



The

Blaylock Wellness Report

Living a Long, Healthy Life

Edited by Russell L. Blaylock, M.D.

Special Report

Key Points

THE BRAIN-BOOSTING LIFESTYLE

- Check up on your medications
- Get and stay physical
- Maintain a healthy weight
- Protect your head
- Make it a priority to get enough sleep
- Spend time with friends
- Challenge your brain regularly
- Minimize stress

PLUS

FOUR SUPERSTAR BRAIN NUTRIENTS

- Ginkgo Biloba
- Brahmi
- Phosphatidylserine
- Huperzine A

Special Report:

Nature's Brain Boosters: Essential Nutrients for Peak Mental Performance

When it comes to the health conditions that adults in the United States fear most, age-related cognitive impairment ranks way up on the list, surveys have found. To be honest, these worries are not unfounded. Neurodegeneration — the progressive loss of the integrity or function of neurons that can occur as people get older — can lead to a significant loss of cognitive function.

This decline can begin as early as age 45, and it's been reported that up to 20 percent of Americans over age 65 are experiencing mild cognitive impairment. The incidence of age-related cognitive decline ramps up significantly when people are in their 60s and 70s, resulting in approximately 50 percent of adults experiencing compromised mental performance by age 85.

These changes can include: forgetting names, faces, dates, and appointments; having trouble paying attention or switching from one task to another; problems finding the right words when you're speaking; frequently misplacing your keys, reading glasses, cellphone, or other important items; having trouble recalling information you recently read in a book or article; and more.

Yet, many people admit they know little about who's at greatest risk for age-related cognitive decline or memory impairment. Or, they simply believe there's nothing they can do to protect themselves — but that's simply not true. As scientists gain a greater appreciation of the factors that contribute to the age-related decline in memory and thinking abilities that can occur, we've gained new insights into the steps that can support brain function and optimize your memory and other mental functions as you get older. The reality is: There's substantial variability in how the aging process affects people, and many older adults perform as well or better than young adults do on some cognitive tasks.

In my 26 years of experience as a neurosurgeon, I have developed a keen understanding of the physiological processes that can contribute to age-related cognitive impairment — as well as the brain-boosting



nutrients, activities, and other lifestyle factors that can help protect you from these changes. These are steps you can put into practice immediately to begin reaping the benefits of keeping your mind sharper and more agile and active as the decades pass.

Four Superstar Brain Nutrients

While a healthy diet is important for maintaining optimal brain function, there are four vital nutrients that play an especially important role in supporting brain function — and they're not available in sufficient amounts in the food we eat. These include:

- **Ginkgo biloba**

Ginkgo trees are among the longest living tree species on the planet, and ginkgo extract was first used to treat asthma and bronchitis thousands of years ago. Ginkgo promotes healthy brain function in several important ways — by increasing blood flow to the brain, supporting the synapses (the gaps through which nerve impulses pass) in the brain, and supporting cells in the hippocampus, which plays a crucial role in the consolidation of information from short-term memory to long-term memory. What's more, as we age, levels of an enzyme called MAO-B increase in the brain, and this contributes to age-related cognitive impairment. The good news is: Ingesting ginkgo biloba inhibits MAO-B levels.

In a double-blind, placebo-controlled study, reported in *Psychopharmacology*, researchers gave

one group of healthy participants 120 to 360 mg of ginkgo biloba extract, then measured their attention span after six hours and compared it with that of a control group that received a placebo. Those in the ginkgo group experienced “a sustained improvement in attention.”

In another trial, 395 patients with cognitive decline were treated with either 240 mg of ginkgo biloba or a placebo daily for 22 weeks. Those taking ginkgo showed an improvement on a standardized test for cognition, while those taking the placebo saw their scores decline.

- **Brahmi**

Another plant renowned for its power to keep the mind sharp and the memory strong, the brahmi herb is a hardy perennial ground-covering plant that's used in Ayurvedic medicine. It grows to 6 inches tall and has small, oval-shaped leaves along the stems and tubular white flowers that have five petals with a slight tinge of blue on the outside. When consumed orally, brahmi promotes mental alertness and various brain cell functions. In addition, the plant has antioxidant properties and can help overcome the effects of stress on the brain.

Evidence that it helps: In a double-blind, placebo-controlled trial, published in *Psychopharmacology*, people who took brahmi experienced significant improvement in speed of visual information processing, learning rate, and

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The Secret to Digestive Health?

Next time you're at the grocery store, take a few seconds to appreciate the heft of a one-pound package of butter . . .

Because some researchers now believe you have an entire organ weighing two or three times that amount in your gut — an organ composed entirely of bacteria!

This structure, which scientists refer to as the "microbial organ," contains about 100 trillion bacteria. Under optimal circumstances, most of these are considered "friendly" or probiotic bacteria, performing functions benefiting your digestive and immune health.

Unfortunately, and particularly with increasing age or even the use of certain drugs such as antibiotics, non-beneficial bacteria may begin to take over — and crowd out the friendly species. This causes an imbalance that can lead to common digestive concerns such as constipation or diarrhea, gas, bloating, and abdominal discomfort.

Finally, Put the Brakes on Bathroom Bothers

Fortunately, renowned holistic doctor **David Brownstein, M.D.**, counsels you don't have to live with backed-up or bothersome bowels — or other uncomfortable digestive concerns.

Dr. Brownstein recommends an all-natural solution to irregular bowel movements and other digestive issues: replenishing your supply of these beneficial gut helpers by

supplementing with proven strains of powerful probiotic bacteria.

This will actually help normalize the transit time of waste material in your colon — so you can have more regular and less uncomfortable bowel movements. And with a balanced digestive system, you experience less embarrassing gas and bloating, too.

Replenish 'Friendly' Bowel Bacteria for Gut & Immune Health

In his *Doctor's Guide to Probiotics and Your Health*, Dr. Brownstein reveals why yogurt and cheap probiotic supplements are just a waste of your hard-earned money. Plus, you'll see why high-quality probiotics can also be an invaluable asset to your properly-functioning immune system. And this Special Report, a \$20 value, is your gift from Dr. Brownstein.

Plus, you'll also get a complimentary 30-day supply of **Bactipro™**, a new breakthrough digestive and immune health probiotic formula Dr. Brownstein personally developed after seeing many of his patients suffering from simple digestive concerns.

Now Try Bactipro™ for a Full Month!

This all-natural dietary supplement contains six powerful strains of beneficial probiotic bacteria, healthful fiber and bacteria-nourishing prebiotics, a robust antioxidant blend, and a powerful phytonutrient complex — all packed into one tasty wafer.

Get Bactipro™ and Your Special Report Today!

Go Online: www.Bactipro.com/Tummy
Or Call Toll-Free:
1-800-500-4325 and mention special offer code **"Tummy"**

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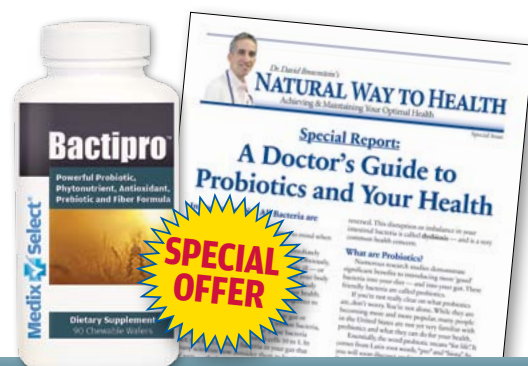


And all chosen specifically to help improve and maintain your normal digestive system and immune function. In fact, **Bactipro™** specifically targets both your small and large intestine simultaneously, with proven Bifidobacteria and Lactobacillus strains.

Dr. Brownstein is so confident that **Bactipro™** will help soothe and comfort your digestive system that he's made arrangements to let you try it as part of a **SPECIAL OFFER!**

Yes — for a limited time, you can get a **30-day supply of Bactipro™** (a \$39.95 value) and *Doctor's Guide to Probiotics and Your Health* (a \$20 value). With enrollment into our convenient smart ship program, you just cover a low shipping fee of \$4.95. That's a total value of almost \$60 — yours for only \$4.95.

For complete details on getting your bottle of **Bactipro™** and Special Report, please sign up online, or call our representatives toll-free at the number below.



"I personally formulated **Bactipro™** to include the most essential ingredients necessary to help support your healthy digestive and immune function."

— **David Brownstein, M.D.**

memory after three months. In another double-blind, randomized, placebo-controlled study examining the effects of brahmi on cognition, 67 adults received between 300 and 450 mg daily, based on their body weight. After three months, those who had taken brahmi were less likely to forget recently learned information and were better able to recall unrelated word pairs after a short delay.

• Phosphatidylserine

A bioactive compound with a mouthful of a name, phosphatidylserine (PS, for short) is an essential component of nerve cell membranes. Supplementation with PS has been shown to help support memory and cognition. Experimental research suggests that PS may help restore receptors on brain cells, thereby improving the receptors' ability to allow neurotransmitters to communicate with nerve cells.

A study published in the journal *Nutrition* found that when older adults with moderate age-related cognitive impairment took phosphatidylserine, they gained consistent modest increases in their ability to recall lists of words. In another study, 157 people were randomized to receive either PS or a placebo for 15 weeks; among those in the PS group, verbal immediate recall improved significantly over the time period.

Meanwhile, a study published in *Neurology* assigned 149 patients to take either PS or a placebo for 12 weeks; by the end of the study, those who were treated with PS improved their performance on tests related to learning and memory tasks that are common in daily life.

• Huperzine A

A dietary supplement derived from the Chinese club moss *Huperzia serrata*, huperzine A (HA, for short) acts as a "cholinesterase inhibitor." This means it improves the levels of neurotransmitters (chemicals that transmit signals from a neuron to a target cell across a synapse) in the brain. In addition, huperzine A promotes proper inflammatory responses and is a powerful antioxidant as well.

In a double-blind study published in *Acta Pharmacologica Sinica*, 34 pairs of middle-school students who were complaining of memory problems were divided into two groups: One group took 50 micrograms of huperzine A daily for four weeks while the control group took a placebo. After

a month, those taking huperzine A showed a 10.5 percent improvement in their "Memory Quotient," a standard measure of memory, compared to the control group.

In another double-blind, placebo-controlled study published in *Acta Pharmacologica Sinica*, 50 people with diminished brain function took 0.2 mg of huperzine A orally for eight weeks while a control group of 53 people took a placebo. About 58 percent of those taking HA showed improvements in memory, cognitive, and behavioral functions, compared to only 36 percent in the placebo group.

The Brain-Boosting Lifestyle

These key nutrients aren't the only factors that can help keep your brain sharp and operating at an optimum level. When it comes to preserving and maximizing brain function, a variety of lifestyle factors can help or hurt your efforts, too. Anything that leads to chronic inflammation, oxidative stress, or high blood sugar levels can damage healthy brain cells, leading to declines in various forms of cognitive performance, from generally slower or clouded thinking or processing of new information to memory problems and disorientation. What's more, "excitotoxicity" — cell death and the reactions that stem from it — affects many aspects of brain health, including the brain aging process, memory, mood, and more.

As a starting point, your diet can play a crucial role in protecting your brain from these harmful processes. Just as good nutrition is important for your body, the same is true of your brain. And while a healthy diet can reduce your risk of developing heart disease, hypertension, or various forms of cancer, certain foods also may play a positive role in protecting the health of your mind and reducing your risk of developing cognitive problems down the road.

The best dietary pattern for brain health is one that's loaded with fresh fruit and vegetables, nuts and seeds, whole grains, legumes, beans, olive oil, fish, and seafood. Each of these foods fights inflammation, contains antioxidants in abundance or helps regulate blood sugar levels.

Generally, fruits and vegetables that have darker skins (such as berries, plums, cherries, red or black grapes, broccoli, kale, spinach and other leafy greens, sweet potatoes, beets, and eggplant) naturally contain the highest levels of antioxidants. In a report

from the ongoing Nurses' Health Study at Brigham and Women's Hospital and Harvard Medical School in Boston, researchers found that women ages 70 and older who regularly had the highest intakes of blueberries and strawberries had slower rates of cognitive decline over a 15-year period.

Many herbs and spices — including ground cloves and cinnamon, dried oregano and rosemary, and ground turmeric (which contains curcumin) — also have powerful antioxidant effects that can prevent free radicals from damaging the cells in your brain.

Among the most brain-friendly sources of fats are omega-3 fatty acids, which are key components of brain cell membranes and crucial to proper signaling within and between nerve cells. Found in fatty, cold-water fish like salmon, trout, tuna, mackerel, halibut, sardines, and anchovies, omega-3 fatty acids — particularly docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) — have anti-inflammatory properties and protect the brain against the oxidative stress that's generated by free radicals. Preliminary evidence suggests that coconut oil is also good for the brain.

Remember: While specific foods such as antioxidant-rich fruits and vegetables and omega-3 fatty acids can have protective effects on the brain, it's the overall dietary pattern that matters most.

Besides paying attention to the foods you choose, think about your drinks. It's important to consume plenty of water because the human brain is 70 percent water. When your brain doesn't have enough liquid — when it's even mildly dehydrated, in other words — it can't operate at peak performance. Your attention, concentration, and processing abilities may suffer, along with other cognitive processes.

Meanwhile, it's important to avoid pro-inflammatory foods such as refined carbohydrates, high fructose corn syrup, sugar, white flour, and lots of red meat, because all of these can cause blood glucose levels to spike and/or promote harmful inflammation in your brain (as well as your body). When excess sugar is consumed, it becomes a very strong toxin, increasing inflammation throughout the body, but especially in the brain. Similarly, avoid excitotoxin-producing additives such as MSG, hydrolyzed protein, autolyzed yeast, and caseinate.

Also, stay away from fluoridated drinking water, pesticides, herbicides, fungicides, mercury exposure in fish, aluminum in the water supply, and toxins

in other household products (such as some paints). Each of these factors can harm vital neurons in the brain. In addition to adopting a nutrient-rich, anti-inflammatory diet, make the following part of your brain-healthy lifestyle:

Check up on your medications. Periodically review the medications you're taking to see if they're still necessary and to avoid risky combinations. In general, you want to avoid overmedicating yourself and mixing medications such as sleeping pills, antipsychotics, and heart medications; these combinations can interfere with brain cell nutrition and deplete magnesium levels. This is significant because magnesium plays a major role in protecting the brain and nervous system and in preventing the accumulation of damaging free radicals.

Get and stay physical. It's essential that you exercise regularly. This means getting at least 45 minutes of aerobic exercise — such as brisk walking, swimming, biking, or doing another form of physical activity that increases your heart rate — six times a week. Besides the direct benefits to the cardiovascular system, which in turn enhances brain function, exercise reduces chronic inflammation in the brain and body. A study published in the *Annals of Internal Medicine* found that middle-aged adults who are physically fit have better cognitive function by the time they reach 65 than those who are out of shape.

Maintain a healthy weight. The latest research suggests that being significantly overweight can increase your risk of cognitive decline as you get older. And mounting research indicates that abdominal obesity, in particular, leads to a variety of age-related diseases (including diabetes, heart disease, sleep apnea, and stroke) that can compromise brain health and function. This is largely because excess fat around the midsection secretes substances that can cause chronic inflammation in various organs and tissues including the brain. Sticking with a healthy diet, reasonable portion control, and regular physical activity can help you reach and maintain a healthy weight.

Protect your head. Wear a helmet while biking or playing contact sports. Buckle your seat belt every time you get in the car. And avoid places and activities where you might trip and fall, in order to prevent brain trauma. Serious head injuries and

“Oh My Aching _____”

What word would you use to fill in the blank above? Would it be your aching back . . . your knees . . . your hands . . . your hip . . . or another body part?

If you're over 40 or 50, odds are you already experience pain, stiffness, or restricted motion in one or more of your body's joints. You're not alone — 21 million American adults suffer from these common but painful “wear and tear” joint concerns.

And unfortunately, these problems make it hard to enjoy life. Hard to bend over or climb stairs, clean house, open a jar; hard to golf, travel, or stay active.

Most doctors will claim your joint pain is an inevitable part of aging. They'll just tell you to “live with it.” But luckily, one doctor didn't follow this closed-minded approach.

Doctor Says Don't Settle for Constant Joint Symptoms

Renowned holistic doctor David Brownstein, M.D., counsels you don't have to live with persistent joint pain and stiffness.

After seeing numerous patients suffering from these common joint concerns, Dr. Brownstein searched beyond mainstream medicine for new approaches to help those with painful joints. He discovered a simple three-pronged method to help soothe and comfort your joints. And what's even better, he wants to share it with you with a **FREE OFFER!**

Take the 30-Day “Healthy Joint Challenge” — Judge for Yourself

In his *Doctor's Guide to Happy, Healthy Joints*, Dr. Brownstein reveals the three simple ways you can help stop joint concerns from wreaking havoc in your life. And this Special Report, a \$20 value, is your gift from Dr. Brownstein when you sign up for a **FREE OFFER** as part of his 30-day “Healthy Joint Challenge.”



DR BROWNSTEIN:
“You don't have to live with joint concerns. Take my 30-day Healthy Joint Challenge.”

Plus, you'll also get a 30-day supply of **Limbex™**, a new breakthrough joint health formula Dr. Brownstein personally developed after seeing many of his patients taking handfuls of expensive but ineffective and unproven joint supplements.

This all-natural dietary supplement contains 11 special ingredients chosen to help improve and maintain your

normal joint and connective tissue function.

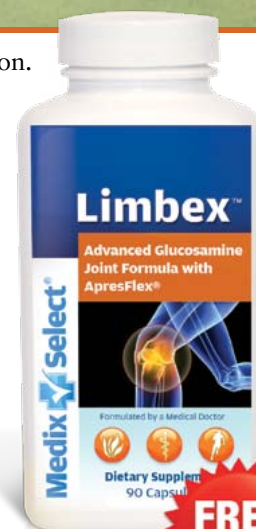
In fact, **Limbex™** specifically targets your joint concerns simultaneously, with nutrients like the next-generation Boswellia extract ApresFlex™, chondroitin, glucosamine, and eight other joint-loving ingredients.

Now Try Limbex™ with FREE OFFER for a Full 30 Days!

Dr. Brownstein is so confident that Limbex™ and his three-pronged approach will help soothe and comfort your joints that he's made arrangements to let you try it with a **FREE OFFER!**

Yes — for a limited time, you can get a **FREE 30-day supply of Limbex™** (a \$44.94 value) and **FREE Doctor's Guide to Happy, Healthy Joints** (a \$20 value). You just cover a low shipping fee of \$4.95. That's a total value of almost \$65 — yours for only \$4.95. You will also be enrolled in our convenient smartship program (don't worry, you can easily cancel at any time).

For complete details on how to receive your **Limbex™** FREE BOTTLE OFFER and Special Report, please sign up online, or call our representatives toll-free at the number below.



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and mention special offer code “Pain”

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concussions are known to increase a person's risk of developing memory and cognitive problems.

Make it a priority to get enough sleep. That's seven to nine hours a night for most adults. To ensure you get the sleep you need regularly, establish a fairly consistent bedtime and awakening time. Sleep is important for learning and the consolidation of memories. On the other hand, when you're sleep deprived, your creativity, problem-solving abilities, and critical thinking skills are compromised.

Spend time with friends. A study from the Harvard School of Public Health found that people with the most active social lives had the slowest rate of age-related memory decline. Increasing your social activities — by joining clubs, seeing friends regularly, volunteering for causes you believe in, and having regular conversations with interesting people — can help reduce stress and keep your brain functioning at a higher level.

Challenge your brain regularly. Exercising your brain — by doing a variety of stimulating mental tasks — can strengthen memory connections and help with the formation and functioning of new neural pathways (connections between nerve cells). To that end, practice memorizing information such as the state capitals or U.S. presidents. Play strategy games (like chess or bridge) and do various types of puzzles (such as crossword, sudoku, and picture puzzles). Read stimulating material or learn

something new, whether it's how to play a musical instrument or speak a foreign language.

Minimize stress. Severe or chronic stress can shrink the brain, slow nerve cell growth, and accelerate age-related cognitive decline. Stress plays a major role in chronic inflammation, rapidly increasing circulating levels of inflammatory cytokines, which increases the risk of anxiety, depression, stroke and heart attacks. What's more, chronic stress can cause wear and tear on the neurons in your brain, increasing your risk for developing various memory disorders and possibly age-related cognitive decline.

Try to reduce stress by setting appropriate limits in your life, saying no to nonessential requests, delegating tasks, and asking for help and support whenever possible. You can also learn to manage stress better and reduce your physiological and psychological response to it by taking regular meditation or deep breathing breaks during the day; this can have a calming effect on the mind and improve oxygen levels in the brain, which will also promote better cognitive function.

Each of these strategies is part of the protocol for keeping the mind sharp and improving memory. The sum total is greater than any one of the individual parts. So it's worth the effort to take all of these steps — instead of becoming overly reliant on one strategy or another — because the cumulative effect can add up to years of better overall cognitive function. ■

About Dr. Blaylock

Dr. Russell Blaylock is a nationally recognized, board-certified neurosurgeon, health practitioner, author, and lecturer. He attended the Louisiana State University School of Medicine in New Orleans and completed his internship and neurosurgical residency at the Medical University of South Carolina in Charleston, S.C. For 26 years, he has practiced neurosurgery in addition to having a nutritional practice.

He recently retired from his neurosurgical duties to devote his full attention to nutritional studies and research. Dr. Blaylock has authored four books on nutrition and wellness, including "Excitotoxins: The Taste That Kills," "Health and Nutrition Secrets That Can Save Your Life," "Natural Strategies for Cancer Patients," and his most recent work, "Cellular and Molecular Biology of Autism Spectrum Disorders," edited by Anna Strunecka. An in-demand guest for radio and television programs, he lectures extensively to both lay and professional medical audiences on a variety of nutrition-related subjects.

Dr. Blaylock has been appointed to serve on the Scientific Advisory Board of the Life Extension Foundation. He is the 2004 recipient of the Integrity in Science Award granted by the Weston A. Price Foundation. He serves on the editorial staffs of the Journal of the American Nutraceutical Association, Surgical Neurology International, and the Journal of American Physicians and Surgeons, official publication of the Association of American Physicians and Surgeons. He is also a lecturer for the Foundation on Anti-Aging and Regenerative Medicine.

Dr. Blaylock previously served as clinical assistant professor of neurosurgery at the University of Mississippi Medical Center in Jackson, Miss., and is a visiting professor of biology at Belhaven University, also in Jackson.



Don't Leave Your Blood Sugar To Chance.

FACT: 79 million American adults have blood sugar levels that, while still in the normal range, are too high — and a warning sign for further problems . . .

So What Are You Doing About Your Blood Sugar?

According to holistic health expert David Brownstein, M.D., high blood sugar is now America's #1 health crisis — a true epidemic. And whether your doctor has warned you about this problem or not, you could unwittingly become a victim, especially since a large percentage of people with blood sugar imbalance experience NO symptoms whatsoever.

Symptoms May Be Absent or Vague

Even when you do have symptoms of high blood sugar, they may be non-specific:

- ▶ Feeling sluggish after eating
- ▶ Food cravings, even after you eat
- ▶ Feeling tired or fatigued during the day

And oftentimes, by the time symptoms of high blood sugar appear, you may already

have damaged some of your body's systems.

Blood Sugar Concerns Soar With Aging

Unfortunately, your sensitivity to insulin — a major hormone affecting your ability to get sugar out of your bloodstream and into the cells where it belongs — decreases as you age. Plus, living a sedentary lifestyle and eating a diet full of simple carbohydrates compounds the problem.

Diet and Weight Control May Not Be Enough

While diet and exercise are crucial to a healthy lifestyle, many people do not achieve complete blood sugar balance with these measures alone. That's why Dr. Brownstein developed **Glucose Reduce™**. This all-natural dietary supplement contains 26 special ingredients chosen to help improve and maintain your normal blood glucose levels. These 26 ingredients have never before been combined . . . until now.

Try Glucose Reduce™ With This SPECIAL OFFER!

Dr. Brownstein is so confident that **Glucose Reduce™**, along with a healthy diet and exercise, can help you balance your own blood sugar that he's made arrangements for a **SPECIAL OFFER!**

Yes — for a limited time, you can get a complimentary 30-day supply of **Glucose Reduce™** (a \$39.95 value) with enrollment into our convenient Smart Ship Program. Plus, if you act now, you will also receive an important Special Report, *A Doctor's Guide to Maintaining Healthy Blood Sugar* (a \$20 value), authored by Dr. Brownstein. You just cover a low shipping and processing fee of \$4.95. That's a total value of almost \$60 — yours for only \$4.95.

For more details on getting your bottle of **Glucose Reduce™** and your Special Report, please sign up online, or call our representatives toll-free at the number below.



SPECIAL OFFER!

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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