



The all-natural Alzheimer's cure hiding in plain sight

90% success rate in as little as 3 months!

Your Alzheimer's cure is here.

In fact, it's been mostly hiding in plain sight all along. Even though the news is only recently being broadcast far and wide among physicians.

But the news they're broadcasting is really just the icing on the cake... the last piece in the Alzheimer's puzzle I've been putting together for years.

And it's arguably the best news I have seen in my four years of bringing you *Insiders' Cures*.

For quite some time, I've been telling you about various natural approaches you can take to help prevent dementia and cognitive decline...like supplementing with vitamin D (since a 2014 study revealed that older patients with very low levels of this nutrient have a 122% increased risk for dementia and Alzheimer's disease).

I've also reported on many natural ways to combat dementia—like the studies showing that large doses of vitamin E might help treat dementia much better than the “go-to” Alzheimer's drug.

And while all this news is good, I've been holding my breath, waiting for enough evidence to come together

to culminate in a scientifically proven, natural cure for reversing Alzheimer's and dementia.

And now, *finally*, I can let out that breath. We finally have that crowning evidence. And it has led directly to that long-awaited cure.

Recent research shows using an all-natural approach to preventing and treating Alzheimer's has a *90% success rate*.

That's right. Nine out of 10 people with dementia-related memory loss who followed an all-natural protocol had significant, sustained improvements in their memory.

If that's not a cure, I don't know what is.

But still, some doctors are inexplicably resisting this simple, natural, and *scientifically demonstrated* Alzheimer's reversal cure. Which is why I have decided to develop my own clinical protocol—in light of this new clinical evidence, in addition to the Alzheimer's breakthroughs I've shared with you previously... as well as my own clinical and research experience.

It's a comprehensive approach for COMPLETE brain health—and a dementia cure to boot.

My new protocol doesn't rely on any single step or any simple pill. In all, my protocol includes more than a dozen individual natural approaches that have been shown to actually reverse the memory loss associated with Alzheimer's disease. I'll tell you about some of them in just a moment.

But first, let's take a closer look at the new clinical research that led to this exciting development.

A definitive clinical trial on reversing Alzheimer's dementia

An 18-step plan was tested as part of a recent study conducted by researchers at UCLA's highly respected Mary S. Easton Center for Alzheimer's Disease Research.¹ The protocol used in this study

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is based on a whopping 56 other prior published studies on natural approaches to Alzheimer's treatment.

So *no one* can claim that using a natural dementia reversal protocol doesn't have sound science—and plenty of it—to back it up.

The latest study involved 10 men and women with memory loss or cognitive impairment associated with Alzheimer's. And this wasn't just minor memory loss. For six of these people, it was so severe that they were either struggling at their jobs or had had to quit working altogether.

But in just *three to six months*, nine out of the 10 people who followed the all-natural approaches had substantial improvements in their memory.

This memory boost was so significant that the participants were able to return to their jobs or continue working with marked improvements. The only person who didn't have increased memory was a woman who was already in the late stages of Alzheimer's.

And the news gets even better. Their memory boost wasn't just a temporary fix. The researchers continued tracking these patients, and two-and-a-half years later, the study participants were still showing "sustained and marked improvements."

The mainstream minions will tell you this was only one study on 10 people, and that we need more and larger studies. Even though, as I discuss on page 5, they know the research funds will never be available to study all-natural cures. But you and I know a major

reason larger studies are necessary is because most of the effects being studied in other research are relatively minor and insignificant.

Let me tell you, if there's any study ever done with a 90% success rate, you won't need reams of data and the help of statisticians to see a statistically significant result. You only need to be able to count on the fingers of both hands.

Plus this study mostly just confirms the brain benefits of many of the steps and breakthroughs I've told you about before. The new UCLA study just put them all together in a real clinical protocol that doctors and patients can choose to follow, as they would to successfully manage and reverse another condition like high blood sugar, or high blood pressure.

Why an all-natural protocol works—and drugs don't

The results of the UCLA study suggest that cognitive impairment, reversal, and improvement are based on metabolic processes in a living, dynamic brain that simply may or may not show the pathologic abnormalities that have been typically ascribed to Alzheimer's disease and dementia. Abnormalities that have kept researchers looking through blinders at the results.

The UCLA researchers point out that dementia is the most rapidly increasing chronic disease of our time. They also argue that drug treatments for dementia have been the greatest recent failure of mainstream medicine.

They say there is not a single mainstream dementia treatment that

has had anything beyond a marginal, asymptomatic, unsustainable effect, with little or no impact on halting disease progression. This, after two taxpayer-funded, “decades-of-the-brain.”

The researchers point out that one of the problems with mainstream approaches to dementia is that they've all involved taking a single therapeutic pathway, blindly shooting in the dark at different unproven theories or findings on the cause of dementia.

However, as with any other disease, there does not appear to be a single cause of Alzheimer's. There are many metabolic and neurophysiologic pathways that appear to converge in this condition.

Using *combinations* of treatment options has been successful for combatting other serious diseases like cancer, heart disease, and AIDS/HIV infection. But, despite all of the research, a combined treatment approach for dementia has not been tried before.

Until now.

Your complete step-by-step Alzheimer's cure

Of course, the points made by the UCLA researchers are ones you've seen me make dozens of times here in the pages of *Insiders' Cures*, as well as in my *Daily Dispatch* e-letter. And while the UCLA study certainly yielded impressive—even downright exciting—results, I believe it could be even better had the researchers applied some of the many other breakthroughs I've been telling you about over the past several years.

So I've re-organized, modified, prioritized, and “supplemented” my own natural approaches, including consideration of all those laid out in the proven UCLA protocol—and further incorporated key additional information I've personally gathered over many years of scientific investigation.

I'm putting the finishing touches on my complete protocol now, and will be sure to let you know as soon as it is available. But in the meantime, here's a brief description of some of the natural approaches I will encompass.

So let's get started!

Mind your diet

In my complete Alzheimer's cure protocol, I will give you detailed dietary recommendations based on my research. But in the meantime, you can get a head start by cutting out sugars and reducing refined grains like white bread and pasta (like you should already be doing for every other condition I have written about over the years—long before it was recognized by the “experts”).

This step lowers insulin resistance, and researchers have long found a strong link between diabetes and Alzheimer's (which I identified as “Type 3 diabetes” several years ago).

Focus on positive lifestyle choices

Get eight hours of sleep per night. Studies show poor sleep may increase your levels of beta-amyloid, a toxic protein that helps form the brain plaque associated with Alzheimer's. Lack of sleep may also affect a gene that predisposes people to developing Alzheimer's.²

Exercise moderately 45 minutes per day, five days a week. Just as exercise improves your heart health, it can also boost your brain health.

But that doesn't mean you have to run out and buy an expensive gym membership. Moderate exercise can include everyday activities like walking, swimming, housework, gardening, or playing with your kids or grandkids.

Avoid heavy metal toxicity by asking your doctor to test whether you have an excess of heavy metals like iron, copper, aluminum, and mercury in your body, as I have often warned. There is some evidence that these metals can contribute to the plaque buildup that is a hallmark of Alzheimer's. Also, avoid taking dietary supplements with iron unless you have been diagnosed by your doctor as suffering from iron-deficiency anemia.

In my full protocol, I will go into detail about the best way to get rid of any heavy metals that may be contributing to your Alzheimer's risk.

In the meantime, there is one more lifestyle modification you can make that can significantly boost cognitive function—reduce stress.

Stress boosts levels of the hormone cortisol, and a variety of studies have found that people with Alzheimer's have excess cortisol in their bloodstream. I published a paper 20 years ago suggesting that cortisol is the aging hormone—and what is dementia, ultimately, other than aging of the brain? (My complete Alzheimer's cure protocol will offer in-depth instructions on how to combat stress in our

hectic modern world—so be on the lookout for more news on it in the coming weeks!)

Protect your brain with smart supplementation

There are a number of natural supplements that support overall cognition and brain health. And there are several that have distinct, scientifically proven memory-enhancing benefits as well. I will outline all of these supplements (and dosages)—as well as the research behind them—in my complete Alzheimer's cure protocol. But in the meantime, here are a few you should consider starting right away, as I have generally recommended before.

Take a high-quality **vitamin B-complex** every day. Bs are so essential for brain health that the Europeans call them “neurovitamins.” They also have been shown in many studies to help reduce homocysteine levels.

I've noted before that lowering your homocysteine and C-reactive protein levels are the real keys to preventing heart disease (versus the crazy cholesterol hypothesis and dangerous statin drugs that bedevil conventional cardiology practice today).

And it turns out this strategy is just as important for the brain as it is for the heart. I believe this is because homocysteine and C-reactive protein can hamper healthy blood circulation and oxygenation to the brain through the blood vessels.

B12 in particular has been shown to be effective at lowering homocysteine levels, so ask your

doctor to test how much of this vitamin is circulating in your blood. You want your B12 level to be above 500 pg/ml.

Along with cutting out sugar in your diet, take **1-2 grams of fish oil** daily to help reduce your C-reactive protein levels—and support synaptic structural components of the nerves and brain as well.

Take **10,000 IU of vitamin D3** a day to ensure your D blood levels are between 50-100 ng/ml.

If you haven't had your vitamin D levels checked, ask your doctor to do it as soon as possible. I know I don't have to tell you how crucial this nutrient is for every aspect of your health—including your brain health.

Boost your mitochondrial function with **100 mg of Coenzyme-Q10** (ubiquinol) a day. Research shows dysfunction of the mitochondria (the parts of cells that produce energy) is a key trigger for the development of Alzheimer's. This function is poisoned by certain drugs like statins.

You can also help ensure your mitochondria are operating optimally by taking supplements such as selenium, zinc, and vitamins C and B1. And research shows that **aspal (rooibos) combined with dandelion extract (450 mg each)** has remarkable impacts on mitochondria in terms of cellular energy and hydration.

Better blood flow = better brain power

And finally, ensure you have a good brain oxygen supply through optimal blood circulation. Which means you need a healthy

cardiovascular system.

You can accomplish this goal through the diet tips I mentioned earlier, as well as moderate exercise, and the deep breathing associated with **meditation and yoga**. And many of the dietary supplements recommended in my forthcoming protocol will also help boost your circulation and brain oxygen supply.

Why you should talk to your doctor today about the natural Alzheimer's cure

Of course, if you or a loved one is struggling with dementia, you need to be under the care of a personal physician who can customize your healthcare approach.

But if your doctor isn't one of the growing number who are embracing natural approaches, make sure he or she knows about the new UCLA study. If all else fails, find another doctor who will talk to you about the evidence for a natural cure.

And, please, be on the lookout for more news to come regarding my complete Alzheimer's cure protocol.

Because it's increasingly looking like preventing and reversing dementia is also the closest thing to the “anti-aging” fix for which so many people have been searching for so long. As the new protocol demonstrates, dementia in the brain is the flip side of aging in the body.

But, the good news is, you no longer have to fear you'll someday suffer from Alzheimer's or dementia. Or helplessly wait for another false promise about an expensive, dangerous new drug yet to come. **IC**

Citations available online at www.DrMicozzi.com

NEWS BRIEF

Why the UCLA Alzheimer's reversal study is so miraculous

There's an old proverb about what constitutes news: "It's not so much what the dog said, but that he spoke at all." Meaning sometimes the actual information is not news—but the source that is giving out that information is earth shattering.

That's how I am tempted to think about the UCLA Alzheimer's study I told you about on page 1. It was labeled a new "priority research paper" in the mainstream medical literature. But the elements of its natural approach to reversing Alzheimer's is hardly novel to me or my readers. Although, unfortunately, it really is news to many conventional doctors.

Mainstream Alzheimer's treatments have been a complete bust—and it could be said again in this tragic instance that medicine has really gone to the dogs. But that "dog" has finally spoken out.

I have often explained that there are many scientific studies showing beneficial activities, effects, and/or outcomes of a nutrient for a variety of ailments and chronic diseases.

So why don't more doctors use these natural approaches? Well, if physicians are going to use any remedy in medical practice, they need clinical protocols. These protocols detail whom the remedy applies to, and how and when it should be used to achieve the desired health outcomes.

Take diabetes treatments, for example. Readers often ask about, and I have reported on, the dozens of herbal remedies that help balance and reduce blood sugar.

But the medical community still falls far short of having clinical protocols that tell us (a) who qualifies for such remedies (in terms of clinical history, and blood sugar and HgA1c levels), (b) how much of an herb to take, when, how often, and under what circumstances, and (c) the desired outcomes in terms of lowering blood sugar, keeping HgA1c levels low, reducing homocysteine and C-reactive protein, and (d) ultimately preventing the vascular complications of diabetes in the eyes, heart, kidneys, and peripheral nerves.

The only way to establish those kinds of clinical protocols is through studies designed and followed like the UCLA Alzheimer's study. But of course, when the government agency charged with investigating promising natural approaches (the NIH's laughable Center for Complementary and Integrative Medicine) claims there is no role for natural remedies in the treatment of diabetes, for example, it essentially guarantees the necessary clinical studies will never be funded and never get done.

Sadly, the hundreds of millions of dollars lavished on researching a single drug will never be made available to study natural approaches (which also will never lead to hundreds of billions of dollars in profits from a desperate public). The amounts of research dollars spent on even one drug for one condition are many times the entire annual government budget for studying all non-drug, natural approaches to all diseases!

So the upshot is that the only "natural" diabetes remedy that has a proven clinical protocol is metformin. Although metformin is a drug, it comes from the ancient herb French lilac. It's been shown in many studies to be safe, with all of the desired effects for diabetes treatment. But unlike diabetes, there has never been a safe and effective drug (whether originally from natural sources or otherwise) for dementia. And practicing physicians know it.

That's why I'm so excited about the new, truly integrative, all-natural clinical protocol for reversal of Alzheimer's dementia that I'm putting together, including the UCLA study findings—and dozens of others.

7 reasons why you may not be getting enough vitamin D

You already know vitamin D is important for healthy bones. And that a deficiency of this critical vitamin can contribute to cancer, diabetes, cardiovascular disease, digestive disorders, depression, chronic pain...and more.

You also probably know even though your body can make its own vitamin D from the sun, deficiency is still rampant.

Depending on which report you read, between 40 and 75% of Americans don't get enough of this vital nutrient.

Of course, that big swing in percentages is just par for the course when it comes to vitamin D research.

The medical literature is replete with confusion and misdirection about proper D dosages. Which makes it difficult for you—and your doctor—to know if you have a clinical deficiency.

Behind the confusing "D-bate" over D

I reported a couple of years ago about a major study published in the *British Medical Journal* that found that most people need vitamin D supplementation for a healthy mind and body.

But that study was also accompanied by an "expert" editorial urging doctors not to recommend vitamin D supplementation for their patients.

If that weren't confounding enough, a quasi-government panel recently

reviewed thousands of studies showing the health benefits of vitamin D. They also looked at plenty of documentation about D deficiencies in the U.S. population.

But they recommended *no actual changes* in Americans' vitamin D nutritional practices.

Add to that the fact that most of the good dietary sources of vitamin D are foods that the government at one time or another has mistakenly told people to avoid. Egg yolks, cheese, and organ meats such as liver top the list.

Even good-for-you oily fish like salmon may have only one-tenth the natural levels of vitamin D if farm raised (as are virtually all Atlantic salmon now) instead of wild-caught. (Look for Pacific or Alaska salmon.)

These faulty and conflicting government dietary and health recommendations can pose a dilemma for people who are simply trying to follow a healthy lifestyle.

In fact, the whole mess reminds me of the title of the prize-winning novel *Confederacy of Dunces*. But in this case, we seem to be beset by a "Conspiracy of D-unces" when it comes to vitamin D.

Why else would big pharma and the hospital-based healthcare system conspire to keep people unhealthy by steering them away from safe, affordable, natural approaches like vitamin D supplementation?

To help you navigate all of this idiocy, I've assembled a checklist of the warning signs you're not getting enough vitamin D.

If even one of these items applies to you, it's a good idea to increase your vitamin D3 supplementation to my recommended dosage of 10,000 IU a day.

Your "D-ficiency" warning checklist

- ✓ **You're a vegan or vegetarian.** If you avoid meat or dairy, you likely aren't getting enough vitamin D from diet alone.
- ✓ **You work indoors all day.** Some researchers say you only need 10 minutes of sun per day to allow your skin to make healthy levels of vitamin D. You could accomplish this by going outside on your lunch break—although, as you'll see in the next step, you'll probably be overdressed.
- ✓ **You're too modest when going outdoors.** You need to expose about 25% of your skin—*without* sunscreen—to make enough vitamin D. And even then, that won't work if...
- ✓ **You live north of Atlanta between November and March.** The sun is not strong enough in these locations in the winter to allow your skin to make any vitamin D. Even in the summer at these latitudes, you're making less D than people who live more to the south.

✓ **You are pregnant or a nursing mother.** You may not be getting enough D for both you and your baby's health.

✓ **You have a body mass index over 30.** Vitamin D is fat soluble. So the more body fat you have, the more D is stored in your fat tissue, rather than circulating in your blood to get to the organs and cells where it is needed, including your brain (see the article on page 1 of this issue for more on vitamin D's role in the brain).

✓ **You avoid commercially prepared beverages and foods.** While this is a healthy practice, it also means you're not getting the vitamin D fortification typically found in processed foods like cereals or breads.

✓ **You're older than 72.** Your skin's ability to make vitamin D declines after this age.

Simple steps you can take to get more D

If you have any of these warning signs, ask your doctor to test your blood levels of vitamin D.


You may run into pushback because most doctors don't know much about nutrition. And those who do may still be biased against the use of dietary supplements "in principle" (versus based on the science).

But because vitamin D now has so much publicity, more and more doctors will make an exception to test blood levels and prescribe D supplements. Of course, they may

not prescribe enough, based on the woefully inadequate RDAs for vitamin D.

I've studied the science (unlike the government, apparently), and the latest research shows that virtually everyone needs to supplement with 10,000 IU of vitamin D3 a day in order to ensure they have adequate levels of this vital nutrient in their bloodstream at all times.

I recommend getting your D in an easy-to-use liquid form that can be added to any beverage.

Please don't wait any longer. If you haven't already, now is the time to get started with vitamin D supplementation. 

Citations available online at www.DrMicozzi.com

The safe way to reduce belly fat and lower your risk of diabetes and heart disease—*without* eating less or exercising more

You may have heard how rosehips—which are popular in herbal teas, jams, and juices—are a potent natural source of vitamin C and other nutrients.

Maybe you've also heard how this fruit of the rose plant is traditionally used as a diuretic and laxative. And as a natural remedy for gout and rheumatism.

But rosehips have another health benefit that most people aren't aware of...

New research shows rosehips can

actually help you lose that stubborn belly fat that's so dangerous for your health. *Without* cutting calories or exercising more.

And without the dangerous side effects of traditional stimulant weight-loss products that leave you jittery, make your heart race...and may even kill you (as I reported in the October 2015 issue of *Insiders' Cures*).

The natural way to lose abdominal fat

More than any other type of fat,

abdominal fat has been linked to increased risk of metabolic syndrome, diabetes, and heart disease.

So how do rosehips help you shed this deadly fat? Well, as I mentioned above, along with vitamin C, these fragrant fruits contain an abundance of biologically active polyphenols.

Rosehips' most powerful polyphenol is called tiliroside. Studies have reported that tiliroside has antioxidant, anti-cancer, anti-inflammatory, and antiviral properties.

And, as it turns out, it also has anti-obesity capabilities. Let's take a closer look at the evidence.

How rosehips help you lose different kinds of fat...and why that's important

In one study, a rosehip extract prevented weight gain and body fat accumulation in non-obese mice—without any changes in their diets or the number of calories they consumed.¹

Other studies have shown that rosehips inhibit accumulation of lipids in fat cells.² So in essence, rosehips can help prevent your fat cells from getting fatter.

Another study showed that rosehip juice also reduced blood lipids in obese people—and lowered their blood pressure as well.³

The latest study involved 152 people who were divided into two groups. One group was given 100 mg of rosehip extract daily for 12 weeks, and the other group received a placebo.⁴

All of the participants were asked to maintain their regular diet and lifestyle patterns.

Indeed, throughout the study, the researchers observed that both groups had almost identical food-intake rates.

But at the end of the study, the researchers observed that total abdominal fat, visceral fat (fat around the organs), body weight, and body mass index (BMI) all decreased significantly in the rosehip group.

Even though they ate just as much as the placebo group.

Another key thing to note about this study is the type of fat the people lost. Why does this matter? Because just looking at weight or BMI is a poor way of assessing body fat and composition in terms of health.

When I worked as a senior research investigator at the National Institutes of Health, I tried to get researchers to look beyond these simple, inaccurate measures of body fat when it came to their multimillion-dollar studies on health.

Measuring only body weight or BMI just doesn't tell doctors or patients what they really need to know about health status.

I didn't learn this truth in medical school—nor did I learn about diet and nutrition. Instead, I discovered it as part of my human biology training for my PhD in anthropology.

Sadly, medical doctors simply aren't taught in school what they really need to know about nutrition or assessment of the human body.

Why rosehips are safer than other weight-loss products

While rosehips stimulate the nervous system to burn fat, they're different than the typical "upper" type of weight-loss products.

These products hype up your adrenalin—which can make you jittery and increase your heart rate and blood sugar levels.

That's not only unpleasant (for you, and those around you), but dangerous for your health.

In fact, some of these products have even been associated with sudden deaths.

In contrast, rosehips appear to accomplish fat burning *without* increasing adrenalin.

Researchers believe the tiliroside in rosehips helps us lose body fat through its affect on the autonomic nervous system—which controls basic body functions like breathing, heartbeat, and digestion.


Tiliroside is thought to stimulate the autonomic nervous system to increase fat burning both at rest and during exercise.

Even better, rosehips appear to target abdominal fat burning, rather than the subcutaneous fat that lies just under the skin throughout your body. This allows you to lose unhealthy belly fat without shrinking your skin and ending up with the gaunt look of someone hooked on stimulants.

Having some healthy subcutaneous fat also appears to actually *lower* the risk of many chronic diseases.

And it helps you maintain a more youthful appearance—in contrast to looking like emaciated old crows (feet and all).

As I mentioned earlier, you can find rosehips in some herbal teas. There are also rosehip supplements. Look for pills, extracts, or powders that contain at least 0.1% tilirosides. I recommend 100 mg of rosehips a day.

So now you are hip to the healthy body-fat benefits of rosehips. Lose some fat off those hips. Don't be fooled by other weight-loss supplements—a rosehip by another name is not the same. 

Citations available online at www.DrMicozzi.com