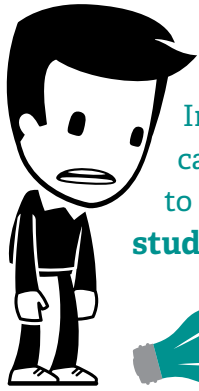


Are You Losing Your Mind?

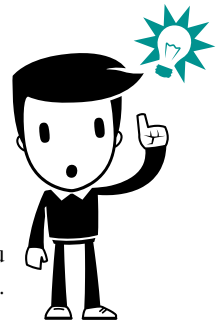


by Margy Squires

In these days of cell phones, smart televisions, iPad minis and other electronic aids that dial, calculate, store, retrieve and remind us of what we need to know, what's left for your brain to do? There must be millions of tiny brain cells not being challenged on a daily basis! **Yet studies show that the more you use your brain – especially by learning new things – the lower your risk of developing dementia-related disorders.** So how can you keep your cognitive ability and not lose your mind as you age? Or for that matter, at any age?

Scientists designated 1990-2000 as ‘the decade of the brain’ and learned more about how this mysterious organ operates in those 10 years than in all previous combined. Think of the brain as a computer. Even when you sleep the brain does not, but rather goes through a “re-programming” mode to reset, rebalance and restore brain and body functions regulating sleep, thought, appetite and so forth. You have the same number of cells as you did at birth; when you continue to learn, they grow and make new connections. Neurons send information to your brain at 170 miles an hour through a 90,000 mile network. The brain has 10,000 blood vessels and is 75% water. If the brain were a computer, it could store 3-1,000 terabytes. It has enough electrical power to light up a 20-watt bulb. Although only 2% of body weight, the brain uses 20% of body fuel. In short, this organ is high maintenance!

The brain needs to refuel via fatty acids and glucose. Nutrients such as amino acids and B vitamins build and facilitate neurotransmitters. Sleep to recharge. And because the brain requires much energy that generates rogue free radicals, it is subject to damage and oxidative stress. Antioxidants help quench the free radicals to protect the brain and its “operating system”. B-12, folate and magnesium manage harmful inflammatory enzymes like C-reactive protein and homocysteine.



While you could opt for 5 hour brain boosting drinks, caffeinated beverages and other stimulants to make you more alert, consider the side effects on your heart and nervous system. Or your ability to obtain restful sleep. Feed your brain with health-promoting nutrients instead!

But can supplements make you smarter? Clear brain fog? Think faster? Or prevent you from getting dementia? When it comes to research, the focus tends to be on designer drugs which glean the biggest profits. Yet there are *thousands* of studies on nutrients people just do not know about!



For instance, look at 2015 research on neurodegenerative diseases like multiple sclerosis (MS) and Alzheimer's disease (AD). Gray matter contains the majority of the brain's neuronal cells which process information. In MS, a decrease in gray matter is a sign of neurodegeneration. But raising vitamin D3 levels to 87 nmol/l was “associated with a 3% less reduction in gray matter *in just 18 months*”.² New interest on magnesium (Mg) status as a risk factor for Alzheimer's prompted a 2015 review of 559 AD patients and 381 healthy controls. Significantly lower Mg was found in the cerebrospinal fluid in AD with the conclusion that AD “seems to be associated with Mg”.³

Studies on combination therapy also show nutrients make a difference. A multiple with a B complex improves cognitive function and fatigue during extended multi-tasking.⁴ Brain atrophy (“shrinking” of the gray matter!) slows when both B vitamins and omega-3 level status is good.⁵ Epidemiology studies link nutrients omega-3 fatty acids, lutein and alpha lipoic acid to “cognitive performance and the prevention of dementia”.⁶

So when you are considering a brain “program”, think of supplements as either neuro-protective or neuro-facilitating. The first group protects your brain “parts”; the second promotes the cognitive “process”. By making this simple separation of “duties” you'll choose what's appropriate for your brain to perform or be protected. Try TyH's suggested *Get with the Program* for brain support or Brain Clear ES™ for a brain “boost” helper.

Continued

Are You Losing Your Mind? *continued*

There are other factors which affect brain health and your ability to think clearly. Stress, either chronic or temporary. Acute or chronic pain. A diet high in saturated fats that both provoke inflammation and clog blood vessels that supply vital oxygen and nutrients to the brain. Elevated sugar levels which “fog” thinking. Trauma or psychological disorders. As always, we suggest that you share any supplemental therapy with your health care professional.



No matter how young or old you are, don't lose your mind! Even a great thinker needs help “shining” from time to time if overworked, missing sleep or under duress. Power up your mind with the nutrients that offer that boost and protect your brain – unlike computers, you can't replace it with a newer model, just a younger, faster acting one!

How to Help Your Brain

Try TyH's Program or choose Brain Clear ES™ for a brain “helper” formula.

Choline

B vitamin precursor of acetylcholine, the “thinking neurotransmitter”, and vital to nerve function. Helps curb homocysteine to reduce harmful inflammation.

Glutamine

An essential neurotransmitter in the brain that helps with concentration, focus and memory. Helps sugar metabolism and detoxifies cells.

Gotu Kola

Herbal triterpenoids that reduce anxiety and increase mental function. Improves blood flow and strengthens blood vessel integrity.

Huperzine A

Inhibits acetylcholine breakdown to “boost” thinking and learning. Protects number and size of cholinergic neurons to diminish memory loss associated with normal aging.

Phosphatidyl Serine

Boosts levels of acetylcholine, a neurotransmitter needed for memory and learning. Supports cell to cell communication, enhances cognition and protects neurons.

Ginkgo Biloba

Improves circulation for increased blood flow, oxygen and nutrient support to brain cells. Fights inflammation, too.

RoseOx®

Patented form of rosemary, a natural antioxidant to protect cells from oxidative stress, increase effectiveness of other vitamins and reduce cholesterol to enhance blood flow.

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Get with the Program Brain Support*

- ◆ Multi-Gold™
- ◆ Brain Clear ES™ or Phosphatidyl Serine
- ◆ Fibro-Care™ (Organic Magnesium)
- ◆ Fibro-D3™
- ◆ Omega-3 (Fish, Flax or Krill)
- ◆ Valerian Rest ES™

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References available by request to editor@e-tyh.com.

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- ◆ Brain Function, I think therefore I am
- ◆ Ginkgo Powers Up More Than the Mind
- ◆ Magnesium Testing: Are You Magnesium Deficient?
- ◆ Multi-Gold™, Advance Your Health
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