheimer’s treatment?

Gregory Coal, Associate Director of the Alzheimer’s Disease Center at the University of California, Los Angeles (UCLA), says, “What’s unique about Curcumin, is that it binds directly to beta-amyloid deposits in the brain and reduces their size.”

Beta-amyloid deposits are plaques, or protein fragments (as we discussed earlier), that build up between brain cells of those with Alzheimer’s disease. These plaques cause memory loss that is often characteristic of the condition. Recent studies reveal that curcumin may help to prevent plaque buildup in those with Alzheimer’s symptoms. It may also stop the brain plaques from forming altogether.

UCLA discovered in 2001 that low doses of curcumin within a treatment plan could decrease the amount of brain plaque by close to half. These promising results were seen in animal studies, and further research is needed in human trials. “There's real potential for curcumin in treating brain diseases,” says Cole.

Research reveals that, when compared to powerful Alzheimer’s drugs, curcumin provides better results. Curcumin prevents protein fragment formation because of its low molecular weight and polar structure. It can effectively penetrate the blood-brain barrier and bind to beta-amyloids.

In earlier studies, the UCLA research team confirmed the impressive antioxidant and anti-inflammatory properties of curcumin. Scientists assert that these beneficial properties can ease symptoms of Alzheimer’s related to oxidative stress and inflammation. Researchers believe that curcumin has a great potential to prevent the development of Alzheimer’s disease.
Nutrition Rehabilitation for Alzheimer’s Disease

Besides curcumin, there are a number of nutritional changes that can be made to prevent and treat Alzheimer’s disease.

Suggestions include:

• Eating a diet of plant-based foods, i.e. vegetables, fruits, legumes, nuts, and seeds.
• Cutting out saturated fats in animal products; avoiding trans fatty acids altogether.
• Limiting saturated fats in plant foods.
• Adding omega 3 fatty acids to the diet to reduce risk, i.e. hemp oil.

And eating foods especially high in antioxidants, including:

• Vitamin E—pecans, walnuts, almonds, sunflower seeds.
• Vitamin C—citrus, melons, kiwi, various vegetables.

When you eat well, it is almost effortless to maintain a healthy body weight. A long-term study of Alzheimer’s disease proved that sufferers of the condition had higher body weights.

Other Important Factors

• Aluminum: Evidence is still inconclusive as to whether aluminum in the diet or aluminum in the environment causes aluminum accumulation in the brain. Those with Alzheimer’s disease are often more susceptible to absorbing aluminum in the brain than others.

• Iron: Chelation of iron, aluminum, and copper can be beneficial for those with Alzheimer’s disease. Iron often stores in the brain with age and contributes to Alzheimer’s development. Curcumin helps to naturally chelate excess iron levels—yet another advantage of the spice.

• Wine: If you enjoy your wine with dinner, feel free to drink up! Drinking a glass of wine a day may increase your risk for a number of diseases, but it may reduce the risk of Alzheimer’s disease. These benefits may be found in any form of alcohol; excessive alcohol use further increases risk.
Embrace the Alzheimer’s Diet

If there is a diet that is guaranteed to create inflammation in your body - and in the brain - it is the *Western Unnatural Food Diet*. Nothing will affect you more than what you choose to eat three to four times a day, every day.

Unfortunately, the majority of us are lacking essential nutrients in our diet that promote optimal health, thus triggering inflammation. This nutrient deficiency combined with one or more unhealthy lifestyle choices can exacerbate senile dementia.

The so-called “Balanced Western Diet” or Western Unnatural Food Diet is the number one inflammation-producing and disease-promoting diet in today’s society. It is eaten more and more on a daily basis.

This pro-inflammatory diet is chock-full of sugary foods—breads, pastas, potatoes, and cereals. The Western Unnatural Food Diet is very high in unhealthy fats and lacking in phytochemicals and antioxidants needed to neutralize free radicals. This prevalent diet is desperately in need of high-fiber foods and high-nutrient foods that support senile dementia rehabilitation.

**Foods like:**

- Vegetables
- Dark-skinned fruits
- Nuts
- Seeds
- Beans (except when temporarily discouraged for rehabilitation)
Free Radicals, Oxidative Stress, and Inflammation

A healthy diet is rich in antioxidants needed to neutralize free radical damage in the body. A free radical is an unstable atom (or group of atoms) with at least one unpaired electron. When the body is exposed to an excessive amount of free radicals, oxidative stress occurs. Oxidative stress will damage healthy cells and their membranes, proteins, and DNA.

Just being alive creates free radicals. Free radicals are also a byproduct of eating, digestion, and exercise. While some free radicals are necessary to function, unhealthy lifestyle choices like smoking, drinking, and eating unnatural foods will cause a free radical overload in the body.

The remedy can be found in antioxidants from whole foods and supplements needed to fight off free radicals and the damage they cause to the body. Antioxidants will protect against inflammation linked with senile dementia.

Optimal Nutritional Rehabilitation

Making dietary changes is essential to repair tissue damage, calm inflammation, and improve quality and length of life.

Would you be surprised to learn that people who consider themselves happy have less inflammation than those who do not? You could certainly argue that a well-rested person at a healthy weight, with limited toxins; eating a diet of nutritious, anti-inflammatory, and enzyme and antioxidant-rich foods; and taking high-quality supplements is happy indeed!

Based on the vast number of diagnoses, many people believe that senile dementia is a natural part of the aging process. This could not be further from the truth. Senile dementia can be prevented and even slowed down or reversed, in some cases.
Is It Possible to Reverse Alzheimer’s Disease?

I prefer not to use the word “cure” when talking about these health conditions since many cases are directly related or exacerbated by lifestyle factors.

Cure is a popular medical buzzword, although the medical field cannot provide cures. (Many people argue that this is on purpose since it would put Big Pharma out of business.) Every health condition has a cause. When you take away the underlying cause and follow a non-inflammatory lifestyle, your body will have the support it needs to repair itself, in many cases.

When you remove the cause and support your body with healthy lifestyle choices and nutrients, you can often grow healthy again. You may call this a cure, but I believe it to be making healthy lifestyle choices.

Since these health conditions are inflammatory, a non-inflammatory lifestyle is a must. It’s important to stay hydrated by drinking six to eight 16 ounce (500 ml) glasses of pure, clean water per day. You can heal your body with vital nutrients and antioxidants found in vitamins, minerals, healthy carbohydrates, amino acids, and essential fatty acids.

Healing starts with nutritional therapy.

Detoxification may be uncomfortable at first, but this too will pass.

Sensible eating can support your recovery.

... transform your health with a balanced lifestyle and essential nutrients...
Essential Nutrients

According to research, these nutrients can manage or prevent senile dementia in most cases:

Sodium Thiocyanate and Sodium Hypothiocyanite – Used to clear any remaining infection found in the cells.

Coconut Oil – Offers MCT to support brain cells; anti-microbial; rich in Lauric acid.

SerraEnzyme Serrapeptase, Curcumin, Ecklonia Cava, and Vitamin D3 – Clears inflammation in the body; supports the brain and body with powerful antioxidants.

Lithium Orotate – Supports a healthy mental response and a balanced chemical response; renowned anti-aging nutrient for brain health.

Iodine – Offers hormone and metabolic balance.

Homocysteine – Balances homocysteine levels; boosts the immune system; improves vitamin B12 absorption.

Krill Oil – Contains concentrated Omega 3, 6, and 9 fatty acids to support memory and learning processes.

Ubiquinol – Eight times more effective than CoQ10 in restoring cell energy.

L-Carnitine – Protects against free radicals and promotes healthy cell growth.

Alpha Lipoic Acid-R – Potent antioxidant to repair oxidative damage and neutralize free radicals.

90 Sublingual Vitamins and Minerals – Offers a full-spectrum of highly absorbent liquid vitamins and minerals as a foundation for brain health.

Vitamin E – Offers support for brain health, with clinical backing to slow cognitive decline in patients with Alzheimer’s disease.
What If My Doctor Doesn’t Support My Recovery?

You can use the Alzheimer’s Rehabilitation Program to improve your health! Your doctor has an obligation to stick with the prescription drug outline that fits into the pharmaceutical industry monopoly. This includes the AMA in the US and the GMC in the UK.

Make no mistake - these organizations make money off basic healthcare for sick individuals. They don’t have a business model that promotes actual health recovery in any way, shape, or form. These organizations push a patented prescription drug protocol that allows them to charge outrageous prices for drug use over a lifetime. At the very best, these drugs may help the patient to feel better, but in many worst-case scenarios, they could lead to their death.

These industries won’t support long-term health recovery in any circumstance!

These organizations are protected by the FDA in the US and the MHRA in the UK. They receive backing from powerful political parties that continue to fund the disease promoting monopoly I have just described.

Yet when you follow the Alzheimer’s Rehabilitation Program to the letter, you can see results within 30 days.

It has been our experience that implementing the supplement program for Alzheimer’s sufferers comes with its own challenges—cooperation with taking supplements, timings, and being sympathetic to other related health conditions, such as compromised digestion. If these challenges are relevant to you, we encourage you to implement the plan gradually to limit stress for both carer and patient.
Your Rehabilitation Plan for Alzheimer’s Disease

10 Steps for Long-Term Health Recovery

This self-recovery protocol can be used by sufferers of senile dementia, in most cases:

1. Clear inflammation and facilitate healing.
2. Supplement missing nutrients.
3. Boost your immune system.
4. Drink more water.
5. Cut out unnatural foods.
6. Eat really healthy foods.
7. Stay active daily.
8. Learn proper breathing.
9. Stimulate acupressure points.
10. Get more sun exposure.

CAREGIVER QUESTION TO MARK PROGRESS:

Have you noticed any changes in a healthier appetite?

It’s almost impossible not to see significant health changes after applying many of the points in this 10 Step Plan. You can clear up numerous symptoms and may see a full recovery in many cases.
1. Clear Inflammation and Facilitate Healing

Basic Plan

**BrainPower** - Formulated with curcumin, coconut oil, and DHA. Coconut oil offers MCT to support brain health and is rich in Lauric acid with anti-microbial benefits. Take 1 tablespoon, mixed with a food like avocado; chew very slowly and thoroughly, then swallow. Repeat 4 times throughout the day, at meal times or between meals. (If you have any digestive issues such as an upset stomach, consider taking half the dose of BrainPower for the first few weeks of following this plan as your body builds a tolerance to it.)

**Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol), and Vitamin D3. Take 2 capsules, 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.

**Nattokinase** - Clears inflammation and dead cells. Studies show that it can help in the relief of Alzheimer's disease. Take 1 capsule, 3 times a day with Serranol.

**Lithium Balance** - Offers support for a healthy mental response and a balanced chemical response, as well as anti-aging protection for the brain. Take 2 tablets, 2-3 times daily.

2. Supplement Missing Nutrients

Advanced Plan

**BrainPower** - Formulated with curcumin, coconut oil, and DHA. Coconut oil offers MCT to support brain health and is rich in Lauric acid with anti-microbial benefits. Take 1 tablespoon, mixed with a food like avocado; chew very slowly and thoroughly, then swallow. Repeat 4 times throughout the day, at meal times or between meals. (If you have any digestive issues such as an upset stomach, consider taking half the dose of BrainPower for the first few weeks of following this plan as your body builds a tolerance to it.)

**Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol), and Vitamin D3. Take 2 capsules, 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.

**Nattokinase** - Clears inflammation and dead cells. Studies show that it can help in the relief of Alzheimer's disease. Take 1 capsule, 3 times a day with Serranol.

**Lithium Balance** - Offers support for a healthy mental response and a balanced chemical response, as well as anti-aging protection for the brain. Take 2 tablets, 2-3 times daily.

**Nascent Iodine Colloidal Drops** - Helps balance brain function, hormones, and metabolism. Take 4 x 4 drops per day in 25ml of water, swish around the mouth for 30 seconds before swallowing. Note that Iodine needs a supplement containing selenium to activate it such as ActiveLife 90 or Daily Immune Protection.

**B4 Health Spray** - Offers support for healthy homocysteine levels, boosts the immune system, and improves B12 absorption. Take 6 sprays daily.

**The Krill Miracle** - Contains concentrated Omega 3, 6, and 9 fatty acids to support memory and learning processes. Take 2 capsules, 2 times daily. (If vegetarian, see Hemp Seed Oil in the Optional section below.)

**UB8Q10** - Eight times more effective than CoQ10 in restoring cell energy. Take 2 softgels, 2-3 times daily.

For details of the suggested plans, turn to page 36.
3. Boost Your Immune System

Ultimate Plan

BrainPower - Formulated with curcumin, coconut oil, and DHA. Coconut oil offers MCT to support brain health and is rich in Lauric acid with anti-microbial benefits. Take 1 tablespoon, mixed with a food like avocado; chew very slowly and thoroughly, then swallow. Repeat 4 times throughout the day, at meal times or between meals. (If you have any digestive issues such as an upset stomach, consider taking half the dose of BrainPower for the first few weeks of following this plan as your body builds a tolerance to it.)

Serranol - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol), and Vitamin D3. Take 2 capsules, 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.

Nattokinase - Clears inflammation and dead cells. Studies show that it can help in the relief of Alzheimer's disease. Take 1 capsule, 3 times a day with Serranol.

Lithium Balance - Offers support for a healthy mental response and a balanced chemical response, as well as anti-aging protection for the brain. Take 2 tablets, 2-3 times daily.

Nascent Iodine Colloidal Drops - Helps balance brain function, hormones, and metabolism. Take 4 x 4 drops per day in 25ml of water, swish around the mouth for 30 seconds before swallowing. Note that Iodine needs a supplement containing selenium to activate it such as ActiveLife 90 or Daily Immune Protection.

B4 Health Spray - Offers support for healthy homocysteine levels, boosts the immune system, and improves B12 absorption. Take 6 sprays daily.

The Krill Miracle - Contains concentrated Omega 3, 6, and 9 fatty acids to support memory and learning processes. Take 2 capsules, 2 times daily. (If vegetarian, see Hemp Seed Oil in the Optional section below.)

UB8Q10 - Eight times more effective than CoQ10 in restoring cell energy. Take 2 softgels, 2-3 times daily.

L-Carnitine/Q Gel Formulation - Used to promote cell growth and fight free radical damage. Take 2 capsules, 2-3 times daily.

Alpha Lipoic Acid-R - Works as an antioxidant to slow the progression of Alzheimer's disease. Take 2 capsules, 2-3 times daily (200x better absorbed than Alpha Lipoic Acid).

ActiveLife 90 - Provides a full spectrum of highly-absorbent liquid multivitamins and minerals. Take 15ml x 2 times daily with meals.

Naturally Better Vitamin E - Backed by research to reduce cognitive decline in patients with mild to moderate Alzheimer's disease. Take 2 x 3 capsules a day.
Optional - But Highly Recommended for At Least 1 to 2 Months

Drink at least 6-8 glasses of RO filtered or distilled water each day; add a generous pinch of baking soda to each glass.

Until you’ve achieved full recovery, cut out starchy carbohydrates altogether, i.e. pastries, cookies, breads, breakfast cereals, pasta, and potatoes, as well as processed foods and milk products.

Note: Don’t eat turnips, parsnips, and rice, except for small portions of wild rice, brown rice, and sweet potatoes/yams.

Prescript Assist - A next-generation, clinically-proven vegan probiotic supplement; take to help with any digestive issues, compromised absorption of nutrients, or for long-term stomach problems. Take 2 capsules, twice per day; can be taken with or without food and can also be opened and mixed with food.

Hemp Seed Oil (VEGETARIAN ALTERNATIVE TO KRILL MIRACLE) - Contains Omega 3, 6, and 9 fatty acids from cold-pressed organic hemp; can boost the immune system and support a positive mental state. Take 1 teaspoon, 2 times per day.

Make sure to eat some of these foods every two hours for the first few months of recovery:

Eat 9-14 servings of fresh or frozen vegetables each day: try them in soups, steamed, stir-fried, juiced, etc. Eat 50% raw, juiced vegetables (preferably organic) and use the pulp to make soup. Blended veggies promote easier digestion.

Eat 5 servings of dark-skinned fruits (like cherries, red grapes, blueberries, etc.) that are rich in antioxidants each day.

Remember that avocados are a number one superfood with almost a complete spectrum of nutrients. If they are readily available in your area, try to eat at least two a day to promote health recovery. Avocados support heart disease, diabetes, and even cancer recovery.

Eat 5 servings of nuts, beans, and seeds (soaked, mashed nuts and seeds).

**CAREGIVER QUESTION TO MARK PROGRESS:**

Have you seen improvements in personal hygiene, grooming, and dressing habits?
Eat a minimum of 3-4 servings of oily fish each week, if you eat fish. Choose a variety of healthy fish like mackerel, sardines, salmon, etc. Canned fish is a nutritious option, although wild caught fish is recommended.

Eat pasture-fed chicken and other meats, only a few servings per week. Grass-fed meat is recommended above corn or grain-fed meat sources.

Add healthy oils to your favorite foods, like krill, omega 3, hemp, coconut, and olive oils. Pair with healthy carbohydrate alternatives, like amaranth, quinoa, buckwheat, and chai and millet seeds. You can also try couscous, if you aren’t allergic to gluten protein (celiac disease).

Add 3-5 teaspoons of sea or rock salt, depending on the heat and your body mass, to water or food each day. Remember that sea or rock salt does not contain the important mineral iodine, so add Nascent Iodine to your Rehabilitation Plan.

**CAREGIVER QUESTION TO MARK PROGRESS:**

Have other physical symptoms improved?

This may include a brightness in the eyes, relief from skin ailments, and better fine motor skills.
Recommended Vegetables

Note: Vegetables may not be available in all countries.

- Artichoke
- Asian Vegetables Sprouts (Wheat, Barley, Alfalfa, etc)
- Asparagus
- Avocado
- Broad Beans
- Cabbage (various types)
- Dandelion Leaves
- Dried Peas
- Fennel
- Garden Peas
- Garlic
- Kale
- Lettuce (Kos and various types)
- Mangetout Peas
- Mushrooms
- Petit Pois Peas
- Runner Beans
- Seaweed all types (Kelp, Wakame, Noni, etc)
- Sugar Snap Peas
- Beetroot
- Broccoli
- Brussel Sprouts
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Eggplant (Aubergine) Kale
- Kohlrabi
- Kumara
- Okra
- Onions (Red and White)
- Radishes
- Silver Beet
- Spinach
- Squash
- Zucchini (Courgettes)

Recommended Fruits

Note: Fruits may not be available in all countries.

- Apple
- Apricot
- Avocado
- Blackberries
- Blackcurrants
- Bilberries
- Blueberries
- Cherries
- Cherimoya
- Dates
- Damsons
- Durian
- Figs
- Gooseberries
- Grapes
- Grapefruit
- Kiwi fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Plum/Prune (dried Plum)
- Pineapple
- Pomegranate
- Raspberries
- Western raspberry (blackcap)
- Rambutan
- Salal berry
- Satsuma
- Strawberries
- Tangerine
The Garden of Eden Pyramid

Natural Fish

Olive, Fish, Hemp Oils

Nuts/Seeds: 2-3

Beans/Pulses: 2-3

Fruits: 2-3

The BEST Choice Is Organic!

Vegetables (excluding root): 8-12 servings a day
1/2 raw veggies: salads, etc.
7. Stay Active Daily.

There are two recommended ways to get your body back into shape, beyond rigorous activities like swimming and cycling recommended by exercise enthusiasts. You are welcome to include these activities later on in your Rehabilitation Plan, if desired.

Walking is one simple way to build up your activity level at 5 miles per day. Walk with a brisk, purposeful gait in a long stride that is comfortable for you.

Pump your hands from chest to waist level with each stride you take.

As your fitness level improves, practice walking at a fast pace with Nordic poles.

If mobility is limited, try the below exercise instead:

Practice knee to chest exercises. Lift the leg and with the knee bent, raise it as far as is comfortable. Then place the foot down firmly and with some control. Repeat this with the opposite leg, doing five lifts on each leg. Build up slowly with the aim of increasing the repetitions of each exercise over time. This can be practiced lying down or in a chair if mobility is limited. Ask for your caregiver’s help if necessary.

Exercise stimulates feel-good hormones known as endorphins. It is essential to feel good to maintain recovery.
Physical activity is vital to your rehabilitation plan.
8. Learn Proper Breathing.

Breathing properly is critical since oxygen is the foundation of overall health.

There are two types of breathing:

1. **Anxious Breathing**: In the chest.
2. **Relaxed Breathing**: In the diaphragm or stomach area.

The first type of breathing in the chest is related to a stress response and includes hormones like cortisol. This stressful breathing should only be temporary since it is related to a fight-or-flight response that causes hormones to release to relax breathing. If stressful breathing grows chronic, the body will retain carbon dioxide and cortisol to affect healthy functioning systems. Stress breathing will also cause the immune system to weaken, leaving it susceptible to infection.

Make it your number one goal to retrain your body to breathe in a relaxed, healthy manner. This will clear out carbon dioxide and cortisol. When carbon dioxide builds up in your bloodstream, it will destroy a substance called hemoglobin that the blood uses to transport oxygen throughout the body. This is why it’s especially important to focus on relaxed breathing that comes from the diaphragm.

**How to Breathe Correctly**

The easiest way to relearn correct breathing is to lie flat on your back on the floor, on a mat or blanket or on a firm bed. Place a small weighted object on your belly button, like a heavy book. Take a deep breath in through your nose so that the book rises as your stomach, or diaphragm, fills with air. Hold this deep breath for a count of 4 and then release through your nose so that your stomach deflates. Use this process to release any tension as you exhale and repeat. In the exercise, your chest should not move to indicate relaxed, stress-free breathing.

Practice this low-stress breathing exercise again and again as you lie down. Once you have mastered the rhythm of the calming breath, you can start to try the exercise while standing. Initially, you may feel dizzy as you intake more and more fresh oxygen, but it’s still important to practice the exercise whenever you can. You can access more resources on breathing lessons here.

**CAREGIVER QUESTION TO MARK PROGRESS:**

Have you noticed less obsessive/repetitive behavior?
9. Stimulate Acupressure Points

Another component in your Rehabilitation Plan is to stimulate acupressure points that connect to your health recovery system. There are a number of points that can be massaged gently with a finger to mimic actual acupuncture. Please read more about this on page 44.


An essential vitamin to support your overall health is vitamin D3. You can find a large dose of vitamin D3 in the recommended supplement on page 36, but it’s still critical to get some natural vitamin D from sun exposure.

The sun is the source of life. Unfortunately, myths have been circulated in the health community that the sun is an enemy that we must stay away from at all costs. Even worse, many health professionals recommend slathering your body in toxic chemicals every time you go out in the sun. Of course, I’m not recommending lying in the sun for 6 hours at once on the first hot day of the year. It’s essential to build up the skin’s tolerance to sun exposure over several weeks for natural protection.

By the time that hot summer days come around, you will be able to tolerate a greater amount of natural sun exposure.

Recommendations for sun exposure:

- Expose as much skin as you can to the sun each day, such as on your morning walk.
- Build up your sun exposure gradually from spring to summer seasons.
- Try to stay out of the sun in mid-day without a cover-up; a cover-up is preferred to sunscreen.
- If you do use sunscreen or sun cream, purchase organic products instead of chemical-based, name-brand creams.
- It’s important to remember that the sun is your friend, and sunshine can be enjoyed in moderation!
How to Clear Inflammation and Facilitate Healing

1st Line (Thiocyanate) Immune System Support Kit

1st Line offers an all-natural formulation that can equip the body to fight against a number of infections, as well as viruses. The patented formula was created by a British chemist and is made up of Thiocyanate ions. When you add the formula to water, it creates a handy drink that forms the same molecules your body uses as its first line of defense to fight off yeast, fungi, germs, flu, viruses, and bacteria. 1st Line provides powerful protection against unwanted infection without harming the delicate balance of healthy bacteria in the body, an unfortunate side effect of using antibiotics. Even better, 1st Line is perfectly safe and convenient to use.

Ingredients:
- Sodium Thiocyanate - 100ppm
- Sodium Hypothiocyanite - 60ppm

Dosage:
Take 1 kit for 3 consecutive days. This clears any infection remaining in the cells. Take 1 kit daily for 3 days. 1st Line Kit should always be taken 90 minutes before and 90 minutes after food, approximately. 3 kits are the minimum and, in serious cases, 10 kits over 10 days are better, if finances allow.

BrainPower

• Curcumin offers support for pain and inflammation. It also works as a potent antioxidant to improve memory and overall brain health.
• Coconut Oil - is rich in Lauric acid, contains medium chain fatty acids, and has strong antimicrobial benefits. Coconut oil can support brain cell health and benefit a number of neurodegenerative conditions.
• DHA - An omega-3 fatty acid that can slow the progression of Alzheimer's disease, as confirmed in preliminary studies.

(If you have any digestive issues such as an upset stomach, consider taking half the dose of BrainPower for the first few weeks of following this plan as your body builds a tolerance to it.)

Ingredients:
- Calories - 120
- Total Fat - 14 g
- Saturated Fat - 12 g
- Trans Fat (Beta Carotene) - 0 g
- Polyunsaturated Fat - 0 g
- Monounsaturated Fat - 1 g
- Cholesterol - 0 g
- Sodium - 0 g
- Total Carbohydrate - 0 g
- Protein - 0 g
- Curcumin (Curcuma longa) - 600 mg
- DHA (Docosahexaenoic acid) - 300 mg
- Bioperine (Piper nigrum) - 5 mg

Dosage:
Take 1 tablespoon, mixed with a food like avocado; chew very slowly and thoroughly, then swallow. Repeat 4 times throughout the day, at meal times or between meals.
Super Nutrient Serranol™

Super Nutrient Serranol™ provides superior support for the cells, heart, circulation, joints, and cholesterol using the following ingredients:

- **Serrapeptidase** (technically Serriatia Peptidase) is a diverse proteolytic enzyme that will dissolve non-living tissue, including blood clots, cysts, scarring, plaque, fibrin, and all types of inflammation, without causing harm to living tissue in the body. Serrapeptidase can be used to enhance your overall well-being, ease inflammation, and support health to benefit the lungs, joints, digestive tract, colon, arteries, and any other areas of blockage/inflammation.

- **Curcumin** is praised as one of the best natural, anti-inflammatory herbs. It can stimulate glutathione in the body to guard healthy cells and tissues against inflammation, while moderating the immune system. Curcumin is also known for its antiviral, antifungal, and antibacterial properties.

- **Ecklonia Cava** has been used by the Asian population for centuries as a type of edible brown algae called Ecklonia Cava Extract. It is harvested off the coast of China, Korea, and Japan; studies support that ECE offers a wide range of health benefits.

- **Vitamin D3** is an essential vitamin to support immune health. Cells in the immune system are made up of vitamin D3 receptors. If there is a deficiency in vitamin D3, it will weaken the immune system and leave the body susceptible to infection. Unfortunately, vitamin D3 deficiency is becoming far too common amongst all age groups since our culture spends far less time in the sun. This valuable vitamin cannot be stored by the body, so daily supplementation is necessary for immune health.

**Ingredients:**

- SerraEnzyme Serrapeptase® 80,000iu
- Curcumin X4000 250mg
- Ecklonia Cava Extract (Seanol®) 50mg
- Vitamin D3 1000iu

**Dosage:**

Take 2 capsules, 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.

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Nattokinase

Nattokinase™ (Fibrinase) is a potent fibrinolytic enzyme extracted and highly purified from a traditional Japanese food called Natto. Research has shown that Nattokinase™ may aid the body in breaking up and dissolving the unhealthy coagulation of blood, support fibrinolytic activity, and help lower blood pressure. Research supports Nattokinase intervention for Alzheimer’s relief. *(Hum Exp Toxicol. 2013 Jul;32(7):721-35. doi: 10.1177/0960327112467040.)*

**Ingredients:**

- Nattokinase (fibronolytic units) enzyme activity 2,000 FU
- Rutin - 25 mg

**Dosage:**

Take 1 capsule, 3 times a day with Serranol.
Lithium Balance

Lithium is essential for healthy, balanced mental and chemical responses. It works as an anti-aging nutrient to support the brain. Lithium is a naturally occurring trace mineral that can be found in several foods, as well as in organs and systems throughout the body. It may play a critical biological role in humans and other animals.

Orotate is the organic carrier used to transport lithium to its exact delivery point so that it can efficiently reach blood cells in the brain.

Ingredients:

• Lithium Orotate – 250mg

Dosage:

Take 2 tablets, 2-3 times daily.

How to Supplement Missing Nutrients

Nascent Iodine

Nascent Iodine is entirely different from typical iodine found in a denser state, often sold over-the-counter as an antiseptic, labeled as atomized iodine tri-chloride, or added to potassium iodide so that it is liquid-soluble. Nascent Iodine is easily consumable iodine found in the atomic rather than the molecular form. It offers noticeable benefits in immune and thyroid support, as well as improved metabolism, detoxification, energy, and more.

Ingredients:

• Iodine (in its atomic form) 400 mcg

Dosage:

Take 4 x 4 drops per day in 25ml of water, *swish around the mouth for 30 seconds before swallowing*. Remember, iodine as a supplement must be taken with selenium to activate—i.e. Active Life 90 or Daily Immune Protection.
B4 Health Spray

This spray offers support for balanced homocysteine levels, boosts the immune system, and improves vitamin B12 absorption.

**Ingredients:**
- Vitamin C (as ascorbic acid) - 60 mg
- Vitamin D (as cholecalciferol) - 400 IU
- Vitamin E (as D-alpha tocopherol acetate) - 30 IU
- Thiamin (Vit B1) (as Thiamin HCL) - 1.5 mg
- Riboflavin (Vit B2) (as Riboflavin) - 1.7mg
- Niacin (Vitamin B3) (Niacinamide) - 20 mg
- Vitamin B6 (as Pyridoxine HCL) - 2 mg
- Folate (as Folic acid) - 400 mcg
- Vitamin B12 (as Methylcobalamin) - 6 mcg
- Biotin - 300 mcg
- Pantothenic Acid (Vit B5) (as D-Calcium Pantothenate) - 10mg
- Magnesium (as Magnesium gluconate) - 400mcg
- Selenium (as Selenium amino acid chelate) - 70 mcg
- Proprietary Complex Trimethylglycine, N-acetyl-D-glucosamine, Ribose, Taurine, Grapeseed extract, Pine bark extract, Co-enzyme Q10 - 63 mg

**Dosage:**
Take 6 sprays daily.

The Krill Miracle

100% natural Neptune-source Antarctic Pure Krill Oil is made with a specialized formulation of omega 3, 6, and 9 fatty acids, antioxidants, and other powerful ingredients to support memory and learning.

*If vegetarian, see Hemp Seed Oil in the Optional section below.*

**Ingredients:**
- Superba™ Krill Oil – 1000mg
- Phospholipids – 450mg
- Total Omega 3 – 250mg
- EPA – 120mg
- DHA – 70mg
- Omega 6 – 15mg
- Omega 9 – 80mg
- Astaxanthin – 100μg

**Dosage:**
Take 2 capsules, 2 times daily.
UB8Q10 Ubiquinol

Coenzyme Q10 is a vitamin-like enzyme that serves as a powerful antioxidant in the body. More impressively, Ubiquinol is eight times more potent than CoQ10. It supports anti-aging and also benefits brain health.

**Ingredients:**
- Ubiquinol CoQH* - 100mg

**Dosage:**
Take 2 softgels, 2-3 times daily.

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How to Boost Your Immune System

**L-Carnitine/Q Gel Formulation**

L-Carnitine helps to promote cell growth and fight free radical damage.

**Ingredients:**
- L-Carnitine (l-Carnitine Fumarate) - 500mg
- Coenzyme Q-10 (ubidecarenone USP, as HydroQsorb® 100% water soluble Coq10) - 100mg

**Dosage:**
Take 2 capsules, 2-3 times daily.
Active Life 90

Active Life 90 Powerful Liquid Vitamins & Minerals comes in a convenient liquid formula to provide the essential vitamins and minerals that your body needs to thrive. This liquid supplement offers the best absorption and utilization within your body. It's 300% more absorbent than tablets!

**Ingredients:**

- Calories 39
- Calcium (Tricalcium Phosphate, Citrate) 600mg
- Choline Bitartrate 25mg
- Chromium (Chromium Picolinate) 200mcg
- Copper (Copper Gluconate) 2mg
- Folic Acid (Vitamin B Conjugate) 500mcg
- Inositol 50mg
- Magnesium (Citrate Gluconate Concentrate) 300mg
- Manganese (Manganese Gluconate) 10mg
- Organic Seleniumethionine 200mcg
- Potassium (Potassium Gluconate) 200mcg
- Vitamin A (Palmitate) 5000IU
- Vitamin A (Beta Carotene) 5000IU
- Vitamin B1 (Thiamine Mononitrate) 3mg
- Vitamin B2 (Riboflavin) 6mcg
- Vitamin B3 (Niacinamide) 3.4mg
- Vitamin B5 (Calcium Pantothenate) 4mg
- Vitamin B6 (Pyridoxine Hydrochloride) 4mg
- Vitamin B12 (Methylcobalamin) 300mg
- Vitamin B12 (Methylcobalamin) 600IU
- Vitamin C (Ascorbic Acid) 300mg
- Vitamin D (Cholecalciferol) 400IU
- Vitamin E (Alpha Tocopheryl Acetate) 300mcg
- Vitamin K (Phytonadione) 75mcg
- Zinc (Oxide) 15mg
- Ionic Trace Minerals 600mg
- Phosphorus (Amino Acid Chelate) 190mg
- Biotin 300mcg
- Iodine (Potassium Iodide) 102mg
- Boron (Sodium Borate) 150mcg
- Molybdenum 2mg
- Chloride Concentrate 10mg
- Amino Acid Complex 2mg
- Aloe Vera Extract (200:1) 2mg

**Dosage:**

Take 1/2 ounce, or 15 ml, at breakfast and with the evening meal. Mix well with water or juice.
**Alpha Lipoic Acid-R**

*Alpha Lipoic Acid-R* is an active, bio-enhanced antioxidant needed to support healthy blood sugar levels. Furthermore, it works to neutralize free radicals in the body and support overall brain health.

**Ingredients:**
- Bio-enhanced ® Na-RALA – 200mg

**Dosage:**
Take 2 capsules, 2-3 times daily.

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**Naturally Better Vitamin E**

Vitamin E essential to support brain health; some studies confirm that vitamin E can slow the development of Alzheimer’s disease.

**Ingredients:**
- Total d-Mixed-Tocotrienols (Tocomin) – 20.00mg
- D-Alpha-Tocotrienol – 6.15mg
- D-Beta-Tocotrienol – 1.15mg
- D-Gamma-Tocotrienol – 9.18mg
- D-Delta-Tocotrienol – 3.52mg
- Vitamin E Activity, IU (d-Alpha-Tocopherol) - 8.06IU
- Plant Squalene – 4.92mg
- Phytosterol – 1.72mg

**Dosage:**
Take 2 capsules, 3 times a day.
How to Supplement with Optional Nutrients

Prescript-Assist® (P-A)

Prescript-Assist® (P-A) provides a 3rd-generation formulation made up of 29 probiotic microflora “Soil-Based-Organisms (SBOs)” paired with a humic/fulvic acid prebiotic to improve SBO proliferation. Prescript-Assist’s® microflora are categorized as Class-1 micro ecological units, the same that can naturally be found in a healthy gastrointestinal tract.

Ingredients:
• Proprietary blend of Leonardite
• Class I (beneficial microorganisms) : Anthrobacter agilis, Anthrobacter citreus, Anthrobacter globiformis, Anthrobacter luteus, Anthrobacter simplex, Acinetobacter calcoaceticus, Azotobacter chroococcum, Azotobacter paspali, Azospirillum brasilense, Azospirillum lipoferum, Bacillus brevis, Bacillus marcerans, Bacillus pumilis, Bacillus polymyxa, Bacillus subtilis, Bacteroides lipolyticum, Bacteriodes succinigenes, Brevibacterium lipolyticum, Brevibacterium stationis, Kurtha zopfil, Myrothecium verrucaria, Pseudomonas calcis, Pseudomonas dentrificans, Pseudomonas flourescens, Pseudomonas gatlhei, Phanerochaete chrysosporium, Streptomyces fradiae, Streptomyces cellulosae, Streptomyces griseoflavus

Dosage:
Take 2 capsules, twice per day; can be taken with or without food and can also be opened and mixed with food.

Hemp Oil: The King of Oils

Vegetarian Alternative to Krill Miracle

Hemp is unique with an almost perfectly balanced profile of Omega 3, 6, and 9 fatty acids from cold-pressed organic hemp. Unique among common seed oil, it also contains GLA, and even more unique, it is able to raise circulating GLA. The oil may be used as part of a whole nutritional program to help maintain and improve health. With a pleasant nutty flavor, Hemp Seed Oil is ideal for use in salad dressings, mayonnaise, dips, etc. It is also ideal for massage.

Ingredients:
• Calories - 120 (500 kJ)
• Calories from Fat - 120 (500 kJ)
• Total Fat - 14.0 g
• Saturated - 1.0 g
• Trans - 0.0 g
• Polyunsaturated - 10.0 g
• Omega-6 - 8.0 g
• Omega-3 - 2.5 g
• Monosaturates - 1.5 g
• Cholesterol - 0.0 g
• Sodium - 0.0 g
• Potassium - 0.0 g
• Carbohydrate - 0.0 g
• Dietary Fibre - 0.0 g
• Soluble Fibre - 0.0 g
• Insoluble Fibre - 0.0 g
• Sugar - 0.0 g
• Protein - 0.0 g
• Vitamin A
• Vitamin C
• Calcium - 0.0 g
• Iron
• Vitamin E 1.4IU - 0.92 mg

Dosage:
Take 1 teaspoon, 2 times per day.
Understanding Acupressure

With guidance from the book Mastering Acupuncture, you can stimulate the following points to help balance your health:

• Use fingertips to massage gently all over the head.
• Use forefingers and thumbs to massage the ear lobes.

Gently and systematically stimulating the body’s natural healing system will accelerate recovery, in most cases.

CAREGIVER QUESTION TO MARK PROGRESS:

Has the patient exhibited better judgment lately?
In Conclusion:

The Alzheimer's Rehabilitation Program offers a complete rehabilitation plan that is specially designed to comprehensively prevent or manage your senile dementia. Alzheimer's disease can better be understood as a lifestyle disease.

This means that if you change your lifestyle, there is a great chance of partial or full recovery. When you implement the changes found in the 10 Step Plan, your body can naturally begin the healing process to recover your health.

**Drugs won’t improve your health…**

Drugs aren’t effective since they can’t make you healthy again. In a best case scenario, drugs may provide some relief. In a worst-case scenario, they will further damage your health and can even cause untimely death.

Of course, the pharmaceutical industry would love you to continue on your current drug regimen and ineffective rehabilitation plan, relying on toxic medications that inhibit your true path to long-term healing.

**Thankfully, you have discovered that there is a better way.**

You can use the Alzheimer’s Rehabilitation Program to prevent or manage senile dementia, even if other medical alternatives have not worked for you:

- This program will help you to embrace your health and improve your quality of life in a rehabilitation plan that includes education, coaching, and exercise.
- This program will incorporate support and therapy to provide assistance so that you can achieve the best results possible.

You will find the Alzheimer’s Rehabilitation Program outlined in this book. When you follow it carefully, you will see some results starting within weeks.

**This rehabilitation plan will always offer health improvements.**

The worst outcome when using this plan will be that your health improves, but you still need to take some drugs if your health has been damaged irreparably by medication or senile dementia.

**Start slowly and begin rehabilitation step-by-step.**

Unless you are already used to making changes in your life, you will find adopting these habits of healthy living can be difficult to sustain. Persist. Because…

**Your health is invaluable.**

Robert Redfern, Your Health Coach

Email Robert@goodhealth.nu
## Alzheimer’s Disease Rehabilitation Plan

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTION</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OPTIONAL ITEMS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Just before eating</td>
<td>1st Line Kit</td>
<td>Take 1 kit daily for 3 days. It should be taken 90 minutes before and 90 minutes after food, approximately.</td>
</tr>
<tr>
<td>Just before eating</td>
<td>Prescript Assist</td>
<td>Take 2 capsules, twice per day. It can be taken with or without food and can also be opened and mixed with food.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTION</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 minutes before breakfast</td>
<td>Serranol™</td>
<td>Take 2 capsules, with water</td>
</tr>
<tr>
<td>With breakfast</td>
<td>Nattokinase</td>
<td>Take 1 capsule</td>
</tr>
<tr>
<td>With breakfast</td>
<td>Lithium Balance</td>
<td>Take 2 tablets</td>
</tr>
<tr>
<td>With breakfast</td>
<td>BrainPower</td>
<td>Take 1 tablespoon, mixed with food such as avocado and chew slowly then swallow.</td>
</tr>
<tr>
<td>With breakfast</td>
<td>Nascent Iodine Colloidal Drops</td>
<td>Take 4 drops in 25ml of water</td>
</tr>
<tr>
<td>With breakfast</td>
<td>B4 Health Spray</td>
<td>Take 3 sprays under the tongue</td>
</tr>
<tr>
<td>Any time after breakfast</td>
<td>The Krill Miracle</td>
<td>Take 2 capsules</td>
</tr>
<tr>
<td>Any time after breakfast</td>
<td>UB8Q10 Ubiquinol</td>
<td>Take 2 softgels</td>
</tr>
<tr>
<td>Any time after breakfast</td>
<td>L-Carnitine/Q Gel Formulation</td>
<td>Take 2 capsules</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTION</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SNACK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Before a snack</td>
<td>Nascent Iodine Colloidal Drops</td>
<td>Take 4 drops in 25ml of water</td>
</tr>
<tr>
<td>With a healthy snack</td>
<td>BrainPower</td>
<td>Take 1 tablespoon, mixed with food such as avocado and chew slowly then swallow.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTION</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 minutes before lunch</td>
<td>Serranol</td>
<td>Take 2 capsules, with water</td>
</tr>
<tr>
<td>With lunch</td>
<td>Nattokinase</td>
<td>Take 1 capsule</td>
</tr>
<tr>
<td>With lunch</td>
<td>BrainPower</td>
<td>Take 1 tablespoon, mixed with food such as avocado and chew slowly then swallow.</td>
</tr>
<tr>
<td>With lunch</td>
<td>Lithium Balance</td>
<td>Take 2 tablets</td>
</tr>
<tr>
<td>With lunch</td>
<td>Nascent Iodine Colloidal Drops</td>
<td>Take 4 drops in 25ml of water</td>
</tr>
<tr>
<td>With lunch</td>
<td>The Krill Miracle</td>
<td>Take 2 capsules</td>
</tr>
<tr>
<td>With lunch</td>
<td>UB8Q10 Ubiquinol</td>
<td>Take 2 softgels</td>
</tr>
<tr>
<td>With lunch</td>
<td>Alpha Lipoic Acid-R</td>
<td>Take 2 capsules</td>
</tr>
<tr>
<td>With lunch</td>
<td>L-Carnitine/Q-Gel Formulation</td>
<td>Take 2 capsules</td>
</tr>
<tr>
<td>After lunch</td>
<td>ActiveLife 90</td>
<td>Take 15ml</td>
</tr>
<tr>
<td>After lunch</td>
<td>Naturally Better Vitamin E</td>
<td>Take 2 capsules</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTION</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EVENING MEAL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 minutes before evening meal</td>
<td>Serranol™</td>
<td>Take 2 capsules, with water</td>
</tr>
<tr>
<td>With your evening meal</td>
<td>Nattokinase</td>
<td>Take 1 capsule</td>
</tr>
<tr>
<td>With your evening meal</td>
<td>BrainPower</td>
<td>Take 1 tablespoon, mixed with food such as avocado and chew slowly then swallow.</td>
</tr>
<tr>
<td>With your evening meal</td>
<td>Nascent Iodine Colloidal Drops</td>
<td>Take 4 drops in 25ml of water</td>
</tr>
<tr>
<td>With your evening meal</td>
<td>B4 Health Spray</td>
<td>Take 3 sprays under the tongue</td>
</tr>
<tr>
<td>With your evening meal</td>
<td>Active Life 90</td>
<td>Take 15ml or ½ fl.oz. in juice or water</td>
</tr>
<tr>
<td>With your evening meal</td>
<td>Alpha Lipoic Acid-R</td>
<td>Take 2 capsules</td>
</tr>
<tr>
<td>After your evening meal</td>
<td>Naturally Better Vitamin E</td>
<td>Take 2 capsules</td>
</tr>
</tbody>
</table>
# Alzheimer’s Disease - Ultimate Plan

Caregivers, use this space to record any challenges and triumphs you have observed while working with the patient during the program.

This Health Activity Plan includes all of the steps required to provide relief for your patient’s Alzheimer’s Disease. The plan is set out in the ideal order to accomplish the steps - but the order is less important than actually starting. Start anywhere, just make a start!

## SUPPLEMENTS

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Date Started</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BrainPower</strong></td>
<td></td>
</tr>
<tr>
<td>Today, I successfully integrated BrainPower mixed with avocado or other foods. I am building up 1 teaspoon x 4 times a day to 1 tablespoon x 4 times a day.</td>
<td></td>
</tr>
<tr>
<td><strong>Serranol</strong></td>
<td></td>
</tr>
<tr>
<td>Today, I successfully integrated the Serranol caps. I am giving 2 caps x 3 times per day 30 minutes before meals, or mixing with a fruit puree.</td>
<td></td>
</tr>
<tr>
<td><strong>Nattokinase</strong></td>
<td></td>
</tr>
<tr>
<td>Today, I successfully integrated the Nattokinase capsules. I am giving 1 capsule x 3 times per day with the Serranol caps.</td>
<td></td>
</tr>
<tr>
<td><strong>Lithium Balance</strong></td>
<td></td>
</tr>
<tr>
<td>Today, I successfully integrated the Lithium tablets. I am giving 1 tablet x 3 times per day building up to 3 x 3 over a few weeks.</td>
<td></td>
</tr>
<tr>
<td><strong>Nascent Iodine Drops</strong></td>
<td></td>
</tr>
<tr>
<td>Today, I successfully integrated Nascent Iodine Drops into the plan. I started 2 drops x 4 times per day in 25ml of water, building to 10 x 4 over a couple of weeks.</td>
<td></td>
</tr>
<tr>
<td><strong>B4 Health Spray</strong></td>
<td></td>
</tr>
<tr>
<td>Today, I successfully integrated B4 Health Spray into the plan. I started giving 2 sprays daily, building up to 6 sprays daily.</td>
<td></td>
</tr>
<tr>
<td><strong>The Krill Miracle</strong></td>
<td></td>
</tr>
<tr>
<td>Today, I successfully integrated Krill capsules into the plan. I started giving 1 capsule x twice per day, building up to 2 caps x twice per day.</td>
<td></td>
</tr>
<tr>
<td><strong>UB810 Ubiquinol</strong></td>
<td></td>
</tr>
<tr>
<td>Today, I successfully integrated UB8Q10 into the plan. I started with 1 softgel x twice per day, building up to 2 softgels x 3 times per day.</td>
<td></td>
</tr>
</tbody>
</table>
L-Carnitine/Q-Gel Formulation
Today, I successfully integrated L-Carnitine into the plan.
I started giving 1 capsule x twice per day, building up to 2 caps x twice per day.

Alpha Lipoic Acid-R
Today, I successfully integrated Alpha Lipoic Acid-R into the plan.
I started giving 1 capsule x twice per day, building up to 2 caps x twice per day.

ActiveLife 90
Today, I successfully integrated ActiveLife into the plan.
I started giving 15ml once per day in water or juice, increasing to twice daily.

Naturally Better Vitamin E
Today, I successfully integrated Vitamin E into the plan.
I started giving 1 capsule x twice per day, building up to 2 caps x twice per day.

Optional Items

1st Line Immune Kit
Today, I integrated 1st Line Immune Kit into the plan.
I gave 1 kit today and will give 1 kit each day for the next 3 days.

Prescript Assist
Today, I successfully integrated Prescript Assist into the plan.
I started giving 1 capsule x 2 times daily, building up to 2 capsules x 2 times per day.

Hemp Oil
Today, I successfully integrated Hemp Oil into the plan.
I started giving 1 teaspoon per day, building up to 1 teaspoon x twice per day.

HEALTHY FOODS

Eat Your Greens
Today, I successfully integrated healthy veggies into the plan.
I gave 4 portions of veggies. I will add 1 extra portion every day until I am giving 14 small portions per day.

Healthy Fruits
Today, I successfully integrated dark-skinned fruits into the plan.
I gave 3 portions of dark-skinned fruit, including 1 avocado—increasing by an extra portion every day to reach the goal of 5 portions per day, including 2 avocados.

Limit Meat Intake
Today, I successfully integrated healthier meat intake into the plan.
I substituted usual meat for organic chicken. I have recipes ready for non-meat dishes to try this week.

Eat Beans, Pulses, Nuts, and Seeds - Essential Fatty Acids and Nutrients
Today, I successfully integrated nuts and seeds into the plan.
I gave 2 portions of nuts and seeds, building up to include beans and pulses.
Eat Oily Fish - Essential Fatty Acids and Nutrients
Today, I successfully integrated oily fish into the plan.
I gave wild salmon for dinner—aiming to give 3 portions this week, building up to 4 then 5 portions over following week.

Include Healthy Oils - Anti-Inflammatory Oils
Today, I successfully integrated healthy oils into the plan.
I used coconut oil for cooking and olive oil for salad dressing. I threw out the sunflower oil!

Substitute Starchy Carbs
Today, I successfully integrated healthy alternatives to starchy carbs into the plan.
I gave quinoa instead of rice. I will try the alternatives at www.reallyhealthyfoods.com.

DRINK ENOUGH WATER - Water Intake Is Essential for Health
Today, I successfully integrated water into the plan.
I gave 4 glasses of water today, building up to 6 and then 8 glasses per day.

OTHER ACTIVITIES

WALK AND MOVE - Exercise and Strengthen Your Health
Today, I successfully integrated walking into the plan.
We walked for half a mile today and will build up a little each day to walk with Nordic poles as strength improves.

Knee to Chest Exercises
Today, I successfully integrated knee to chest exercise into the plan.
We practised knee to chest exercise on a chair today and will progress to standing exercise.

BREATHEING - Learn to Breathe Properly for Health
Today, I successfully integrated Relaxed Breathing into the plan.
We practised the technique once today and will increase to 3 times per day.

USE ACUPRESSURE POINTS - Brain Points and Points to Reverse Stress Breathing
Today, I successfully integrated the Acupressure Point Technique into the plan.
We practised this by mirroring my action.

SOLAR POWER - Use the Sun to Help Heal Your Body
Today, I successfully integrated Solar Power into the plan.
We sat in the sun for 15 minutes with bare arms.
Caregiver’s Diary

1. Has the patient done something new for themselves?
   Example: Dressed or undressed themselves, picked up a piece of fruit, or remembered a name of an object.

2. Is the patient speaking clearer or in longer sentences?

3. Has the patient used new words or asked the right question in context?

4. Have sleeping patterns changed for the better?
   You may notice that the patient is sleeping longer or more restfully as you gradually implement the plan.

5. Have you noticed any changes in a healthier appetite?

6. Have you seen improvements in personal hygiene, grooming, and dressing habits?

7. Have you noticed less obsessive/repetitive behavior?

8. Have other physical symptoms improved?
   This may include a brightness in the eyes, relief from skin ailments, and better fine motor skills.
All the books in this series:

- Alzheimer’s/Dementia
- Depression
- Stress/Anxiety
- Sleep and Relaxation
- Memory

Other Books by Robert Redfern:

- The ‘Miracle Enzyme’ is Serrapeptase
- Turning A Blind Eye
- Mastering Acupuncture
- EquiHealth Equine Acupressure
ABOUT THIS BOOK

My Good Health Club

Robert Redfern – Your Personal Health Coach
www.MyGoodHealthClub.com

Robert Redfern is a passionate health coach that strives to offer you the best information and tools so that you can become a natural health expert to support you and your family’s health.

This book combines all of Robert’s work and research on senile dementia into a user-friendly Alzheimer’s Rehabilitation Plan that can be used for naturally improved health.

For more information, you can consult the Naturally Healthy Publications website for dedicated Good Health Coaching from Robert Redfern.

Visit www.MyGoodHealthClub.com today to find more information on health conditions related to:

Depression

Stress/Anxiety

Sleep and Relaxation

Memory

“You have been such a big help in getting my husband onto the right supplements to start the healing process of his Alzheimer’s Disease. He is now taking everything you recommended and is doing well. I will continue giving him the supplements until they no longer work.

I am a part of an AD forum and the only other treatment option that’s recommended is an intraspinal injection of Enbrel. This is said to be working minor miracles – for patients who can afford it. Keep up the good work, your program of supplements is really making a difference.”

- Jeanne