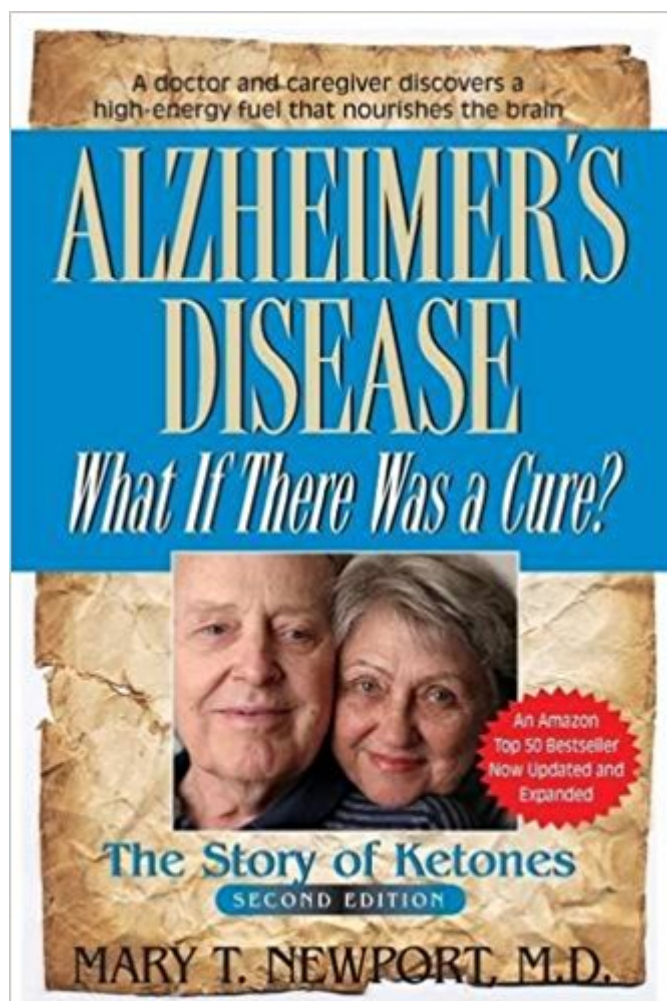


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# Alzheimer's Disease: What If There Was A Cure?: The Story Of Ketones



## Synopsis

In this second edition Dr. Newport, a neonatal practitioner, continues the story of Steve's progress and provides the most recent research on such topics as possible causes of Alzheimer's due to the herpes simplex virus and nitrosamine substances and how infection, inflammation and genetic makeup may affect an individual's response to fatty acid therapy.

## Book Information

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## Customer Reviews

Board-certified in pediatrics and neonatology, founding director of the newborn intensive care unit at Spring Hill Regional Hospital in Florida, and clinical faculty assistant professor at USF. Author of *Alzheimer's Disease: What if There Was a Cure?*, a national and international best-seller.

A friend told me about this book when I told her I was worried about brain fog, memory loss and inability to remember people's faces. I wasn't sure if this was menopausal, or due to having cancer 3 years ago - but it certainly made me worried. I cut back the carbs in my diet and added 4-7 tablespoons of coconut oil into my diet. After a week I noticed that using the Nintendo Brain Trainer my memory test score showed my highest score ever - a 20% improvement on previous measurements. My brain feels clearer and I feel less spaced out. This is a really important work and I wish I'd come across it before my dad, who had Alzheimer's, died. It's becoming so clear that so much illness can be resolved just by improving your diet. People do not grow healthy and strong eating pizza, pasta and Cola. Including essential fats (coconut oil and fish oil) and several portions

of green vegetables daily, and cutting out sugar and trans fats can make a big difference to your health. The long held truth that low fat is the way to health is now being found to be completely incorrect. Your brain is made of fat and the sheaths that surround your nerves are made of fat, and if you're not eating any fat, how can they be repaired!! The wrong fats have given the good fats a bad press. Margarines, transfats and hydrogenated oils are all bad - which is why manufacturers are now removing them from products. Cold Pressed Extra Virgin Olive Oil is good, but most other vegetable oils are very processed and not good for your health. There is a belief that coconut oil is bad for you - but again this is an outdated information that has been proven incorrect. The medical profession know this as premature babies are fed on supplements made from coconut oil and so are patients in intensive care unit who can't eat. Do your own research into fats and health and you'll find that a lot of what you believed to be true has been proven wrong. The new paradigm is that too many carbohydrates and particularly too much refined sugar, or refined flour, is the reason for the increase in illhealth that we see around us. A diet full of fresh food - lots of portions of vegetables and fruits is the way to go for improvement in health.

Have Lyme disease and I bought this book a month ago as I was clearly manifesting Alzheimer's type symptoms. Tried the remedy and it works so well. Noticed my sugar cravings subsiding and energy increasing as well as my brain now clear with the confusion dispelled. I can't speak highly enough of these authors. Just got a report that a Texas doctor has linked Lyme (*Borellia burgdorferi*) and another *Borellia* species with the development of Alzheimers. I'd like them to look into this connection as I came to this conclusion myself.

I read and tried the protocol for my mother. She is like a new person. What a wonderful gift! A must read if anyone in your family suffers from this debilitating disorder. It works!

I saw Dr. Newport on 60 Minutes and was very interested in her medicinal use of Coconut oil. I have been a fan of Coconut oil for YEARS--ever since discovering its many wonderful applications while researching the Internet for a treatment for my husband's toenail fungus. I credit Coconut Oil with raising my good Cholesterol to a very respectable number. I use it as a lotion and I cook my pancakes in it and stir fry my onions and peppers with it. When singing its praises I tell people it reminds me of the old Saturday Night Live skit--it's a dessert topping AND a floor cleaner. OK--but now my interest is more serious. My husband was diagnosed with Parkinson's about five years ago--except that he has never been very typical--he doesn't have a tremor and doesn't seem to

respond to the standard Carbidopa/Levodopa medication that is given to most Parkinson's patients. He also has cognitive issues--executive function problems, problems with sequential processes--though his long term and short term memory is better than mine. He is also 75 years old--and so often I feel that his doctors--in their late thirties/early forties--are arrogant and dismissive--with a "what do you expect? He's old" attitude. Couple all of this with my husband's attitude of denial/noninterest--you can probably sense my frustration. We've tried two antidepressants which made him practically catatonic--sleeping even more than he already does. He was put on Namenda for a while and there seemed to be a tiny improvement--but he began having dizzy spells and falling. He decided the Namenda was the problem and with the doctor's permission we stopped it. Again--a little backsliding cognitively--but then it evened out or I got used to it. After that, however, I decided to hit the Internet to see what other people were doing--and came across this book again, began reading it, and decided that we were going to try some therapeutic doses of Coconut oil. We are still working up to the amounts recommended--and we have not had a miraculous improvement--but I do think he is a little better. I think he is more conversant, perhaps more engaged. I am impressed with the logic, the science, behind this approach. I'm very depressed about the roadblocks that have slowed the research. I feel that this is something I can DO that might help my husband. It has helped put a little weight back on him too, I think. He has been steadily shrinking---though much of that I believe is due to muscle atrophy since he doesn't MOVE a lot. I will continue this course for a while and hope for more improvement. I have not quite finished the book, but I am very glad I discovered it.

Alzheimer's runs in my family so this book was very interesting to me. To see the results her husband had and still has makes me believe that she definitely is on to something. I had read about the Ketogenic Diet for controlling seizures in Epileptics which has been around since the late 1800's and is used by John Hopkins today to control seizures that meds cannot. Basically the diet forces the body to make ketones to burn for energy instead of using glucose which for some reason controls seizures. So after learning about this diet and reading what Mary had to say about raising ketones to nourish the brain in Alzheimer's makes sense. Unfortunately my family members who were afflicted are now gone, but I am going to start a regimen of using coconut oil as an ounce of prevention.

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