

## Defying brain and body deterioration - Is this a possible task?

3/17 - New information from Marilyn Sidwell, owner of Nutrition Pure and Simple

I want to discuss these well-known senior-related diseases:

Alzheimer's and Senile Dementia (their cause & progression are not well understood)  
and - type 3 Diabetes (brain specific diabetes)

**Help us get the word out!** There are three products from Nutrition Pure and Simple that could be considered for preserving (and possibly reversing - *an unknown result of supplementation*) your mental and physical health as you age.

### Number 1

There is a lot of well-documented information available about nutritional deficiencies in the elderly. In addition to genetic composition, the elderly don't eat well, don't chew well, don't smell worth a darn - and for a host of other reasons they are more likely to be malnourished than any other age group. This is why a superb bioavailable multi vitamin and mineral formula, such as **Ultra Vites** should be your first consideration. You must provide the wonderful chemical factory that you live in with its nutritional needs *daily!* You should also focus on sources of high quality protein in the diet.

*Recent formula modifications are of especial interest. Did you know that B-Complex vitamins may help slow the progression of dementia and reduce brain shrinkage? Did you know that supplementation with any single B Vitamin is more effective when all B Vitamins are present? Did you know that many people have genetic impairments which compromise the body's ability to convert the B Vitamins into their active forms? The new Ultra Vites uses the active forms of these cofactors which are critical to brain health.*

We have also increased the amount of Biotin, which plays an important role in cognitive function. According to The Linus Pauling Institute, Biotin supplementation, along with the rest of the B Vitamins, may enhance the the brain function of those most at risk: the very young and the very old.

**What is the 2<sup>nd</sup> supplement? Ultra Omega-Linic.** It contains GLA, DHA and EPA. These Essential Fatty Acids (because the body **MUST** have them) are deficient in our western diet. DHA (docosahexaenoic acid) is important for neurological structure, and EPA (eicosapentaenoic acid) is important for function. Cat scans of the brain show there is loss of brain structure in the aging brain that is even more severe in Alzheimer's disease. And tests that show Alzheimer's also show a definite loss of function. Some doctors are using an algal DHA for treatment. Many doctors are using fish oil for treatment. None of the studies we can find are also using GLA (gamma linolenic acid). Studies show a decrease in Arachidonic Acid (AA) in Alzheimer's - and GLA is a precursor of AA, another essential fatty acid. GLA also amplifies the effectiveness of fish oil because it is a precursor of the prostaglandin 1 series. Consider 4 to 8 capsules of Ultra Omega-Linic per day.

**There is a third product that also bears considering: Ultra Monolaurin.** For years monolaurin has been recommended by doctors for colds and flu. More recent work has extended its use to other, more difficult to solve, problems such as MRSA, AIDS and HIV. It has been used for protzoa infestations and fungus infections.

### **How does monolaurin relate to the problems of the aging brain? A good question!**

A little biochemistry. The main source of energy for brain cells is glucose. The source of glucose is carbohydrate.

Recent investigations have shown that Insulin is produced by the healthy brain. In Alzheimer's disease the brain loses its ability to produce insulin and becomes insulin resistant. This has caused some to call this condition Type 3 Diabetes. The brain cells lose their ability to use glucose for energy. This has the consequence of the cells dying and the brain shrinking. But brain cells *do* have the ability to use Ketones for energy if they are available. When medium chain fatty acids (MCFAs) are metabolized they form ketones in large amounts. Coconut oil contains 60% MCFA. Ultra Monolaurin contains 90% medium chain fatty acids.

If you decide to add coconut oil to your diet, be sure that it is not hydrogenated, and that it is Pure Virgin coconut Oil. Coconut milk and flour are also good additions, as is coconut itself.

There is recent work involving the successful use of coconut oil for Alzheimer's Disease. In addition, there is a prescription drug Axona™. The active ingredient is a synthetic medium chain triglyceride (MCT). Studies have shown improvement in Alzheimer's patients using Axona™.

It is thought that the metabolism of MCTs to ketones is responsible for this improvement. The ability of neural tissue to use ketones as an energy source when glucose is not available, is well known. One of the benefits of the Atkins-type, low carbohydrate diet, is that it does cause ketones to be produced by the body.

As mentioned above Coconut oil is approximately 60% MCFA.

Ultra Monolaurin is a 90% pure Mono glyceride distillate from coconut oil. Lauric Acid is the highest MCFA by percentage in Ultra Monolaurin. In addition, Ultra Monolaurin contains the other MCFAs, Myristic Acid, Capric Acid and Caprylic Acid.

Please Note: Monolaurin (and its other MCFAs) is a monoglyceride - not a triglyceride. Note: the Lauric acid (found in mother's milk and other sources) becomes monolaurin in the human body.

The information below are rough approximations of the MCFAs in the various coconut products.

Density of coconut oil 0.908 (1ml = 0.91 gm) and it contains approximately 55% MCFA. Therefore 45 ml of coconut oil (4 tablespoons) contains approximately 22.5 gm MCFA

MCFA content of Ultra Monolaurin: 1/4 tsp = 0.75 gm. 1 tsp = 3 gm. 1 Tbsp = 9 gm

Axona™ (a prescription medical food) packet = 44 gm powder with 20 gm caprylic triglyceride, approximately 20 gms MCFA.

The amount one would choose to use of any or all of these coconut products depends upon age, risk factors, symptoms, and response, and should be under the direction of a qualified health care professional.

**Ultra Vites, Ultra Omega Linic and Ultra Monolaurin** are the 3 products that are extremely important in healthy aging and maintenance of brain health in particular.

*These statements have not been evaluated by the FDA.  
Products are not intended to diagnose, treat, cure or mitigate any disease.*



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