



Don't Lose Your Mind

Protecting Your Brain From Free Radical Damage

The brain is one of the most chemically sensitive organs in the body. Fortunately, many toxins can't get across the blood brain barrier to damage this highly complex and sensitive organ. However, when toxins are able to damage the brain, it can have devastating consequences.

For instance, Alzheimer's is a degenerative disease of the central nervous system characterized by mental deterioration. Neurons in the brain that produce a neurotransmitter called acetylcholine are destroyed by free radical damage. High levels of aluminum have been found in the brains of Alzheimer's patients, so aluminum poisoning may be a factor.

Dementia is a loss of cognitive and intellectual function, without the loss of perception. Symptoms include disorientation, impaired memory and judgment, and a loss of intellectual capacity. It may be caused by toxins or diseases of the brain, that result in inflammation and destruction of brain cells.

Parkinson's disease is a chronic, progressive disease of the nervous system, usually occurring later in life. It involves the destruction of neurotransmitters that produce acetylcholine and dopamine, and is marked by tremor and weakness in resting muscles and a gradual loss of muscle control.

It is becoming increasingly clear that diseases like these, and the general loss of memory and cognitive abilities that frequently occur in the elderly, are primarily due to oxidative (free radical) damage to the brain and inflammation. Poor circulation and a general lack of nutrition are probably contributing factors.

The bad news is that once these diseases have been diagnosed, a significant number of irreplaceable brain cells have been damaged. The good news is that there are lots of things we can do to avoid and minimize this damage, helping to preserve our cognitive ability as we grow older.

To protect the brain from aluminum, avoid cooking in aluminum cookware, especially with acidic foods like tomatoes. Also avoid antiperspirant deodorants that contain aluminum compounds. Other heavy metals may also contribute to a deterioration of brain function. Both mercury and lead will destroy brain cells and cause damage to nervous system tissue. Avoid exposure to these metals, and use Heavy Metal Detox and essential fatty acid to help eliminate them from the body.

Since nerve tissue is composed primarily of fats, fat soluble toxins such as petrochemicals, pesticides, plastic components, etc. tend to accumulate in nervous system tissue. A periodic, general cleansing program can be used to help eliminate these and other toxins from the body, protecting sensitive nerve tissues.

Brain tissue is very dependent on essential fatty acids. In particular, the brain needs two Omega-3 fatty acids, EPA and DHA. Unfortunately, Omega-3 essential fatty acids are deficient in many American diets, due to the high consumption of processed oils. Flax Seed Oil is a good source of both Omega-6 and Omega-3 essential fatty acids. It can help with brain development in growing children, and help protect the brains of adults. Super Omega-3 EPA and DHA are other essential fatty acid supplements that may be helpful for the brain.

B-Complex vitamins and amino acids are needed for neurotransmitter production, so B-complex taken with Free Amino Acids may enhance mental activity. Antioxidant nutrients, such as Thai-Go, Green Tea extract, Grapine, S-O-D with Gliadin and Brain Protex, can help protect the brain against free radicals and reduce inflammation.

Brain Protex is a valuable formula that contains Chinese club moss. This herb contains an alkaloid, huperzine A, that blocks acetylcholinesterase, an enzyme that breaks down acetylcholine, a neurotransmitter that is involved in memory and muscle movement. This enhances levels of acetylcholine in the brain and muscles. It also contains ginkgo, antioxidants and other ingredients that help to protect brain tissue and enhance cognitive ability.

Ginkgo/Gotu Kola may be helpful in enhancing cognitive function in Alzheimer's patients, loss of memory, or in just enhancing cognitive ability. Gotu kola has a reputation as a memory enhancing herb and ginkgo has been shown to improve circulation to the brain and aid in brain function. Both herbs are also available as single remedies.

Many times poor circulation may be involved in deterioration of the mind. An oral chelation program using Mega Chel along with Heavy Metal Detox, may enhance circulation to the brain and remove heavy metals that interfere with brain function.

Obviously, there are many things which can be done to enhance brain activity and preserve memory and mental ability as we age. Prevention is the key, however, because once brain cells have been damaged, it is difficult to replace them. To help design a program for you, consult with your local herb specialist, or obtain information from some of the resources listed below.

Selected References

- The Comprehensive Guide to Nature's Sunshine* Products by Tree of Light Publishing
Activating the Healing Response: An In-Depth Look at the Nervous and Glandular System by Steven Horne

For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)
©2005 May be reproduced provided it is not altered in any way.

Distributed by: