

Sharp Again *Naturally*

Making Alzheimer's Only a Memory

From the desk of
JACQUI BISHOP



What's new?

Welcome to the first issue of the Sharp Again Naturally Newsletter!

We hope you find it useful and encouraging, and we look forward to your feedback and comments.

To start the New Year off with something really sharp, this first issue presents articles from Board member Rick Panson, one of our nutritional virtuosos, on two great sources of what your brain needs to function at top efficiency.

To lead off, Rick presents information regarding the remarkable turnaround of Alzheimer's patient Steve Newport, whose wife, Dr. Mary Newport, found research that led her to include coconut and MCT oils in Steve's diet with results that are nothing short of astounding. Coconut oil turns out to be a dietary super star: Antimicrobial, antifungal, antiviral—whether consumed by mouth or applied externally to the skin! For details, you'll find an article on integrating coconut oil into your life easily.

Another great super-food Rick introduces to us in this first issue is **CHIA seeds**.

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**Dr. Mary Newport's Astounding Success Story
with her husband Steve:**

"The Lights Are Coming Back On"

There is very good news about what coconut oil can do to slow or reverse the progression of Alzheimer's in many people. One of those people is Steve Newport, husband of Dr. Mary Newport, a physician who runs the neonatology ward at a Tampa FL hospital. The entire story is related in detail by Dr. Newport in her book, *Alzheimer's Disease: What If There Was a Cure? The Story of Ketones* by Mary T. Newport, MD (Copyright © 2011; Published by Basic Health Publications, October 7, 2011). We also recommend you visit her website, www.coconutketones.com.

Steve Newport was diagnosed with severe Alzheimer's in 2007. When asked to draw the face of a clock, "He drew circles and several numbers in a very random pattern." Galvanized by the diagnosis, she

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CHIA: Brain Power in a seed

Chia seeds have been an essential part of the human diet for 5000 years. The word chia actually comes from the Mayan word for "strength." It was a staple for the Aztecs and Mayans, who ground chia seeds into flour, pressed them for oil, and drank them mixed with water.

Chia seeds were considered almost magical because they increased stamina and energy over such long periods of time. And no wonder: chia seeds are nutritional champions—very low in calories, per ounce, they supply as much omega 3 fatty acids as equivalent amounts of wild salmon, 5 times more calcium than milk, 3 times more antioxidants than fresh blueberries, 3 times as much iron as spinach, and twice as much potassium as a banana—plus plenty of protein and a huge amount of fiber.

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COCONUT OIL and its Use in Reversal of Brain Disease

Integrating Coconut and MCT Oil into Your Life

Nutritionists today understand that coconut oil is 100% healthy for you. Unfortunately most people's information is out of date, and they're afraid to eat coconut oil because they've heard it's bad for the heart. That was a story floated by rival oil manufacturers back in the mid 1900's before scientists learned there were two kinds of cholesterol, LDL and HDL. HDL—the “good kind” of cholesterol—is the type that coconut oil provides. In fact, it's *so* good for you that it actually improves one's serum cholesterol profile. The Philippines is both the largest producer of coconut oil in the world *and* the country with close to the lowest incidence of heart disease.

Besides lowering cholesterol, there are other reasons for using coconut and MCT oils, whether you have dementia symptoms or not. Here are some examples:

Enhanced immunity. Coconut oil is antibacterial, antiviral and anti fungal without the negative side effects of antibiotics. Because of that, it can also help defend against viruses like HIV and herpes, so says Dr. Beverly Teter, lipid biochemist and researcher at the University of Maryland. She says "The coconut oil tends to keep bacteria down so that if you're assaulted with a virus, your immune system can concentrate on the virus. It doesn't have to concentrate on 27 other bacteria that day."

Weight loss. MCT oil (medium-chain triglycerides) is a refined oil derived from coconut oil. Neither oil is stored as fat because they are both are used as energy, so if substituted for other fats in the diet, it can help a person lose weight.

Skin care. And don't forget to use coconut oil on your skin! It is probably the healthiest natural skin oil you can use and the most easily absorbed. And yes, what you take in through your skin will reach your brain, right through the blood-brain barrier.

Coconut oil and MCT oil are quite simple to fold into your daily life, especially if you start slow and then gradually increase intake as your body adjusts.

To create the basic mixture, melt the coconut oil and combine it half and half with MCT. *Be sure to shake before pouring.* Some people take it straight with a spoon, but for most people it may be hard to swallow this way and more pleasant to melt directly into foods already prepared.

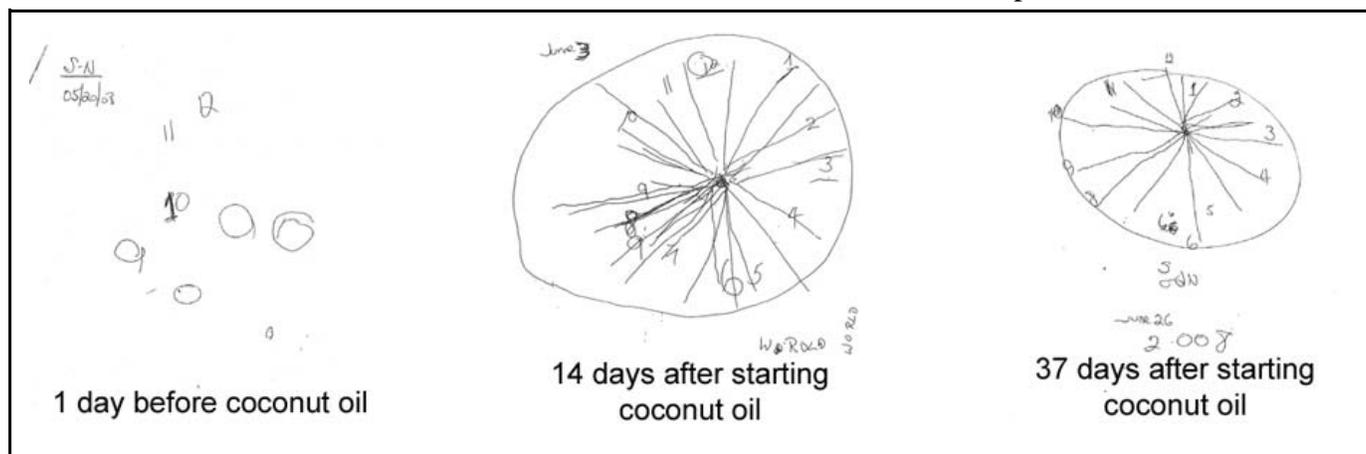
Many people use coconut oil like butter since it can replace virtually all common sources of solid or liquid oil, lard, butter, or margarine in baking or stovetop cooking. When cooking on the stove, coconut oil smokes if heated to greater than 350°F or medium heat, but it can be used at any temperature in the oven when mixed in foods. The experimentally inclined often say substituting coconut oil for butter or liquid oil improves texture/moisture/taste of many recipes. Try it in brownies, for example, for a creamier, gooier feel to the brownie. Add to hot oatmeal, popcorn, or smoothies. For recipes using coconut oil, visit our website (www.sharpagain.org/recipes/coconut).

Where to buy: • Pure, nonhydrogenated coconut oil is available from many sources, including almost all health food stores, high quality food stores, and online. Look for a cold pressed or centrifugal processed oil. Try www.WildernessFamilyNaturals.com for a centrifugal coconut oil that is unsurpassed. • MCT oil is available at a reasonable price from NOW brand nutritional supplements (skip the capsules; they're inefficient and not worth the cost). For 32 oz you'll pay between \$16 & \$25, online or in health food stores.

Dr. Mary Newport's Astounding Success Story with her husband Steve

began learning everything she could about her husband's disease. "It appears to be a type of diabetes of the brain and it's a process that starts happening at least 10 or 20 years before you start having symptoms and it's very similar to type 1 or type 2 diabetes in that you develop a problem with insulin." In this case, insulin problems prevent brain cells from accepting glucose, their primary fuel. Without it, they eventually die. But there is an alternative fuel: ketones, which cells easily accept. Ketones are metabolized in the liver after a person eats medium-chain triglycerides (MCTs), like those found in coconut oil. Coconut oil (raw, nonhydrogenated, without trans fats or in a refined form known as MCT Oil) is the most efficient way to get MCTs into the body.

Just 2 weeks after Dr. Newport added coconut oil to the diet of her husband, Steve demonstrated stunning improvement on the clock test, and in just 3 weeks after that he not only continued to improve the clock drawing but he could run again. At four weeks he said, "I think the lights are coming back on." And after two or three months, he was able to read, pop out of bed in the morning with energy, talkative and joking, and make his own breakfast. More information can be found in the article posted on our website too.



The Science behind Ketones

Coconut oil contains some omega-6 but no omega-3 fatty acids, so Mary also added a combination of fish oil and cod liver oil (rich in omega-3 fatty acids and vitamins A and D). She had learned that people with Alzheimer's disease as a group are deficient in DHA (an omega-3 fatty acid), a large component of the brain and crucial to its normal functioning. One possible reason for that deficiency, she learned, is that Alzheimer's patients may be deficient in a liver enzyme that converts the shorter vegetable form of omega-3 fatty acids found in soybean and flax oils to the DHA and EPA forms of omega-3 fatty acids the brain needs. Those who have trouble taking a marine source of omega-3 fatty acids can substitute an algae form marketed to pregnant women, available in pharmacies. Flaxseed, soaked and freshly ground, is also a rich source of Omega-3s.

From page 1 CHIA: Brain Power in a seed

However, when the Spanish conquered Latin America around 1500, they introduced their own foods and prohibited the farming of chia. Which is why most Americans know chia mostly from the Ch-ch-CHIA Pet.

It's only recently that modern scientists and nutritionists discovered that chia provides copious amounts of certain nutrients that are

sorely lacking in the standard American diet. Chia would be worth consuming for the fiber alone: The average American gets only half the fiber the American Dietetic Association recommends (12 to 15 grams versus 20 to 35 grams of fiber daily). But add just one ounce (3 tbsp.) of chia, and you will have 11 grams of fiber—42% of the recommended amount in a single serving.

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Moreover, chia absorbs up to 12 times its own weight and expands to curb your appetite.

Chia seeds have very little flavor of their own, so you can use them to beef up all kinds of dishes without appreciably changing the taste. To get you started, here are some Chia recipes, sweet and easy.

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From p.1 **JACQUI BISHOP's desk** cont.

You may recall the "Chia Pet," a little clay statue of an animal that grows a "coat" of chia seeds. The popular infomercial never spoke of the extraordinary health benefits that chia seeds can produce. This article lets you in on this amazing, but little known secret.

Below-right are the 7 Reversible Causes of Dementia that were discovered by Tish Tamowski and Scott Douglas in the course of doing research for their documentary film, Preventing & Reversing Alzheimer's and Dementia. For more detail on any item on this list of causes, go to our website and click on "Our Take On Alzheimer's" where information and further links can be found.

When my mother was in decline, over 15 years before she finally died of Alzheimer's, I would have given anything to hear this information. Anyone battling cognitive decline and anyone who loves them will thank you for sending them this newsletter, so please do so.

We welcome feedback, questions, suggestions, and of course, any additional information about discoveries that we can make available to anyone who asks. We are here to make a difference, and if you want to join us in doing so, please call or write us. It's going to be a terrific ride!

I want to personally express my gratitude to each and every one of you for your support, interest, enthusiasm, good will, and assistance in birthing Sharp Again Naturally and for your partnership in helping make Alzheimer's and dementia only a memory. The strides we have made in the past year would not have been possible without your help.

May 2013 be your best—and sharpest—year yet!



Jacqui Bishop
Sharp Again President

CHIA SEEDS can be ground or left whole and soaking in water will create around each seed a gel (soluble fiber) that helps to lubricate digestion. Use it in any juice or smoothie for an additional boost of 20% protein, 50% Omega 3's, a huge dose of fiber and high quality antioxidants as well.

EASY CHIA RECIPES

EXTRA-HEALTHY juice drink:

Mix and stir gently every 5min for 20 minutes at room temperature.
3 Tbsp. of chia seeds
2 cups of favorite juice
Pomegranate for extra antioxidants.

CHIA vegetable soup for one

1-1/2 cups of vegetable stock
3 Tbsp chia seeds
Mix and allow to stand at room temperature 10-15 minutes. Whisk a few times to prevent the seeds from clumping. Heat (do not cook), garnish with parsley or green onions, and enjoy.

CHIA pudding for four:

Shake the following together in jar with lid and shake every 5min at room temperature for 10-20 minutes.
2 cups almond milk
3/4 cup chia seeds
1 Tsp. cinnamon
Option: add 1/2 cup raisins

CHIA FRESCA summer drink:

1 quart water
3 Tbsp. chia seeds
2-4 oz citrus juice (lemon, lime, orange or grapefruit)
Mix and whisk a few times in the first 10 minutes to prevent the seeds from clumping, and add a sprig of mint or basil.

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7 Reversible Causes of Dementia to Test for

Based on our research, we recommend testing for *all* these. Reversing those that test positive can make a huge difference.

1. Mercury, lead, and heavy metal toxins
2. Low T3, even when thyroid tests are normal
3. Nutritional imbalances-vitamin and mineral deficiencies and excess sugars and/or the wrong fats in the diet
4. Neurological side effects from prescription medications
5. Toxins in our food, water, air, and work/home environment
6. Inflammation from low-level infections, food allergies, etc.
7. Stress and related factors

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501(c)(3) Application Pending