Alzheimer’s disease is primarily the result of increased brain inflammation. This has been referred to as “the brain on fire.” To maintain our brain health and cognitive abilities, we need to make dietary and other lifestyle choices that will reduce inflammation and put out the fire. Maximizing healthy fats in the diet optimizes brain health. There has been much controversy about which fats to include in a healthy diet that would help us to avoid or reduce the chances of developing Alzheimer’s or other chronic diseases of aging like diabetes, cardiovascular disease, cancers, osteoarthritic conditions, autoimmune disease, and cognitive decline.

**FATS ARE NOT ALL THE SAME**

- **Trans fats** are the synthetic fats we find in our processed food that are often identified as partially hydrogenated vegetable oils.
- Naturally occurring fats and oils found in food are further categorized as:
  - **fish oils** (deep sea cold water fish)

In this Issue

- HEALTHY FATS FOR A HEALTHY BRAIN
- LETTER FROM THE CHAIR
- Q & A EATING HEALTHY WHILE EATING OUT
- BUYING FISH HIGH IN OMEGA 3’S
- RECIPES

Have you ever noticed that walnuts resemble a brain?

They are high in brain nourishing nutrients!

continued on pg. 3
From the Chair

Sharp Again Naturally (SAN) held our annual fundraiser, the Sharp Again Soirée, at the CV Rich Mansion in White Plains, NY. The highlight of the evening was undoubtedly Harold Williams’ inspiring story of recovering his memory, which illustrates the very essence of SAN’s mission and message. It was a celebration and an evening of fun, connecting, and learning more about Sharp Again Naturally. Proceeds from the evening are being used to support projects such as developing educational videos and webinars, expanding our social media outreach, and maintaining contact with people around the US and the world who have contacted SAN.

Our feature story this month about healthy fats is by Allan Warshowsky, MD in Rye, NY who started his career as an OB/GYN and now specializes in functional medicine. The different types of fat in our diet have been much debated over the past several decades, and Dr. Warshowsky’s article, along with the Q&A from health coaches Priscilla Warshowsky and Myra Oney about eating out, clarify which fats and foods maintain a healthy brain.

We are contacted every week by individuals and family members who have been told there is no hope for their memory loss, and we are getting them the help they need. Support Sharp Again Naturally by spreading the word that dementia and Alzheimer’s can be prevented and often reversed using natural approaches. If you are interested in having Sharp Again Naturally speak to a group, please email us at info@sharpagain.org.

Here’s to keeping our brains sharp!

Lisa Feiner
Board Chair, Sharp Again Naturally
– saturated fats, found in coconut, grass fed/finished red meats, and deep sea cold water fish
– mono-saturated fats, found in olive oil
– polyunsaturated fats, found in soybean, canola, cottonseed, corn and peanut oils

**Saturated fats** are the least flexible and are therefore solid at room temperatures, while **polyunsaturated fats**, being the most flexible, are liquid at room temperatures.

The solid saturated fats (coconut, ghee, organic butter) are best for cooking because they can withstand higher heat and not “burn,” and create free radicals which cause the body to break down and age more quickly. **Mono saturated fats** (olive oil) and nut and seed oils (flaxseed, walnut) work well on salads and vegetables.

**THE ROLE OF OMEGA OILS IN INFLAMMATION**

Fats and oils found in foods can be inflammatory or anti-inflammatory depending on whether they are primarily omega 3 or omega 6 oils. The “trans” fats (partially hydrogenated) are inflammatory and need to be 100% removed from the diet.

Omega 6 oils are more inflammatory, while the omega 3 oils are anti-inflammatory. We find Omega 3 oils in fruits, seeds and nuts, vegetables and legumes, grass fed meats and pasture-raised poultry, specific fish, dairy in the form of ghee and organic butter, and coconut. See below for more specific information on what oils are healthiest to consume.

**GUIDELINES FOR BRAIN HEALTHY OILS**

- Avoid oils that are high in the inflammatory omega 6 fatty acids. These include soybean, canola, cottonseed, corn sunflower, safflower, sesame, and peanut oils.
- These include fish like pacific salmon, sardines and mackerel; grass fed and grass finished red meats; and “pastured” poultry. Other foods are ghee and organic butter; flax, hemp and chia seeds; walnuts and walnut oil, coconut oil, olive oil and avocado oil; and Brussels sprouts.

When the brain is inflamed it cannot utilize its usual energy source which is glucose or sugar. Coconut oil has the added benefit of providing the brain with its preferred energy source, ketones. Ketones supply brain cells (neurons) with the energy they require to heal. Add 2-4 tablespoons of coconut oil to your food daily.

Eating healthy fats for a healthy brain requires that you be aware of which fats and oils are increasing inflammation and which fats and oils are putting out the fire. By making the choice to consume healthier fats and eliminating those that cause inflammation, you are increasing the likelihood that your brain will remain healthy throughout your life.

In the next edition of *The Sharper Edge:*

**Toxins that impact brain health, including ElectroMagnetic Frequency (EMF)**
TAKE HEALTHY EATING HABITS ON THE ROAD

A healthy lifestyle takes planning and a consistent routine for shopping and preparing meals. Dining out with friends, extended family or coworkers is also good for the body and mind because it is a great way to relax, socialize, and sometimes try new foods. But when eating away from home derails your healthy eating habits every time, you may want to consider some of the suggestions below:

**Q:** When I attend group social events, I often eat and drink more than I should. What can I do differently next time?

**A:** This is a common problem because the food and beverages seem to be within arms’ reach the entire time. Do not say yes to every passed hors d’oeuvre offered to you. Instead of the food circulating, make sure you’re also spending time walking around and socializing. If it is a seated dinner, ask someone to switch places with you for a bit so you can talk to people at another part of the table and you are no longer sitting in front of your own plate or glass. When you know you have had enough, you can avoid further temptation by taking the salt or pepper shaker and using it generously on the food that remains on your plate to resist the next bite.

**Q:** Should I eat something at home first before attending social events?

**A:** Eating a light snack of protein and healthy fats like a handful of nuts, a protein smoothie, slices of avocado or hummus or nut butter on veggie sticks can help keep blood sugar levels stable and cut down on the desire for starchy carbs. It will be filling enough to stave off mindless snacking and prevent refills at the buffet.

**Q:** What are the healthier options on a typical restaurant menu?

**A:** First, consider declining the bread basket before your server puts it on the table. Water,
tea and sparkling water are lower in sugar and calories than alcohol or soda. There are usually healthy fish and chicken dishes on the menu. Wild salmon and organic chicken, if available, are excellent choices. Request that they be prepared simply (i.e. in a light lemon/white wine sauce) or order sauce on the side. Avoid fish that is high in mercury like tuna, swordfish and bluefish. Instead of potatoes, pasta or rice, ask for an extra serving of vegetables. If others are ordering dessert, see if a cup of tea will satisfy. If not, end your meal with a refreshing bowl of berries or seasonal fruits.

Q: I travel a lot so I eat the majority of my meals away from home. How do I make better choices?
A: When traveling, choose a local restaurant that serves healthy, preferably locally-sourced proteins and fresh vegetables. A hotel concierge can recommend local markets where you can go to stock your hotel room with pieces of fresh fruit, healthy snacks, nuts and seeds. Hint: Pack some reusable containers and baggies in your suitcase to keep your snacks fresh longer, and you will be less likely to seek out the quick convenience of drive-thrus. While you are at it, consider adding berries, protein powder, travel-size non-dairy milk and a shaker cup to your suitcase, and refrigerate the milk and berries when you get to your room.

Q: What are some examples of healthy snacks I can pack for road trips to keep my energy up and limit the temptations of convenience store “junk food”?
A: Healthy travel snacks include: Roasted chickpeas, baby carrots or other raw vegetables, raw almonds and walnuts, healthy nut butters with Mary’s Gone Crackers or Simple Mills crackers, apple slices, cooked sliced sweet potatoes, or high-protein low sugar (7 grams or less) bars made with mostly nuts and seeds. Follow Your Heart provolone “cheese” slices made from coconut are another healthy choice.

When eating away from home, don’t be afraid to try unfamiliar dishes that are prepared with lighter, healthier ingredients. There is always going to be that person in the car who steers you toward the drive-thru or the boss who decides to order appetizers or desserts “for the table.” Just remember, you do not have to feel obligated to eat everything, and you CAN take your healthy eating habits with you.

SHARP AGAIN NATURALLY’S ROAD MAP TO CLARITY TIPS:

Eat Healthy When Eating Out
- Ask how food is prepared (avoid foods fried in vegetable oils except coconut oil.)
- Order sauces and dressings on the side so you consume only what you want.
- Send the bread basket back – it is like eating straight sugar.
- Eat until you are 80% full. Then, stop eating and take the rest home.

Go to https://sharpagain.org/nutrition/ for the full Road Map

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Buying Fish High in Omega 3’s

by Lisa Feiner MBA, M.Ed., CHHC

When it comes to fish, there is a lot of confusing information; fish is supposed to be a healthy choice and yet there are cautions about mercury, neurotoxins and pollutants like PCB’s. Here is some information that will help you choose the right Omega 3-rich fish for you.

“SMASH” fish are known to be high in healthy omega oils and typically small enough that they do not contain high levels of mercury and other pollutants. They are:

Salmon   Mackerel   Anchovies
Sardines    Herring

That said, not all fish by these names are the same. For example, King mackerel is a larger variety and does contain methyl mercury. Salmon comes in many varieties and is sometimes labeled “wild,” “farm-raised” and “organic.” Which is the best to buy?

Wild Salmon
The healthiest salmon is wild salmon from the Pacific Ocean. It comes in many different varieties and is low in toxins. The most common are King (Chinook), Coho, and Sockeye, followed by the smaller Pink and Chum. Wild salmon of these varieties can be fresh, flash frozen or canned. Wild salmon differ in flavor, with the deepest in color

continued on pg. 10
**Spicy Coconut Tofu**

**Servings:** 4

**INGREDIENTS**
- 1 package firm tofu
- 2 tbsp. coconut oil
- 1 can full fat coconut milk
- 1 Tbsp. soy sauce
- ¼ tsp. curry or to taste
- ¼ cup unsweetened un-sulfured shredded coconut

**INSTRUCTIONS**
1. Thoroughly drain the tofu by placing it in a strainer set over a bowl or in the sink. When drained, take it out and place it on several layers of clean dish towels and pat to soak up as much water as possible. Cut into bite-sized chunks.
2. Empty the coconut milk into a bowl. If it has a cream plug, stir to incorporate it into the liquid. Add the soy sauce and curry powder.
3. Melt the coconut oil in a large pan. Add the tofu chunks and sauté until brown.
4. Pour coconut milk mixture over tofu and simmer for 10 minutes.
5. Add shredded coconut and continue cooking another 5 minutes.
6. Serve over a cooked grain such as brown rice, bulgur or quinoa, with a side of steamed vegetables.

**Oven Roasted Vegetables**

**Servings:** 4

**INGREDIENTS**
- 5 cups root vegetables such as: butternut squash, turnips, rutabaga, celeriac root, parsnips, sweet potatoes, Brussel sprouts, cut into diagonals or bite-size pieces
- 2 tbsp. olive oil
- Salt and pepper to taste
- ½ tbsp. thyme or sage
- Cloves, whole garlic, or sliced ginger root optional

**INSTRUCTIONS**
1. Preheat oven to 375°
2. Line a large roasting pan with parchment paper
3. Put all the ingredients into the pan and toss with olive oil, salt and pepper, coating the pieces thoroughly.
4. Bake at 375 for half hour, turning a few times during cooking.
5. Add thyme or sage toward end of cooking.
6. If desired, you can roast chicken thighs in the pan with the vegetables. Toss bone-in skin-on organic chicken thighs in a bag with olive oil, salt and pepper and lay on top of the veggies to cook.
**Kale Chips**

Servings: 4

**INGREDIENTS**
- 1 or more bunches of kale
- Good quality organic olive oil, unrefined if possible
- Sea salt

**INSTRUCTIONS**

1. Preheat the oven to 450 degrees.

2. Strip the kale leaves off the kale and rinse. Create a V shape, with your hand by separating your thumb and first finger. Place the kale stem into the V and you should be able to easily pull the leaves from by sliding the stem through the V. Rip the leaves into small to medium sized pieces. Use a salad spinner to dry.

3. Spread the leaves out on a cookie sheet and lightly coat with olive oil, using a tongs to distribute the oil. Alternatively, you can put the torn leaves in a Ziploc with a few tablespoons of olive oil to coat. It’s best to cover the pan in a single layer rather than heaping too much on at one time.

4. Place the cookie sheet in the preheated oven. Set the timer for about 5 minutes and take the kale out. Use a tongs to turn the kale a few times so that it is evenly coated with the olive oil and so that it doesn't burn. Use your sense of smell and if you smell it burning take it out and turn it again.

5. Turn a few more times until it is crispy but not burnt. The cooking time will be about 15-20 minutes total depending on how much kale you put on the baking sheet and how your oven distributes the heat. Sprinkle with a good quality sea salt to taste.

**Recipe Note:** You can think of the crispy kale as yummy green potato chips!

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sharpagain.org
(Sockeye) being the strongest. The season for fresh salmon is June-September.

**Farmed Salmon**
Fish farms are known to crowd salmon in pens where they harbor PCB’s and develop sea lice, which then requires antibiotic treatment. In addition, farmed salmon are fed a diet of cornmeal, grains and other foods that may contain toxins or be genetically modified. Some farms are developing higher standards, and are working through reputable retail outlets to sell their fish. Ask questions at the markets where you shop for fish. Atlantic salmon is primarily farmed, and Norwegian and Scottish salmon usually are as well.

**Organic Salmon**
Our research indicates that salmon labeled “organic” is not measurably better (or different) than farm-raised salmon, and is more expensive. Organic wheat is used in the feed, which also contains many of the harmful aspects of farm-raised salmon, including PCB’s. Both farm-raised and organic salmon can adversely affect the surrounding aquatic environment.

Choosing salmon when eating out may still be a good choice. Try to eat a combination of wild and farmed, and otherwise consume a healthy diet.
Enable us to continue this work: MAKE A DONATION to keep spreading the word that dementia is a treatable disease, and it’s never too early or late to begin taking care of your brain.

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  interaction
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