

10 things your doctor will not tell you about Alzheimer's and Dementia

1. Alzheimer's is preventable

With the correct diet and application of CranioSacral Therapy, you can minimize the risk factors associated with this disease

2. Alzheimer's is reversible

There is a growing body of evidence that shows neuronal repair is possible. New research into glial cell connections, which make up 90% of brain matter, support this statement

3. 40% of people with Alzheimer's have diabetes

In my survey of nursing homes and as part of the initial research on CranioSacral Therapy and Dementia, we found that a surprising number of patients also exhibit Diabetes along with their Dementia

4. Many functional medicine doctors call Alzheimer's 'Type 3 Diabetes'

*Functional Medicine, which believes that the properties of a proper diet play a large part in the healing process, has helped to coin this phrase. Read Mark Hyman's *The Blood Sugar Solution* and David Perlmutter's *Grain Brain**

5. Alzheimer's may have a genetic basis but it is a very small part of picture- your genetic expression can be changed by diet and exercise

The new science of epigenetics believes that one can 'turn off' the genes detrimental to our health and 'switch on' those genes which are supportive to health and longevity

6. Inflammation in the brain-which is one of the prime causes of Alzheimer's-is typically preceded by inflammation in the body

Extensive research into inflammatory processes in the body-as reflected in the many symptoms of autoimmune disease-is also thought to be a prime cause of inflammation in the brain-which many researchers feel helps to create the amyloid plaques found in Dementia and Alzheimer's

7. For decades prior to the onset of diabetes many diseases of aging show up

Research on nursing home patients show that often for decades, many of the 'diseases of aging' are present: diabetes, cardiovascular disease, osteoporosis, scoliosis, chronic fatigue, arthritis and digestive disorders.

8. The flow of cerebrospinal fluid often diminishes with Age.

Research by Dr. John Upledger, developer of CranioSacral Therapy- and others point to the diminishment of the flow of Cerebral Spinal Fluid or CSF as we age. Why is this important? CSF provides valuable neurotransmitters to the central nervous system and helps drain toxins from the brain.

9. In people with Alzheimer's and senile dementia this flow of cerebral spinal fluid is often 75% less than in a normal adult.

With decreased flow of CSF it is more likely that amyloid plaques and neurofibrillary tangles, which are hallmark indicators of Alzheimer's and Dementia, will manifest in the brain.

10. CranialSacral therapy is one technique that helps restore this flow cerebral spinal fluid back to normal level

Our research into the CranioSacral Stillpoint-one technique that is easily learned and administered-shows improvement in memory and behavior in those at risk, early onset and mid stage dementia.

11. Bonus point- you can do something now-regardless of your age-to prevent the onset of this disease

The BodyEnergy Longevity Prescription-CranioSacral Therapy, changes in Diet, and exercise-can help change the direction of your health towards increased cognitive performance and enhanced longevity..

To learn more:

Read *The BodyEnergy Longevity Prescription-How CranioSacral Therapy Helps Prevent Alzheimer's and Dementia While Improving the Quality of Your Life*

View *Your Health, the Nation and the Senior Healthcare System*

<http://bodyenergy.net/books-and-dvds>

Enroll and Study the webinar: *The BodyEnergy Longevity Prescription-How to Live a Long and Healthy Life*

<http://bodyenergy.net/webinaronline-education>