



A Supplement to Dr. Micozzi's

COMPLETE ALZHEIMER'S CURE

*An All-New, All-Natural
Protocol to Protect and
Restore Brain Health and
Reverse Memory Loss*

BONUS REPORT

Four Essential Brain-Boosting Nutrients

Good nutrition is the cornerstone of good health, but even the best diet has nutritional gaps. These supplements have been shown to reverse dementia, stop memory loss in its tracks, and bring back your brain's youthful vigor.

Vitamin D

I just can't say enough about the great and powerful vitamin D.

A 2014 study shows that older patients with "very low" levels of vitamin D have a 122 percent increased risk for dementia and Alzheimer's disease. Additional research findings suggest that the more severe the vitamin D deficiency, the more rapid the memory decline.

Studies suggest that the optimal vitamin D blood level to prevent dementia is 50 nmol/L. Others have argued that a higher level of 75 nmol/L is better, which is what I recommend as the target to aim for.

I recommend you get 10,000 IU of vitamin D daily as a liquid supplement. Take it all year long, but make sure you don't skip any doses during wintertime, when the sun just isn't strong enough to promote vitamin D production in the skin in most parts of the country.

Vitamin E

This vitamin outperformed drugs in treating people with Alzheimer's disease in a recent 2014 study.

Alzheimer's sufferers who took this vitamin had significantly delayed disease progress... plus they lived longer and experienced better quality of life. The results were so shocking that researchers compared the vitamin to a drug commonly prescribed to treat moderate-to-severe AD patients. And the vitamin completely outperformed the drug!

I recommend taking a supplement that contains 50 IU of vitamin E for preventative cognitive protection. Look for one that contains all eight forms of the vitamin (tocopherols and tocotrienols).

And if you want to treat a specific disease, like Alzheimer's, you will need a higher daily dose. One recent study found that patients who took a daily dose of 2,000 IU of vitamin E experienced a 19 percent reduction in their annual rate of decline, compared to a placebo.

B Vitamins

If you want to nourish your nerves and regenerate brain cells, B vitamins need to top your list of brain-health supplements. In one recent gold-standard study, people with brain atrophy in key regions associated with Alzheimer's disease (AD) dramatically improved with B-vitamin treatment.

I advise taking a high-quality B-complex supplement daily. It should include at least 50 milligrams (mg) each of thiamine, riboflavin (B2), niacin/niacinamide (B6), and pantothenic acid, plus at least 200 micrograms (mcg) of folic acid/folate, 12 mcg of B12, and 100 mcg of biotin.

Magnesium

Research is proving this overlooked mineral to be a key component in preventing dementia. In fact, a recent study found that giving magnesium to lab animals in the late stages of Alzheimer's disease reduced their cognitive impairment. It even restored their aging brains to a more youthful condition. Adequate levels of magnesium in the body appear to prevent the loss of brain synapses, which are critical for memory and other mental functioning.

I recommend a supplement that has 200 to 400 mg of magnesium. However, it's difficult to get enough of this essential mineral from supplements alone, so make sure to also eat magnesium-rich foods like dairy, eggs, meat, leafy green vegetables, nuts, seeds, and whole grains.

The bottom line: Cutting-edge science has demonstrated natural medicine's ability to prevent, treat, and reverse Alzheimer's and other forms of dementia. With the proper diet, supplementation, lifestyle choices, and medical interventions, you—or someone you love—can start enjoying a bigger, brighter, brain today.

**For more about Dr. Micozzi's Complete Alzheimer's Cure Protocol, visit:
www.ovhlearning.com and www.drnicozzi.com**

ABOUT DR. MICOZZI

Marc S. Micozzi, M.D., Ph.D. was the founding editor-in-chief of the first U.S. journal in Complementary and Alternative Medicine and organized and edited the first US textbook in the field, *Fundamentals of Complementary & Integrative Medicine* in 1996. He has published nearly 300 articles in medical literature and is the author or editor of over 25 books. Dr. Micozzi served as Senior Investigator of cancer prevention at the National Cancer Institute, where he published the original research on diet, nutrition, and chronic disease. He continued this line of research as the Associate Director of the Armed Forces Institute of Pathology and Director of the National Museum of Health and Medicine.

In recent years, Dr. Micozzi has served as the Founding Director of the Policy Institute for Integrative Medicine in Bethesda, MD, working to educate policy makers, the health professions, and the general public about the opportunities for integrative medicine and the need for clean, clear science within our modern medical establishment. Dr. Micozzi writes a monthly newsletter called *Insiders' Cures* as well as a free e-letter called *The Daily Dispatch*.

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