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## Overlooked Nutrient Rebuilds Your Brain's Superhighway

I'm sure you've heard stories like these...

A man crashes over a guardrail in his Chevy pickup and falls 25 feet into a dry Ozarks riverbed. Then, after years in a coma-like state, he wakes and utters his first words since Ronald Reagan was in the White House ...

A child tumbles headfirst down stairs and sustains brain injuries so severe her heartbroken parents are told she will never again be able to perform simple tasks – like reading and writing or talking and walking. Twenty years later, an auditorium is filled with applause as she climbs upon a stage to collect her Bachelor of Arts diploma...

A man in Florida wakes from a coma after nine years. His atrophied body can't yet move but, in barely audible tones, he accuses his cousin of trying to club him to death with a piece of firewood...

Sometimes, as a caring physician, I try to imagine the horror of these kinds of experiences – the isolation of being trapped inside your own brain or being a loved one, waiting, praying and hoping against all odds.

But something was happening to these patients during those years.

Even when there were no visible signs of consciousness, their brains were rebuilding white matter and creating new pathways so that damaged areas, like speech and motor control, could “reconnect.”

And it doesn't just happen in extreme cases, like those I've just mentioned either. In my own practice, I've seen many people with brain damage from strokes and Alzheimer's disease, who had been deemed “hopeless” before coming to me.

But the human brain has amazing abilities. And perhaps the most amazing of all is its ability to heal itself.

I can tell you now that the brains of stroke victims, Alzheimer's sufferers and dementia patients all have the power to self-heal.

But this is not something you will hear about from so-called “medical experts.”

In fact, nine out of 10 doctors will tell you it's impossible.

Once you or your loved one's brain has started to decline into memory loss and dementia, most doctors will tell you: “We can't stop it, but we'll do what we can to slow it.”

Or if you've had a stroke, they'll say: “We'll do our best to save what we can.”

You won't hear hope in their voices. You'll hear only defeat and surrender.

But they're dead wrong – and I have seen the proof with my own eyes over the years, among literally hundreds of my own patients.

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The truth is this: If a stroke doesn't kill you, your brain will heal.

The biggest problem with this kind of self-healing is that rebuilding the brain's white matter can take a long time.

But I can reveal to members of my *Confidential Cures* newsletter that I've been recommending a long-overlooked nutrient to my patients for years – and its healing power is astonishing.

This important nutrient not only speeds up the healing process, it also shields brain cells against the threat of dementia in the future.

## Your Brain Knows How to Heal Itself

Let me explain...

The brain contains two types of matter – white and gray.

Gray matter is made up of neurons, or nerve cells, which store information. We depend on our gray matter to see, hear, smell, taste, feel and control our thoughts and emotions, as well to learn.

For more than a century, doctors and scientists studied only gray matter. The other tissue, white matter, didn't seem to do anything – so it was ignored.

But white matter does matter. Essentially, it is the brain's superhighway. White matter brain cells transport signals between neurons.

When a stroke hits, the lack of blood flow kills white matter cells. This damage causes lesions in the brain, like scar tissue, these are known as white matter lesions, or WMLs.

These WMLs block the superhighway and prevent brain-signal traffic from moving.

But given the right tools, repairs can be made. In fact, the brain heals itself constantly.

The biggest problem is that most doctors know less about the brain than any other organ in the body.

This is why mainstream medicine spends most of its time designing and prescribing drugs that never cure or prevent. They only mask a problem or slow down the progression of brain diseases, like Alzheimer's, or limit the damage from strokes.

But most mainstream doctors move with the pack. While most are well-meaning, they are controlled by the invisible hands of Big Pharma and the FDA.

That's exactly why they have ignored the power of my favorite brain food – tocotrienols, vitamin E nutrients, these have been proven to reverse both brain damage and memory loss.

## This Nutrient Does What Big Pharma Drugs Can't

In previous issues of *Confidential Cures*, I've shared with you how tocotrienols reverse fatty liver disease, reduce inflammation and slow – even regress – the collection of plaque in the arteries.<sup>1</sup>

I've recommended this overlooked form of vitamin E for years and, while I don't like to brag, I can tell you I was one of the first to talk about its amazing benefits.

The proof is that I've used tocotrienols with great success in my wellness clinic to treat dementia, Alzheimer's and stroke patients.

Some patients ask me: 'Isn't vitamin E dangerous?'

The short answer is "No."

Studies that claim vitamin E is dangerous typically use synthetic forms, which don't work. I recommend you avoid synthetic vitamins like the plague.

If you have vitamins that contain all-rac alpha tocopherol acetate, or dl-alpha tocopherol, I suggest you throw them in the garbage immediately. There are serious questions about their safety and whether your body even recognizes such substances.

On the other hand, natural forms of vitamin E – the four tocopherols and the four tocotrienols – are essential nutrients, but are largely absent from the typical American diet. The body, especially the brain, needs them to work.

But more than that – tocotrienols are not just safe, they can save your brain.

You may have noticed that mainstream medicine, with a little help from the media, has demonized vitamin E.

And I suppose if I put drug-profits before the well-being of my patients, I might do the same.

But my conscience – not to mention the Hippocratic Oath I took – just won't let me do it.

The fact remains: Natural vitamin E, tocotrienols specifically, puts brain drugs with all their unpleasant and often dangerous side effects to shame.

Tocotrienols are also less expensive and they can't be patented for profit, which explains why Big Pharma, the FDA and mainstream medicine have no interest in them.

But tocotrienols do something no mainstream drugs do – they work! And they can reverse brain damage.

## **What Happens When You Forget Where You Put the Keys**

When your superhighway is blocked, your brain signals cannot move. You suffer confusion, frustration and anxiety... sometimes even anger.

You may have experienced this yourself or witnessed it in a loved one.

Maybe you have walked into a room and can't remember what you were about to do. Or you can't remember where you put your keys!

Scientists have observed gray matter shrinks as we age. And this has led mainstream medicine to believe the chief cause of dementia is neuron loss.

But the problem is not the neurons themselves. It is the physical disconnect between them, caused by blockages on the brain's superhighway.

Let me explain how these superhighways work...

White matter consists of several different types of cells to keep brain-signal traffic flowing between the brain's billions of neurons.

One important type of white-matter cell is the neuroglia. These cells support neurons, protecting them with sheaths, called myelin, and provide nutrients to help keep the nervous system stable.

Certain types of neuroglia cells, known as astrocytes, do not transmit nerve impulses like ordinary brain cells.

Instead, they carry out support and repair functions, and they also release chemical receptors and transmitters.

These help brain signals move along the superhighway between the neurons.

If astrocytes are prevented from releasing their transmitters and receptors, the information from neurons can never get onto the superhighway in the first place.

This explains the confusion, anxiety and memory loss suffered by patients with brain damage.

While the body has mechanisms in place to protect and repair white- and gray-matter cells, inadequate nutrition, as well as dietary and environmental toxins can overwhelm them – especially white-matter cells.<sup>2</sup>

One particular toxin you should avoid is the food additive, monosodium glutamate. MSG actually poisons the brain. It crosses the "blood-brain barrier," the brain's first layer of protection, and "excites" brain cells.

Too much "excitement" triggers a chemical response that kills off brain cells.

Without the right nutrition, the brain's blood cells and capillaries can become blocked and cause a stroke. The sudden lack of oxygen makes the blood vessels and capillaries close, and brain cells will die of asphyxiation.<sup>3</sup>

White matter makes up 60 percent of the brain, and the damage inflicted by a stroke happens here very quickly.

The damage results in the WMLs I mentioned earlier. These literally stop the traffic on your brain's superhighway.

I recently read a research paper, which revealed that up to 98 percent of stroke patients and 100 percent of Alzheimer's patients have significantly high amounts of WMLs.<sup>4</sup>

As the number of WMLs in the brain increase, the more often you forget where you put your keys.

And the worse it gets, the more confusion, anxiety and memory loss you suffer, until the effects of your brain damage becomes so apparent that you – or a loved one – seek professional help.

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The arrows show where WMLs have formed in the brain.  
Courtesy NutraCos May/June 2012

But there is good news...

## Repair Your Brain's Highways at Any Age

A recent Swedish study revealed that WMLs do not have to be permanent. The study showed that 13 “successfully aged” subjects between the ages of 80 and 90 actually experienced increases in their brains’ white matter.<sup>5</sup>

This is proof that white-matter damage can be reversed – even if you’re 90 years old!

That’s exactly why I recommend tocotrienols to my patients. The memory loss and brain damage that most physicians regard as hopeless can be repaired and reversed.

And this overlooked vitamin E nutrient has the unique ability to cross the blood-brain barrier and interact directly with brain cells.

White matter lesion blockages occur when the brain is deprived of oxygen.

Tocotrienols stop this effect cold.

When brain cells are deprived of oxygen, a vital protein, glutamate, is produced in abundance and floods into the affected brain cells.

Although glutamate is a major neurotransmitter for the brain, too much of it overwhelms the neurons.

There is a very fine balance in the brain between excitation and inhibition. If the balance tips one way or the other, major problems will follow.

Disorders where the balance has been tipped include Alzheimer’s disease, Parkinson’s, epilepsy, amyotrophic lateral sclerosis (Lou Gehrig’s disease) and strokes.

But neurons that have been treated with tocotrienols can resist glutamate damage.

Researchers at Ohio State University discovered that taking alpha-tocotrienol encourages production of the protein MRP1, which clears away excess glutamate and other toxins from neurons. This stops these nerve cells from dying after a stroke.<sup>6,7</sup>

By preventing the body’s normal response to oxygen-deprivation, the cells survive until blood flow is restored and oxygen levels return to normal.

They also discovered that taking tocotrienol-rich supplements significantly reduced the formation of white matter lesions from strokes.<sup>8</sup>

But these results are not limited to stroke patients.

MRIs of Alzheimer’s and dementia patients always show extensive white matter lesions – which is why I always recommend tocotrienol-rich supplements in these cases, too.

## How to Get the Most From Tocotrienols

When it comes to brain health, I direct my patients to follow two simple steps:

Firstly, eliminate all foods associated with neural stress.

That means you should avoid processed foods, pasta, grains, such as wheat, soda (especially any with the neurotoxin, aspartame), high fructose corn syrup and junk food.

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As I've mentioned, you should make a special effort to avoid MSG.

But you probably won't find MSG on many labels these days. Now it goes by names like:

- Acid hydrolyzed vegetable protein;
- Autolyzed protein or yeast;
- Hydrolyzed (anything);
- HVP;
- Partially hydrolyzed (anything);
- Plant protein extract;
- Textured Protein;
- Yeast extract;
- Nutritional yeast;
- Carrageenan;
- Anything with glutamate;
- Natural flavor;
- Flavoring.

The second step is simple – add tocotrienols to your diet.

Good, natural sources of tocotrienols include eggs, nuts and dark leafy greens – like kale, arugula, broccoli and spinach. Other great sources include palm oil and coconut.

Palm oil specifically is considered an ideal source of alpha-tocotrienol.<sup>9,10</sup>

My personal favorite source is annatto oil, because of its high tocotrienol density.

I first discovered annatto – the extract from the anchote tree – on the descent on east side of the Andes Mountains, just before you enter the Amazon rainforest.

This substance contains more tocotrienol than any other source.

If you can't get enough tocotrienols from your diet, I recommend supplements.

But make sure you get supplements that contain natural

vitamin E – not its synthetic form.

Some vitamin E manufacturers combine tocopherols and tocotrienols.

Ideally, the purer the tocotrienol, the better. If you do use a mix of tocopherols and tocotrienols, look for less than 200 IU of alpha-tocopherol, so you don't lessen the effects of the tocotrienols. ■

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# Purple Haze: The REAL Breast Cancer Crusader

When I was in medical school, I learned that our bodies need iodine to produce thyroid hormones. Too little of this key element can lead to an ugly, painful swelling of the thyroid gland, called a goiter.

Even today, that's pretty much all mainstream doctors know about iodine.

But it isn't just important for your thyroid. In fact, a woman stores more iodine in her breasts than in her thyroid gland.<sup>1</sup>

Yet since this element was discovered more than 200 years ago by French chemist Bernard Courtois, the medical industry has pretty much ignored the bulk of his work.

Back in the early 1800s, Courtois was actually trying to make gunpowder when he stumbled upon his greatest discovery.

He needed the ash of burnt wood for his formula. But wars in France had destroyed the wood supply. So instead, the chemist tried using ash from burnt seaweed, he found floating along the Normandy coast.

As he worked in his lab, the seaweed ash gave off a beautiful lavender vapor he had never seen before. He gave it a Greek name that translated to "purple."

Inadvertently, he may have discovered the cure for breast cancer. But, of course, he didn't know it at the time.

Since then, researchers have proven time and again the connection between his purple haze and the modern breast cancer epidemic.

Courtois never made a profit from his discovery and he died in poverty. Today, our modern medical industry has largely ignored his work and the other medical applications of iodine.

And there is a reason for this: It has too much to lose.

You see, a breast cancer patient can pay more than \$100,000 for treatment. But iodine would cost just a few dollars a day.

Yet the evidence linking iodine to breast cancer is overwhelming.

## What Your Doctor Never Learned About Iodine

Women store iodine in their breasts, because this key element is critical for brain-development in infants.

This is nature's way of making sure a baby gets a good supply of this essential brain mineral through breast milk.

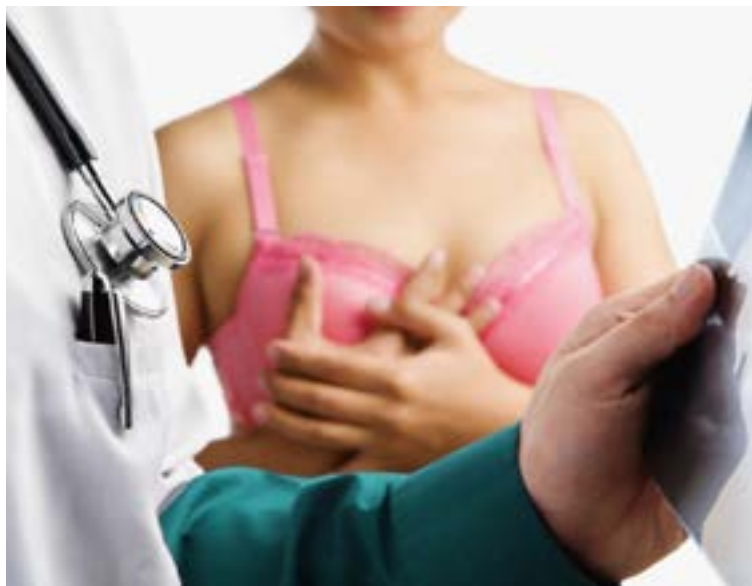
But when women don't have enough iodine in their breasts, they can develop painful nodules and cysts. This is called fibrocystic breast disease.

The link between painful FBD and iodine is strong.

In one study, women with FBD were given iodine supplements and the results were startling... 65 percent showed improved symptoms.<sup>2</sup>

FBD from low iodine is also extremely dangerous. Your risk of breast cancer goes up significantly the longer you have it.

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And there is an obvious fact that our “respectable” medical establishment has chosen to ignore: When iodine levels are low, the ovaries produce more estrogen.

Cells in the breast contain estrogen receptors. When estrogen hits these receptors, it stimulates cell growth – for both healthy and cancerous cells. When estrogen levels are high, estrogen is more likely to attach to the receptors in cancerous cells and cause them to multiply.

Low iodine also increases the sensitivity of estrogen receptors in breast tissue. Breasts start to take in even more estrogen, which increases the risk of breast cancer further.<sup>3</sup>

In the 1970s, renowned obstetrician and gynecologist Dr. Bernard Eskin discovered that breast tissue low in iodine was more likely to show pre-cancerous changes. And his animal studies showed that iodine could reverse that.

In 2008, Dr. Eskin showed iodine works at the DNA level. In the lab, he applied an iodine solution to breast cancer cells as a form of gene-regulation – the process of switching certain genes on or off. The iodine up-regulated 29 genes and down-regulated 14 genes. Those gene changes led to the death of the cancer cells.<sup>4</sup>

But there is another clue to the power of iodine...

## **Why Japanese Women Have Low Breast Cancer Rates**

In fact, Japanese women have around a 66 percent lower rate of breast cancer than American women.<sup>5</sup>

Mainstream doctors and even so-called “alternative health gurus” will tell you it’s because the Japanese eat more soy.

But the truth is that American women eat TOO MUCH soy. They consume soybean oil, soy milk, soy lecithin and soy veggie burgers. And they eat soy protein powders and snack bars.

No, Japanese women don’t eat more soy. But they do eat more iodine-rich foods.

The Japanese consume between three and 13 mg per day of iodine.<sup>6</sup> Compare that with the U.S. Dietary Reference Intake (DRI) for iodine, which is only 150 *micrograms* per day (or 290 mcg if you’re pregnant or nursing).

In other words, the average Japanese woman takes in about 25 times more iodine than the average American woman.<sup>7</sup>

And to prove the point, when Japanese women move to the U.S. and start eating like Americans... guess what? Their breast cancer rates shoot up to American levels.<sup>8</sup>

## **You’re Not Getting Enough Iodine**

There is no question about it: Iodine is critical for thyroid and breast health.

But low iodine is also linked to obesity, cognitive impairment, psychiatric disorders, fibromyalgia and a variety of cancers.<sup>9</sup> It can also trigger an irregular heartbeat condition, osteoporosis and muscle-wasting.<sup>10</sup>

But if you’re only getting 150 mcg per day, you’re not getting enough. That number was set by the FDA in 1924 as the minimum to prevent goiter.

It’s NOT enough to prevent breast cancer.

And many people aren’t even getting the paltry 150 mcg per day anymore.

Since 1970, the government has urged us to put down the salt shaker. I’ve never been a fan of iodized salt – it’s bleached and full of chemicals.<sup>11</sup> There are much better ways to get iodine – but by reducing our salt intake, people have cut back on their only source of iodine.

In fact, over the past 45 years, Americans have slashed their iodine levels in half.<sup>12</sup> And that has quadrupled their rates of iodine deficiency.<sup>13</sup>

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But even if you do get plenty of iodine, your body may not be able to use it...

## We Need More Iodine Than Our Primal Ancestors

In today's toxic world, you need even more iodine than our ancestors. One big reason is the airline industry, which developed a chemical called perchlorate for rocket fuel.

This toxic substance is now in the groundwater, soil, and food supply throughout the U.S.

Perchlorate binds to receptors inside your cells that are meant for iodine. It blocks your ability to absorb and use the iodine from your food.<sup>14</sup>

Chlorine and fluoride in your drinking water also block iodine. So does bromine in your flour, bread and bakery products. All of these chemicals crowd the iodine out of your body.

Americans in general are woefully deficient in iodine and this has almost certainly contributed to the U.S.'s increased rates of breast cancer.

You may be low in iodine if you have:

- ✓ Fatigue;
- ✓ Intolerance to cold;
- ✓ Cold hands and feet;
- ✓ Foggy thinking or difficulty concentrating;
- ✓ Dry skin;
- ✓ Thinning hair;
- ✓ Constipation.

Another sign is body temperature. Take your temperature by mouth when you wake up every morning. If it's consistently below 97 degrees, you probably have low iodine levels.

If you have any symptoms of low iodine, I recommend you get tested. But get the right test.

Your doctor will probably order a TSH (thyroid-stimulating hormone) test. That's not very accurate for iodine levels. Instead, ask for a 24-hour "urine iodine challenge test."

For this, you take a large dose of iodine and then collect your urine for 24 hours afterward.

If you're low, your body will hold onto the iodine. If you already have enough, your body will dump the excess in your urine.

If you're deficient, you can still boost your levels and ward off many of the health dangers – including breast cancer – that are linked to low iodine level.

## How to Boost Your Levels of Purple Haze

One thing to be aware of is that the recommended dietary allowance of 150 mcg a day is only meant to be the barest minimum you should get. It's the lowest amount you can take and not be deficient. You should get at least 300 mcg a day for optimal health.

But your body can't make iodine. That means we have to get it from external sources. And, if possible, it's always best to get nutrients from food.

The table below shows the foods I recommend to my patients for iodine:

Food	Serving	Iodine (mcg)
Seaweed	3 tbsp.	750
Salmon	4 oz.	158
Yogurt	1 cup	154
Scallops	4 oz.	135
Lobster	3.5 oz.	100
Cranberries	1 oz.	100
Cod	3 oz.	99
Potato with peel, baked	1 med.	60
Shrimp	4 oz.	46
Turkey breast, baked	3 oz.	34
Sardines	3.2 oz.	32
Navy beans, cooked	1/2 cup	32
Egg, boiled	1 large	27

But it's difficult to get enough iodine from our food supply. Most crops today are grown on nutrient-depleted soil that lacks iodine.

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The one exception you'll notice from the chart above is seaweed.

In fact, common seaweed is iodine-rich and a powerhouse when it comes to fighting breast-cancer tumors.

A Japanese study in 2001 even found it more potent than fluorouracil, the chemotherapy drug used to treat breast cancer.<sup>15</sup>

I recommend wakame, nori, arame, and dulse to boost the iodine levels of my patients. Another one of my favorites is kombu, also called kelp. You can buy it in Asian food markets and health food stores.

But be careful. After the Fukushima nuclear accident, you should avoid any seaweed from Japan. I recommend kombu that's harvested in Iceland.

And cooking with kombu is easy. I add a three- or four-inch dried strip to the pot when cooking soups, brown rice or quinoa. You can also add kombu to beans while they cook. It tenderizes the beans and makes them more digestible.

But unless you learn to love seaweed, you're unlikely to get enough iodine from food to make up for a deficiency.

That means you'll need to take a seaweed supplement, which can be purchased at most health food stores.

I recommend kelp tablets to my patients. Start with 325 mcg per day and increase it slowly.

To treat fibrocystic breast disease or prevent breast cancer, you can gradually go as high as 3,000-6,000 micrograms (3 mg-6 mg) per day.

You can also find iodine supplements. But make sure you're getting the right kind.

Breast tissue needs a molecule that consists of two iodide molecules. The iodide form is what your thyroid uses. But you need both.

I recommend Iodoral tablets. They contain 5 mg of iodine, and 7.5 mg of potassium iodide.

Lugol solution is a liquid form of the same combination.

The typical dose is one (6.25 mg) or two drops per day.

## Don't Take Iodine Without This

But before you rush out to get iodine supplements, you **MUST** make sure you also get enough of the trace element, selenium.

This is an essential cofactor in the enzymes used in thyroid and breast tissue. Your body needs it to utilize iodine.<sup>16</sup> Taking too much iodine without selenium can lead to goiter and other thyroid problems.<sup>17</sup>

If you're getting your iodine from seaweed – perfect. Seaweed is rich in selenium. But if you're taking iodine supplements, I recommend taking at least 200 micrograms of selenium every day.

I usually suggest fresh, freeze-dried or aged garlic to my patients. It contains a bioactive form of selenium.

Start with one capsule or clove and slowly increase to three capsules or cloves after each meal. Or you can eat two Brazil nuts every day. Each has around 100 mcg of selenium. ■

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## Humble Herb That Works Memory Miracles

For years, I’ve recommended a particular herb in my wellness clinic to improve my patients’ memories, increase their sense of calm and fight Alzheimer’s disease.

I’m talking about *Melissa officinalis* – also known as the humble lemon balm, a common plant found in gardens throughout Europe and North America, but often dismissed as a backyard weed.

Yet this herb has a long and illustrious history as a treatment for stress, anxiety, thyroid problems, indigestion, infections, viruses and inflammation.

But in my clinic, I’ve discovered another use – its remarkable healing and regenerative effects on the human brain.

More specifically, *Melissa officinalis* stimulates memory and supports the physical health of the brain’s white matter.

I’ve seen with my own eyes the relief this memory miracle has worked on my patients.

*Melissa officinalis* helps keep the pathways for brain signals open by protecting white matter cells, allowing for improved memory and clearer thinking.

This herb has been used for at least two millennia as a source of treatment – although most modern doctors, obsessed with peddling Big Pharma’s drugs, have ignored the herb.

Its leaves emit a subtle lemon scent and its small white flowers attract bees to their nectar – hence the genus, *Melissa*, which is Greek for “honey bee.”

The first recorded medical use of lemon balm dates back to Dioscorides, the ancient Greek physician, who used the herb for its anti-bacterial and soothing properties.

The famous Swiss Renaissance physician, Paracelsus, called it the “elixir of life.”



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But in the 16th century, the English botanist and herbalist, John Gerard, gave it to his students to “quicken the senses” – perhaps the first recorded use of the herb for its impact on the brain.

Now, as two major pharmaceutical companies team up to create a new Alzheimer’s drug that’s expected to generate some \$5 billion in revenues, I’m especially excited to share the inside scoop on *Melissa officinalis* with you.

As usual, Big Pharma has been less than honest. They don’t want you to know their new Alzheimer’s drug has only a nine percent success rate.<sup>1</sup>

And they don’t want you to know about its side effects, like nausea and confusion.

And they won’t tell you it’s designed only to slow the progression of diseases, like dementia and Alzheimer’s. It neither prevents nor reverses them.

On the other hand, *Melissa officinalis* is natural and safe. It costs pennies per day and – most importantly – it can prevent and reverse dementia and Alzheimer’s.

## An Active Mind is a Happy Mind

You can accomplish almost anything with a sharp mind and an active memory. And working with Alzheimer’s patients at my wellness clinic, it is very clear to me how crucial memory is to everyday activities.

So I wasn’t surprised when a 2012 study from Spain supported my observations. The researchers evaluated 1,647 participants and concluded that those with the most memory problems – such as remembering to take medication or how to use a telephone – also reported the lowest quality of life.<sup>2</sup>

Unsurprisingly, an Australian research study found people with memory loss experienced higher rates of anxiety and depression.<sup>3</sup>

At the other end of the spectrum, think of Stephen Hawking, the theoretical physicist, cosmologist and author, who turned 73 this year.

Hawking has suffered from Lou Gehrig’s disease for almost half a century, and it has increasingly paralyzed him over the decades. Yet his brilliant mind continues to thrive, in spite of his physical limitations.

But it was observing the struggles of my own patients that led me to search for new and effective therapies to treat memory loss.

And that’s how I uncovered *Melissa officinalis*.

## Jumpstart Your Memory and Keep Calm

Recent scientific studies reveal that the medicinal benefits of lemon balm are not just the stuff of folklore.

Studies found that it:

- ✓ Reduced anxiety and insomnia in 85 percent of subjects;<sup>4</sup>
- ✓ Improved mood, memory and feelings of calmness;<sup>5</sup>
- ✓ Increased alertness and mental processing.<sup>6</sup>

Memory, alertness, insomnia and anxiety are common complaints among my older patients, especially those suffering from dementia and Alzheimer’s.

The latest studies show that lemon balm increases the activity of acetylcholine, a chemical messenger in the brain that is significantly depleted among Alzheimer’s sufferers.

But I recommend *Melissa officinalis* to anyone who wants to improve memory, re-focus and regain their sense of calm.

A study published last October in the journal, *Nutrients*, supports my recommendation.

Researchers performed two double-blind, placebo-controlled, crossover studies with groups of young adults. As expected, it took only the lowest dosage (0.3 grams) to relieve anxiety for more than three hours.

But it wasn’t the findings on anxiety relief that caught my attention. It was the impact on memory and mental performance.

Researchers discovered that consuming even the lowest doses resulted in:

- ✓ Significantly improved memory at both the first and third hour of testing. In fact, memory was strongest at hour three;

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- ✓ Dramatic increases in mathematical performance;
- ✓ Decreased fatigue and alertness that continued to improve from hour one to hour three.<sup>7</sup>

*Melissa officinalis* differs from other stimulants in that it doesn't leave you sluggish and tired, but keeps working.

## Five Times More Powerful

Lemon balm also acts as a spur for the body's natural healing processes. Scientists have isolated the powerful antioxidant, eugenol, as one of its active compounds.

Eugenol is five times more potent than alpha-tocopherol, one of vitamin E's most powerful antioxidant forms, and has even been recommended as a protective aid for radiology staff, who are regularly exposed to radiation.<sup>8</sup>

At the same time, *Melissa officinalis* increases levels of the body's most powerful antioxidants, dismutase and glutathione peroxidase.

These dramatically stimulate the body's natural healing abilities.<sup>9</sup>

But let's return to the brain...

It used to be thought that when brain cells died... well, that was it.

Not true. Brain cells die regularly and are replaced by new ones. Memory loss, fatigue and brain fog occur when brain cells can't renew quickly enough.

But the body just needs to give the brain a chance.

That means protecting brain cells against damage by toxins and providing essential nutrients for them to re-grow.

Studies show *Melissa officinalis* both protects and stimulates the growth of brain cells.

One reason for this is that it helps promote a chemical called GABA, a glutamate inhibitor in our central nervous system.<sup>10</sup>

Glutamate excites brain cells to act. While this excitation is often necessary, too much glutamate results in cell death.

*Melissa officinalis* promotes a better balance in glutamate levels, as well as new cell growth.

The result is a dramatically sharpened memory – thanks largely to eugenol, just one of the chemical components in this amazing herb.

## The Two-Punch Brain Booster

But *Melissa officinalis* is a two-punch brain booster. Its other powerful component is rosmarinic acid.

Studies have concluded that brain cells treated with rosmarinic acid after a stroke or any incident that results in blockage of the brain's blood vessels have a better chance of survival. That means less damage to the brain.<sup>11</sup>

This is key for stroke patients, whose brain signals become blocked by white matter lesions caused by a lack of blood flow.

So by protecting the integrity of the blood vessels, white matter brain cells survive and the signals keeps moving.

The impact of rosmarinic acid in *Melissa officinalis* on memory is also startling.

Memory loss often occurs when the brain lacks enough of the neurotransmitter, acetylcholine.

When the brain sends signals, it uses acetylcholine to keeps the signals moving. But once used, the brain removes acetylcholine with an enzyme called acetylcholinesterase.

Individuals suffering from Alzheimer's disease and dementia often have too much acetylcholinesterase, which restricts the brain signals from moving.

One way to prevent signal failure is to prevent the breakdown of this brain transmitter. That's exactly how many Alzheimer's drugs – cholinesterase inhibitors – work. They prevent the enzyme from forming.

As with most Big Pharma drugs, this may provide short-term help – but it doesn't address the wider problem.

On the other hand, *Melissa officinalis* – via its rosmarinic acid component - encourages blood flow, which help to protect brain cells from dying. At the same time, it also acts like Alzheimer's drugs, by inhibiting the formation of the signal-killing enzyme.

The result is that the brain is stimulated, memories continue to flow and brain fog is eliminated.

*Continued on the next page...*

*Melissa officinalis* works on young and old brains alike.

## How to Use This Amazing Herb

To get the most out of *Melissa officinalis*, add it to your daily routine.

Regular consumption of lemon balm:

✓ Provides antioxidants and valuable phytonutrients, like rosmarinic acid, and improves memory, alertness, as well as overall mood;

✓ Helps balance the brain and provide physical support of the overall health of brain's white and gray matter.

It comes in teas, capsules or, for the most potent dosage, extract form.

To make a soothing cup of lemon balm tea, steep a quarter to one teaspoon of dried *Melissa officinalis* leaves in hot water.

Whenever you do take the tea, make sure you have a little quiet. Turn off your mobile devices and disconnect from the world. This helps lower stress levels and will ensure the maximum effect.

If you prefer to take in a supplement form, such as capsules, always confirm the source and quality of the herb.

And make sure there are no extra fillers, which often do more harm than good and are a complete waste of your money. Take capsules in 300 mg-500 mg doses three times daily, or as directed.

I often recommend my patients take an extract of *Melissa officinalis* combined with other essential brain nutrients like choline, CDP choline and Acetyl L-carnitine.

Studies of *Melissa officinalis* extract in adults report the greatest benefit is obtained at 300 mg level. ■

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## Al Sears, M.D.

Al Sears, M.D., is a medical doctor and one of the nation's first board-certified anti-aging physicians. As a board-certified clinical nutritionist, strength coach, ACE-certified fitness trainer and author, Dr. Sears enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

In 2010, Dr. Sears unveiled his proven anti-aging strategies in *Reset Your Biological Clock*. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, Dr.

Sears made history by bringing telomere biology to the general public.

Dr. Sears shocked the fitness world by revealing the dangers of aerobics, "cardio" and long-distance running in his book, *PACE: The 12-Minute Fitness Revolution*.

In 2004, Dr. Sears was one of the first doctors to document the true cause of heart disease and expose the misguided and often fatal drugs-and-surgery approach to heart health.

In *The Doctor's Heart Cure*, Dr. Sears outlines the easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).

## Share Your Story With Me

I've made it my personal mission to bring you back hidden and forgotten cures from around the world, and return to your body what's missing from our modern environment so you can live a full life without worry.

I often hear great things about my books, special reports, and products from patients who come in to my clinic.

But I'd love to hear from you, too.

[Click here to take a moment to share your thoughts with me.](#)

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