

Preventing Dementia and Alzheimer's

With the way the world is headed it seems dementia and Alzheimer's will personally affect everyone. If you're one of the people who is proactive with prevention, hopefully you will escape falling ill with neurological disorders. Simple steps can be taken to prevent and fight the neurodegenerative effects of an aging brain. Let's have a look at some of the neurogenic supplements Biotics Research has to offer.

Phosphatidylserine (PS): Supplemental source of this important phospholipid, which is a structural part of biologic membranes. PS is involved in signal transduction activity, and may positively impact cognition. By supporting brain cell membrane integrity, PS helps to keep toxins, pathogens, and other unwanted invaders out of your brain. PS is protective against mental decline, can improve mood, and help with depression, especially in seniors.

When we reach middle age, our levels of PS begin to decline — an effect that is worsened by deficiencies of other essential fatty acids, folic acid, or vitamin B12. Because PS is necessary for effective neurotransmission, PS deficiency is linked to mental impairment, including Alzheimer's and non-Alzheimer's dementia, depression, and Parkinson's disease among middle-aged and elderly people.

Since PS deficiency is associated with these common age-related conditions, many experts believe that PS supplements can help improve, or even reverse, symptoms. PS supplements restock brain cell membranes, boosting nerve chemical activity such as dopamine and serotonin, stimulating nerve cell growth, lowering levels of the stress hormones, possibly generating new connections between cells, and stirring activity in all brain centers, especially higher brain centers such as the cortex, hypothalamus, and pituitary gland.

KappArest™: A proprietary formula designed to downregulate inflammatory pathways, primarily through the inhibition of NF-kappaB, a molecule inside each cell. Curcumin is also capable of crossing the blood-brain barrier, which is one reason why it holds promise as a neuroprotective agent in a wide range of neurological disorders. It can improve memory and concentration by increasing blood flow to the brain. Curcumin increases the level of brain-derived neurotrophic factor (BDNF), a protein that stimulates the creation of new brain cells. Additionally, it can increase neuroplasticity, your brain's ability to change and grow throughout your lifetime.

Nuclezyme Forte™: A supplemental source of RNA and DNA with synergistic vitamins and mineral components. Nuclezyme Forte™ can be used in a wide variety of neurological support; memory, cognitive support, promoting tissue healing, and connective tissue support.

Bio-GGG-B™: More than your average B vitamin complex. Bio-GGG-B™ supplies your body with a wide range of neurogenesis promoting nutrients. Vitamin C a top defender against free radical damage. The brain is particularly susceptible to free radical damage because of its high oxygen usage. You can see free radical damage at work when you cut open an apple and watch it turn brown. Vitamin C is one of the most potent antioxidant vitamins.

B vitamins are vital for your overall health. Three of them — B6, B12, and folic acid (B9) — are especially critical for brain health. Studies have shown that these vitamins work together to prevent mental decline, dementia, and Alzheimer's disease. These vitamins work by reducing levels of homocysteine, a toxic amino acid that's a natural byproduct of digestion. High levels of this amino acid double your risk for developing Alzheimer's.

Bio-GGG-B™ has a proprietary blend of nutrients including, glandular support (strengthening specific tissues), choline (important for cell membrane structure), inositol (relays messages between neurotransmitters), and PABA (important for folate synthesis) help boost brain function, while offering needed protection from neurodegeneration.

[Ginkgo Biloba](#): Ginkgo has a long history of use in treating blood disorders and memory issues. It is best known today as way to potentially keep your memory sharp. Laboratory studies have shown that ginkgo improves blood circulation by opening up blood vessels and making blood less sticky. It is also an antioxidant and widely used in Europe for treating dementia. At first, doctors thought it helped because it improves blood flow to the brain. Now research suggests it may protect nerve cells that are damaged in Alzheimer's disease. Several studies show that ginkgo has a positive effect on memory and thinking in people with Alzheimer's disease or vascular dementia.

Studies suggest that ginkgo may help people with Alzheimer's disease:

- Improve thinking, learning, and memory (cognitive function)
- Have an easier time performing daily activities
- Improve social behavior
- Have fewer feelings of depression

Each Ginkgo Biloba tablet offers 15 mcg of both Superoxide Dismutase and Catalase, for superior antioxidant protection.

Of course, the list of neuroprotecting supplement and nutrients goes on and on, these are just a few heavy hitters. I encourage everyone to become more familiar with protocols for neurogenesis. You may have heard the term "Type 3 Diabetes" being thrown around lately. Research has been uncovering and exposing the link between a SAD (Standard American Diet) and early excessive brain degeneration. It's no wonder our brains are shutting down with the amount of processed sugars, environmental toxins, and poor factory farming practices that make producing "food" faster, easier, and cheaper. Unless you're really, really ahead of the game, take the time and extra effort to love and nurture your brain. It's the only one you will ever get. Please contact us with and questions or comments.

Melanie Figeley, NTP
Nutritional Consultant
Blood Chemistry Fundamentals
Customer Success Manager
Biotics Research NW

Please review our business at: [Google](#) [Yelp](#) [Facebook](#)

Did you know you can work out and exercise with a trainer at your home, office, hotel room or pretty much anywhere in the world with online personal training?

[Learn More](#) about how to lead a higher quality life.

[Like us on Facebook](#)/[Connect with us on LinkedIn](#)/[Follow us on Twitter](#)

[Pinterest](#)/[Instagram](#)/[YouTube](#)

(Hold down the Ctrl key & click the underlined words or logos)

Make sure to forward to friends and followers!