
Why Your Brain Quit Working and How to Turn it Back On

Health Centers of the Future, LLC.

Are you noticing more days of foggy thinking, memory loss, lack of focus and concentration? If the answer is yes, welcome to the fastest growing problem on the planet. It is estimated that 35.6 million people are currently living with dementia worldwide, and that number will nearly double every 20 years, reaching 115.4 million in 2050(1). This number does not include those walking around with “brain fog,” characterized by a clouding of consciousness, or those experiencing simple memory loss. What is causing our brains to slow down or malfunction? Can we reboot our brains like our computers, or is there more to it? If your idea of a reboot is taking fish oil, a one-a-day multivitamin, and “save your brain ginkgo combo,” then the answer is definitely NO. But fear not: new research shows there is a way to stop mind decline in its tracks. As always, however, what’s real and what works is not as simple as a couple pills.

Over the years, working with many types of neurodegenerative and brain related cases, I have found a handful of therapies that truly change lives. As it turns out, the key is not utilizing just one or two of these therapies, but using all of them. This has been my experience, but studies are verifying these results using a similar multi-therapeutic approach (MTA) (2). In fact, these studies have used many of the same therapies I’ve found to be effective over the years, which have produced lasting results in my clients. Improving and optimizing brain health is a topic near and dear to my heart, and I want to share with you what I have learned from personal and clinical experiences.

Why Your Brain Quit Working

The number one health concern in those over 60 is said to be cognitive decline (memory loss). It’s scary when you start noticing you can’t add numbers in your head any more or even remember others’ names. You need to write daily tasks down just to function throughout the day. You ask yourself, “Where will it end? Will I end up just like...(fill in the blank)?” I think many would agree that we would rather be dead than end up like that person in the nursing home who can’t recognize his or her own family. I sure would; especially since that person was my mother who lost her memory and bodily functions after multiple strokes, suffering from post-stroke dementia.

There are many causes of dementia, but they are all based on the big “I” word INFLAMMATION. I hope I didn’t lose you there, because you have heard of this catch-all term blamed as the root cause of every modern malady. Your response is likely “Great, but what can I do about it”? I assure you it’s not as easy as taking fish oil, which by the way is making most people worse. No, the TRUTH is never what becomes popular in the media. More often, it is an approach that will be 180° opposite of what you have heard from the “experts.” The media campaign encouraging everyone to take fish oil to improve brain function is a perfect example of common problem with an uncommon, 180° solution™ to fix it.

Hope and Inspiration in the Graveyard of Hope

I anticipate at this point you are asking, “So if I reduce inflammation, can I get my memory back or reverse my dementia?” Let me put it this way: if I would have known what I know now when I watched my mother’s decline, I believe she would still be here today. On the other hand, I would likely not know what I now know if it were not for her suffering and death from this tragic illness.

Many of you who have read my articles and Cellular Healing Diet book know I often write about my father who gave me great inspiration. He was an Italian bricklayer who knew nothing about diet and health, but as I reflect back, knew everything.

I have great stories filled with humor regarding the things he said and did that turned out to be right...even regarding diet and health. But I am not sure why I don't tell more stories of my mom, who really was the one who encouraged me the most throughout my life. And looking back, her long-time suffering encouraged me to learn more about neurodegenerative disease.

When my mom was sick, I dreaded seeing her distant, blank stare during our visits. She had been the personality of our family and everyone loved her. To see her that way tore me to pieces. As I write these words, tears flow down my cheeks. The worst days were when she seemed to remember who I was, because she appeared even more trapped inside a body surrounded by a world of nothingness. It was easier to think of her as being completely blank with no recall or reality of her current existence.

For years I prayed for God to take her. Though my prayers remained unanswered, I had a deeper sense there was a reason. Every reason I thought it could be, however, was wrong. The day I moved my family across the country (carrying guilt of leaving her) and arrived in our new home, God took her. I can read into it in many different ways, but I think she was hanging on for me, to make sure that I would be okay. This is just the way my mom was, especially when it came to me. I was the youngest of four, with three older sisters, and was indeed a momma's boy :-).

I share this story to remind you, and myself, that there is always purpose in pain. It seems everything that has made the greatest difference in my life, and the lives of others, is learned in the hardest of times. My own health battle, and watching my mother suffer from dementia, was only the beginning. Without those challenges I would not know what I know, or understand what it's like to suffer. But more importantly, I would never be able to offer hope to a condition known as "The Graveyard of Hope".

A Multi Therapeutic Approach (MTA) as a Solution

This solution is not just for those who are diagnosed with a neurodegenerative condition like dementia or Alzheimer's. It is for anyone noticing that it's much harder to remember things and experience mental clarity, a state called brain fog. This approach goes far beyond this article, and is also used for many types of neurodegenerative conditions, such as Parkinson's and even depression. From all that I have read and seen, I can tell you that the earlier you implement this approach, the better your chances are for recovery, even if you have the genes that increase chances of developing a neurodegenerative condition. Prevention is always the best medicine.

In the study I refer to at the beginning of the article (2), 10 people with dementia were put on a program of strict dietary changes along with a specific supplement regimen that supported brain function. Six out of the ten participants were unable to work due to the severity of their condition. Remember, at this stage, there is neither help nor hope for these people...or so we are told.

The general outline of the program used:

- Intermittent fasting daily for 15 hours minimum
- Low carb diet
- No farm-raised fish, but ate grass-fed meats
- High intensity exercise
- Increase sleep to 7-8 hours per night
- Increase oral hygiene
- Nutrient protocol:
 - Melatonin, DHEA
 - Methylcobolamine, MTHF, peridoxine-5-phosphate, D3, CoQ10, Zn, ALA
 - Antioxidants such as turmeric, ashwagandha, Bacopa
 - Probiotics
 - DHA/EPA's and phosphatidylcholine/citicoline

Note: The regime was basically the Core Cellular protocol plus melatonin and DHEA, included in a product NeuroSyn, which also contains other beneficial brain nutrients.

The results:

- 9 out of 10 in the study improved subjectively and objectively in 3-6 months
- The 6 that were not able to work before the study were able to return to work
- Improvements were sustained 2.5 years after study

Example of participant #2:

- 69 year old male who progressively got worse over 11 years: last 1-2 years he digressed significantly.
- Testing showed early Alzheimer's and reduced glucose utilization in brain.
- He was no longer able to recognize faces, add larger numbers in his head (a previous skill), and needed help with his daily schedule.

Participant #2 post-study results:

- After 6 months, his wife and co-workers all noted improvements
- Lost 10 lbs
- He is now able to recognize faces
- He can remember his daily schedule
- He can add columns of numbers in his head
- Despite the recent rapid decline in memory, the memory loss completely halted

My MTA

My own clinical experience has been the same as the results in the study. I start most clients on a block intermittent fast for 4 consecutive days. I then move them into a high fat, moderate protein, low carb keto-adaptation diet. Please read the articles

for details regarding fasting and dietary changes, but both intermittent fasting and ketosis have a profound effect on the brain. Intermittent fasting raises growth hormone and reduces inflammation, and ketosis has been used since the 1920's to improve cognitive function. There have even been two movies made about how a high fat ketogenic diet heals the brain (Lorenzo's Oil and First Do No Harm). And when you combine ketosis and intermittent fasting, magic happens.

After a month or two, I move my clients into daily intermittent fasting, which I have written about and discussed in some of the Cellular Healing TV broadcasts. It's easy to do every day; simply wait 15-20 hours between dinner the night before and the first meal the following day (exactly what they did in the study). Think of it this way: skip breakfast and eat a small high fat, moderate protein lunch, and a big dinner in the evening. But "They say breakfast is the most important meal of the day!" Please read my other articles to find out why intermittent fasting is another 180° solution™ lifestyle change to improve health and the opposite of what they affirm to be true.

Intermittent fasting is an act I practice daily, and without a doubt has been one of the greatest things I've done for my health. Most of the benefits are attributed to the increase in growth hormone and the hormone correction. Turning 50 this year, the change has been noticeable, even though I was in great health when I started.

Burst For Your Brain

I written articles about combining high intensity burst training with daily intermittent fasting to impact brain health and weight loss resistance. I noted how the combination produces even higher growth hormone spikes than if you just do one practice by itself. The concept of not eating before and after exercise to achieve a growth hormone spike is a 180° solution™ concept. Read the articles to more fully understand why this combination works so well, but in summary: it all comes down to hormone manipulation and adaptation.

Imagine combining these three practices: daily intermittent fasting, ketosis, and high intensity burst training. The synergy is why the MTA protocol shines and is where the magic lies. Fine-tuning the approach by including products for Cellular Healing (my 5R's), which contain nutrients that heal the cell, is the fourth practice. Therefore, when these four practices are put together, you have a synergistic effect that is even more amplified.

Cellular Healing For Your Brain

I stated above that the nutrients used in the study reflect those in the Core Cellular Package. I would argue that the cellular formulas actually offer far more for the brain, especially when combined with Systemic Formulas brain product NeuroSyn. I suggest reading the 5R articles for a greater understanding of these formulas, and why you need to "fix the cell to get well."

In the R2 article, I write about the importance of regenerating the cell membrane, and why a 4:1 ratio of omega 6 to omega 3 fats is the only ratio shown to fix the cell AND support the brain. Most people load up on fish oil because they say it's good for the brain. But the 180° solution™ concept to impact your health is always the opposite. The truth is most people taking fish oils for too long can end up in a state of omega-3 dominance which has been shown to be harmful to the cell. (2-8). The perfect fatty acid ratio in a product called VISTA by Systemic Formulas was developed around this science, and targets healing the cell membrane and the brain. VISTA is always on the front line of my protocols for clients with neurodegenerative disorders and any other conditions affecting the brain, as it's particularly effective for these cases.

Your Brain Cells Die Without It!

There is one more product worth mentioning because this component of supporting brain health was not addressed in the present study. There are more than 100,000 studies on the effects of glutathione (GSH) on the brain. GSH is our cellular defense against toxins and inflammation. It is present in every cell in the body, and if GSH levels fall below a certain point in the cell, the cell dies instantly. Due to today's higher levels of toxicity and stress, intracellular GSH levels are being challenged and are decreasing even in our children. Low GSH has been implicated in most of the causative models for neurodegenerative diseases.

Raising intracellular GSH levels has always been part of my MTA to healing the brain. In the study, it appeared to be a missing piece of the puzzle. The antioxidants given to participants provided some indirect support, but I believe the results would have been greater if direct support would have been part of the program. GCEL is a third generation product I proudly took part in developing, and is included in the Core Cellular Healing package for many reasons and is always part of my MTA.

True Cellular Detox™ system

GSH is also needed for cellular detox and is part of a method I have used for years that I refer to as True Cellular Detox™. I call it “true” detox because it's the real deal and it works. There are many bizarre, ineffective, and dangerous detox products on the market today. However, the True Cellular Detox™ system has been used by doctors all over the country with remarkable and life-changing results. Teaching this approach has been a passion of mine for some years because this aspect is missing in most doctors' approaches to getting very sick people well. Even alternative doctors fail to go after the root cause, and when they do it is most often with a method of detox that is not the True Cellular Detox™ system.

I have been critical of these “10 day detox kits” available in most health food stores and the other en vogue cleanses sold on the internet. Most are colon cleanses I refer to as “poopers”. I don't have a problem with a colon cleanse, but it's not going to reach the cellular level to truly get you well. At best, it can be used as a part of a detox plan to keep the toxins moving out of the gut. For the sake of this article, I'm focusing on how we use brain detox within the True Cellular Detox™ system as a critical part of the MTA to fixing the brain.

The Most Important Part of the MTA (Brain Detox)

You will never get your brain back if you don't remove the cause. When looking at the research on the causes of dementia and other neurodegenerative conditions, here is what you find:

- Amyloid-B and Tau proteins
- Inflammatory mediators (cytokines)
- Lipid metabolism factors
- Hormonal mediators
- Tropic factors and their receptors
- Calcium regulatory pathways (NO/ONOO)
- Axoplasmic transport machinery
- Neurotransmitters and their receptors
- Prion proteins

Why Your Brain Quits Working

Those terms may mean nothing to you, but if these are the causes and changes that take place in the brain, we must ask “What’s causing these changes?” It appears most researchers and doctors are not asking the same question, or we would have millions of dollars going into learning better ways to detox the brain. Last I checked, there were zero dollars going into this research, yet this is where the answer lies.

I have spent years researching better ways to detox the brain because doing so gave me my life back. For a lasting solution to any health challenge, you must go up-stream and remove the cause. Toxins drive almost every one of the above changes that occur in these brain conditions (glucose and insulin are another huge factor), yet no one is addressing the real problem.

Even if you apply all the therapies in the MTA, you will come up short for a lasting change if you don’t include brain detox. Certain symptoms will improve no doubt, but those who remove the cause reap the greatest lasting benefit.

I will break it down to 5 major toxins with plenty of science to back as a cause of decreased brain function:

- Mercury (dental amalgam fillings, flu shots and other vaccines, etc.)
- Aluminum (nano-aluminum particles in sun screen and vaccines)
- Glyphosate (GMOs, conventional grain, and non-organic produce)
- Mold (moldy buildings and air conditioners)
- Diet sodas (artificial sweeteners)

These chemicals are driving inflammation in the brain, gut (the second brain) and every cell. I teach doctors and clients to follow on and off cycles during the detox, using true detox agents such as alpha lipoic acid and our newest cellular detox agent, which is taken in the morning and night. It takes True Cellular Detox™, along with these specific detox agents that cross into the cell and bypass the blood brain barrier, to properly detox the brain and get lasting results.

Caution:

I must caution here and state that the average person can use these and other detox agents within the True Cellular Detox™ system, but those with more severe challenges need to work with one of the practitioners I have trained to safely and properly detox. Dosing and other detox support (like keeping detox pathways open) is critical to avoid reactions and complications.

To be clear, most people see results in the first few months, but brain detox takes years. We teach our clients what they need to do, and continue to do, to get their lives back. On average, it is a two year process. The good news? You won’t need to rely on a doctor once you learn the system. Nothing real and lasting comes easy. There is no magic bullet to take and be well. Most people reading this have tried the quick fixes, and are still looking for something that works. The True Cellular Detox™ system is real, but it takes effort and commitment. There is no easy way out once you get to this point in your health. Don’t let that truth discourage you: let it do the opposite. Be inspired to take charge of your health by getting to the root cause of your illness and implementing advanced and proven strategies to get your life back.

Citations and Sources

1. Dementia: a public health priority. Geneva: World Health Organization; 2012
2. The Center for Genetics, Nutrition and Health
3. 2002 Oct;56(8):365-79.
 4. Wainwright PE, Xing HC, Mutsaers L, McCutcheon D, Kyle D: Arachidonic acid offsets the effects on mouse brain and behavior of a diet with a low (n-6):(n-3) ratio and very high levels of docosahexaenoic acid. J Nutr 1997;127:184–193
5. Xiang M, Alfven G, Blennow M, Trygg M, Zetterstrom R: Long-chain polyunsaturated fatty acids in human milk and brain growth during early infancy. Acta Paediatr 2000;89:142–147
6. Yehuda S, Rabinovitz S, Carasso RL, Mostofsky DI: Essential fatty acids preparation (1:4 ratio) improved Alzheimer's patients quality of life. Inter J Neurosci 1996;87:141–149.
7. Simopoulos AP, Cleland LG (eds): Omega-6/Omega-3 Essential Fatty Acid Ratio: The Scientific Evidence. World Rev Nutr Diet. Basel, Karger, 2003, vol 92, pp 37–56
8. Yehuda S, Rabinovitz S, Mostofsky DI, Huberman M, Carasso RL, Sredni B: Essential fatty acid preparation improves biochemical and cognitive functions in EAE rats. Eur J Pharmacol 1997; 328:23–29.
9. Yehuda S, Carasso RL, Mostofsky DI: Essential fatty acid preparation (1:4 ratio) rehabilitates learning deficits induced by AF64A and 5,7-DHT. NeuroReport 1995;6:511–515.

Disclaimer: The entire contents of this website are based upon the opinions of Health Centers of the Future, LLC., unless otherwise noted. Individual articles are based upon the opinions of the respective author, who retains copyright as noted. The information on this website or in this article is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Health Centers of the Future, LLC. Health Centers of the Future, LLC. encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

The authors of this content do not dispense medical advice nor prescribe the use of any technique or form of treatment for physical, emotional, or medical problems. The intent of the authors is to offer information of a general nature to help you on your quest for well-being.

No portion of this website may be reproduced, stored in a retrieval system or transmitted in any form or by any means electronic, mechanical, photocopy, recording or any other except for brief quotations in printed reviews without the prior written permission of the publisher.
