



BRAIN 911

*How to Rescue Your
Memory from the
Alzheimer's Epidemic*

By Dr. Fred Pescatore



©Copyright 2023, OmniVista Health Media, L.L.C. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including recording, photocopying, or via a computerized or electric storage or retrieval system without permission granted in writing from the publisher. The information contained herein is obtained from sources believed to be reliable, but its accuracy cannot be guaranteed.

All material in this publication is provided for information only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of this publication; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being.

The information and opinions provided in this publication are believed to be accurate and sound, based on the best judgment available to the authors, and readers who fail to consult with appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions.

For additional copies or questions, please contact Reader Services at 1117 Saint Paul Street, Baltimore MD 21202. You may also contact us anytime online at www.drpscatore.com.

Brain 9-1-1!

How to Rescue Your Memory from the Alzheimer's Epidemic

Introduction	4
--------------------	---

CHAPTER 1

1 simple amino acid that outperforms any “miraculous” memory drug Big Pharma has on the market	5
---	---

CHAPTER 2

The top 3 “Bad Brain Habits” to drop right now	8
--	---

CHAPTER 3

Buffer the brain against Alzheimer's with a powerful but overlooked “beauty secret”	10
--	----

CHAPTER 4

Slow the progression of Parkinson's by doing this 1 thing once a week—and have more fun at the same time	12
---	----

CHAPTER 5

Don't let cancer treatments ravage YOUR brain	15
---	----

Citations	16
-----------------	----

INTRODUCTION

Before the pandemic hit, Americans were already facing a stunning increase in brain diseases like Alzheimer's, dementia, Parkinson's, and strokes...

And the rapid rise in COVID infections only made it worse.

In a recent study published in *Nature Medicine*, researchers honed in on some upsetting long-term effects of COVID...

Neurological disorders.

Researchers analyzed the brains of 154,000 people who tested positive between March 2020 and January 2021 and compared it to two control groups.¹

The first control group contained subjects who tested negative during the same timeframe. The second was a subset of people to draw from, long before COVID came to the scene.

Ultimately, researchers discovered COVID-19 may impact your brain in the first year after infection.

Common neurological conditions included stroke, cognitive and memory problems (brain fog), depression, anxiety, and migraine headaches.

Researchers also suggest "the post-COVID brain is associated with movement disorders," as some patients struggled with tremors, changes in hearing and vision, altered balance, coordination issues, and more.²

In fact, all together, the study linked COVID-19 to more than 40 million neurological disorder diagnoses, globally.

In addition, brand-new research reveals the risk of an Alzheimer's diagnosis more than **DOUBLES** in the year following a COVID infection.^{3,4}

Combine that with the dangerous increase in memory-destroying prescription drug use, and America's facing a full-blown crisis.

Which is why it's more critical than ever before that you know how to protect your brain from memory-erasing diseases. And in this special report, I'm going to give you details on some of the best natural approaches to do just that.

All of the natural, drug-free strategies you'll find in this report have been shown to improve memory...strengthen cognitive function...and boost brain health.

And yet doctors don't talk about them.

But I want to help make sure **YOU** and your loved ones know about **ALL** of your options.

Especially when they're *this* easy...affordable...and side-effect free.

So, let's get started...

A handwritten signature in black ink, appearing to be 'Dr. [unclear]', with a long horizontal flourish extending to the right.

1 simple amino acid that outperforms *any* “miraculous” memory drug Big Pharma has on the market

There’s a reason why Alzheimer’s disease (AD) is one of the most feared illnesses of our time.

For one thing, estimates predict that within the next 25 years, 150 *million* people will suffer from AD worldwide.¹ (A scary statistic that speaks to just how little progress we’ve made in the fight against this debilitating illness.)

Not to mention, since 2000, annual deaths from the disease have skyrocketed by *89 percent*—and sadly, that trend doesn’t show any signs of slowing down.²

Plus, despite years of intensive research, we *still* don’t fully understand how this disease really works in the body. Consequently, we haven’t figured out how to stop it—or even how to prevent or delay symptoms.

In fact, even Big Pharma hasn’t managed to churn out any reliable moneymakers—not even with their latest and greatest contribution: Aducanumab (Aduhelm™). And before you start chalking it up as a “miraculous” new memory drug, let me fill you in on the controversial details...

High cost, questionable benefit

This new Food and Drug Administration (FDA)-approved drug is a monoclonal antibody that supposedly reduces the buildup of amyloid plaques in the brain.

Scientists have pegged these plaques (along with other brain changes, including neurofibrillary tangles of tau protein) as the main drivers of memory loss and cognitive decline in AD.

But the association between the two really isn’t so clear cut.

We’re still not sure whether these plaques *cause* Alzheimer’s—or if they’re just a symptom. (Similar to how cholesterol plaques in the arteries are a *response* to cellular damage—not the cause of the damage itself.) And there’s really no good evidence that reducing plaque in the brain independently stalls memory loss and other cognitive symptoms of AD.

Yet, the FDA approved aducanumab on the basis of this benefit anyway.

Of course, given how few options we currently have available, you might think that *any* potential treatment is worth trying, even if the proof is a little iffy. But get this: Two major U.S. hospital systems have decided taking that chance just isn’t worth it. So they *won’t* be administering aducanumab to their patients.³

Not only that, but for healthcare systems that *do* administer the new drug, treatment costs a whopping \$56,000 per year.⁴

Plus, recipients are intended be patients with *mild* cognitive impairment (MCI) or mild AD.

But there are plenty of drug-free solutions that can deliver a clinically proven benefit to those patients *without* spending all of that money... every year!

At the end of the day, the FDA’s approval of aducanumab is just another example of mainstream medicine’s inability to move beyond their misguided belief system—one that prizes “magic bullet” pharmaceutical cures at the expense of whole-body lifestyle medicine.

But the truth is, there's nothing that Big Pharma can do to slow cognitive decline that proper nutrition, exercise, and supplementation can't do even better.

So, let's take a closer look at a few of these natural, brain-preserving basics. And then, I'll tell you all about a *real* breakthrough on the horizon...

Three simple rules

There's a ton of recent research showing that many of my favorite lifestyle interventions can prevent and actually reverse dementia.

Here are three of the most basic and powerful strategies:

1. Control your blood sugar. Poor blood sugar control increases dementia risk by a whopping 50 percent, according to one study.⁵ And it's really no wonder why.

High blood sugar levels can create inflammation and abnormal blood clotting that increases your risk of thrombosis, embolism, and stroke. All of these are risk factors for brain aging and dementia. Plus, there's evidence that high blood sugar can also lead to brain shrinkage.⁶

So, get to know your HbA1c levels. (That's a blood test of long-term blood sugar control, which your doctor should be analyzing once a year, at the very least.) In general, you want to aim for an HbA1c level below 5. But if you already have diabetes, aim to keep yours as close to 7 as possible.

2. Watch what you eat. A recent study found that the typical Western diet (high-fat, high-sugar) leads directly to impaired brain function and changes in brain chemistry. It can even impair your brain's cognitive abilities (like memory, problem solving, and attention).⁷

That's why I always recommend eating a balanced diet full of healthy, whole foods. In fact, my very own *A-List Diet* is chock full of vital nutrients and healthy fats from lean protein, nuts and seeds, fresh produce, and more that—according to this research at least—will not only help you lose weight, but may help save your brain, too. (You can find out more about [The A-List Diet by clicking here.](#))

3. Exercise consistently. Studies show that regular exercise not only reduces Alzheimer's symptoms, but also improves overall cognition, lowers anxiety, and

helps subjects perform better on tests that measured things like memory, language, and mental speed.⁸

No matter what type of exercise you choose, just make sure you do it—and *keep* doing it, every day. As always, aim for just 2.5 hours total per week... which breaks down to about 20 minutes of physical activity each day.

These three simple rules will help drop your odds of Alzheimer's and dementia dramatically. And the best part? None of them come with a hefty price tag.

Now, let's talk about how you can amplify the benefits of these three lifestyle changes... through proper and smart supplementation.

A real memory breakthrough

In a study published in March, 2020, French scientists detailed a promising discovery: They identified a specific metabolic pathway that plays a key role in determining the symptoms of AD.⁹ And they found that a simple amino acid, L-serine, might be able to help restore memory.

Of course, it's no surprise that one of the first red flags of early-stage AD is a notable drop in brain energy metabolism. After all, the brain uses up a lot of energy. And it needs functioning neurons—including a group of brain cells called astrocytes, in particular—in order to work properly.

Not to mention, your brain cells are the main generators of L-serine. And compromised astrocytes reduce the production of L-serine in the body (as observed in mouse studies).¹⁰

Here's why that matters: L-serine is the precursor to D-serine—another amino acid tasked with stimulating the brain's NMDA receptors, which play a key role in brain function and memory formation. So when you don't have enough L-serine, your NMDA receptors are underactive.

This, in turn, changes brain plasticity and memory power. But in mice, at least, these changes could be reversed, simply through L-serine supplementation.¹¹

Of course, I'm not a big fan of mouse studies. That's why I'm thrilled to report there's quite a bit of evidence that L-serine is just as powerful for humans with brain disease, too.

Connecting the dots

Just as how we learned from the Kuna Indians in Panama about the importance of chocolate in protecting our heart, we are learning about Alzheimer's disease from the Chamorro people of Guam.

In fact, the Chamorro develop an odd hybrid of ALS (Lou Gehrig's disease) and Alzheimer's symptoms because they poison themselves every time they eat one of their favorite dishes: A bat boiled in milk—eyeballs, wings, and all.^{12,13}

This is toxic simply because of the bats' diet: They eat the seeds of local cycad trees, which are packed with a toxin called beta-Methylamino-L-alanine, or BMAA. (The Chamorro people also use these seeds to make tortillas.)

Cycad trees nourish themselves with aerial roots, which happen to contain cyanobacteria—one of the oldest organisms on Earth, which you might know better as blue-green algae.

These cyanobacteria are all around us—in oceans, lakes, puddles, and ponds. You can even find cyanobacteria in the desert. And they're loaded with toxins, including BMAA.

But due to their diet, the Chamorro were getting ultra-high doses of this toxin. And the consequences to the brain were devastating...

A simple way to stop the damage

BMAA is particularly toxic to the brain because it can insert itself into protein chains in place of the amino acid L-serine. This triggers the death of brain cells.

But according to research, simply supplementing with

L-serine might be able to stop the damage. Basically, L-serine turns on a system in our brains that hunts down and seeks to fix unfolded proteins. And the result is pretty astonishing...

Lab research on monkeys showed that when they received BMAA, their brains showed both plaques and tangles that are hallmarks of Alzheimer's. But taking L-serine cut these tangles in brain tissue by as much as 90 percent!¹⁴

One small human study delivered similar results: Four ALS patients taking high doses of L-serine saw their symptoms slow by a whopping 85 percent, according to a standardized scale known as ALSFRS-R.¹⁵

Of course, this is just preliminary research. But if results hold on a broader scale, L-serine would slow cognitive symptom progression far more than any existing drug out there—and potentially buy patients *years* of life as a result.

Of course, L-serine is far from the only nutritional supplement that's offering hope in the fight against Alzheimer's. I'll fill you in on some others in the other chapters of this report. And I'll be sure to tell you all about any new, exciting research in my monthly *Logical Health Alternatives* newsletter, as well as in my *Reality Health Check* e-letter.

But in the meantime, I advise taking advantage of L-serine's potential. It certainly won't hurt you. And it won't set you back \$56,000 a year, either.

You can find L-serine supplements from most vitamin shops and online supplement retailers. I recommend 500 mg of L-serine per day. (You can also get L-serine from eggs, beef, pork, lentils, flaxseed, and many types of nuts.)

The top 3 “Bad Brain Habits” to drop right now

Two out of three Americans will experience some level of cognitive impairment by age 70.¹ And women have a 37 percent lifetime risk of developing it, whereas men get off a little better with a 24 percent lifetime risk.

So, let’s talk about some of the WORST habits for your brain—and what you can do to FIX them, starting today...

BAD BRAIN HABIT No. 1: You sit too much

“Sitting disease” increases your risk of developing any number of diseases—including cancer, heart disease, and Type 2 diabetes. Well, it’s also terrible for *your brain*.

In fact, one recent study found that cognitive decline is almost TWICE as common among inactive adults compared to those who are active.²

And a second study found a strong link between too much sitting and *shrinkage* in the brain’s medial temporal lobe (MTL)—the area of the brain that typically shows the earliest signs of cognitive decline.³

The Fix: I always recommend striving to achieve weekly, if not daily, activity targets. At the very least, this *good habit* will minimize periods of extended sitting.

And if you find yourself sitting for more than a 30-minute stretch, make sure to get up and take a brisk, five-minute walk. Set a timer if you need to! Research shows even shorts bursts of activity helps push much-needed oxygen and nutrients into the brain. As a result, cognitive function—including working memory—improves. Especially in sedentary adults.⁴

BAD BRAIN HABIT No. 2: You stress over the little things

Mental health problems, such as anxiety and depression, skyrocketed during the pandemic. And I’m sorry to report those problems have only grown WORSE since.

In fact, in a 2022 study conducted by the American Psychiatric Association, nearly *two out of every five Americans* rated their mental health as fair or poor—a roughly 30 percent increase from one year earlier.⁵

Plus, more than *one in four Americans* said they expect to experience more stress at the start of 2023—a 20 percent increase from last year.

It’s important that we find ways to deal with all this stress—as it takes a HUGE toll on your cognitive health... especially as you get older.

Case in point: In a recent study published in the journal *Alzheimer’s & Dementia*, researchers looked at the connection between cognition and repetitive negative thinking (RNT) in almost 300 adults, ages 55 and older.⁶

They found that those who dwelled on negative thoughts showed *more signs* of cognitive decline and memory problems than their positive-thinking peers. They also showed more physical signs of brain disease in high-resolution scans.

The Fix: Make mental health a priority. That starts with getting plenty of sleep and exercise to help refresh and rejuvenate your mindset. But for further support, you can try mind-body approaches, like acupuncture, massage, meditation, or cannabidiol (CBD).

In fact, CBD is quickly becoming my treatment of choice for *anyone* suffering from a stress-

related condition—like anxiety, depression, or sleeplessness. That’s because clinical studies show it has a potent, positive effect on serotonin receptors in the brain. All *without* the mood swings, insomnia, and sexual dysfunction that so often accompany prescription drug treatment for these conditions.

I like CBD *oil* because the dosing can be individualized. To find a dose that’s best for you, I recommend starting with a small amount and then working your way up until you hit a desired result—like feeling calm and relaxed throughout the day, or sleeping soundly through the night.

BAD BRAIN HABIT No. 3: You eat ultra-processed foods

I often write about the dangers of diets loaded with ultra-processed foods—like sodas, cakes, candies, and chips.

But when it comes to your cognitive health, these convenience foods are downright disastrous... *even in surprisingly small doses!*

A recent study published in *JAMA Neurology* looked at the effect of ultra-processed food on cognitive function and executive function.⁷ (Executive function refers to the ability to process information and make decisions.)

It turns out, people who got *just 20 percent* of their daily caloric intake from ultra-processed foods had a much higher risk of suffering from cognitive decline overall. (That amount equates to just *400 calories a day*—or one a big bowl of cereal—in a 2,000-calorie-a-day diet!)

Moreover, men and women who ate the MOST ultra-processed foods saw steep declines in their cognition, compared to their peers. More specifically, they had a 28 percent faster rate of cognitive decline and a 25 percent faster rate of executive function decline.

These findings do not bode for many of us here in the U.S., where the average adult gets a whopping 58 percent of their calories from ultra-processed foods! And it certainly explains why brain diseases like Alzheimer’s and dementia are skyrocketing.

The Fix: As always, I recommend cutting out all the ultra-processed crud from your diet. Instead, fill your plate with a healthy, balanced Mediterranean-style diet full of lean proteins, fresh fruits and vegetables, and healthy fats. For more guidance on how to overhaul your diet, check out my *A-List Diet* book, available on my website, www.DrPescatore.com.

In the end, getting rid of these three bad habits will go a LONG way in protecting your mind against decline. And the *payoff* will be immense—with a long, healthy, *independent* life.

Buffer the brain against Alzheimer's with a powerful but overlooked "beauty secret"

Recently, researchers investigated a rather “off-the-beaten-path” brain booster. This natural solution is popular in Scandinavia and is especially appealing as a therapy because it’s pill-free and super relaxing.

I’m talking about saunas.

Now, I have to admit, saunas weren’t something that was at the top of my list of brain health recommendations. But after reading this research, that has certainly changed...

The “luxury” your brain and heart can’t afford to do without

The study was conducted in Finland, where saunas are an integral part of the culture. It’s not seen as a luxury, but as a health necessity — for mind, body, and spirit.

To put it in perspective, in a country with only 5 million people, Finland is home to 3 million saunas. *That’s* how important saunas are there.

So the researchers looked at sauna use, comparing those who were diehards — visiting the sauna four to seven times per week — with those who only used them once a week. And they found those in the first group were *66 percent* less likely to develop dementia at the 20-year follow-up than those in the second group.¹

If these impressive cognitive health benefits aren’t enough to convince you, consider this: The dementia study was an offshoot of another one in which researchers were investigating the link between sauna use and cardiovascular disease.²

And in that study, researchers found using the sauna as little as two to three times per week had a significant effect on heart health. Rates of sudden cardiac death, fatal cardiovascular disease, and all-cause mortality

were lower in men who used the sauna twice or three times weekly compared with those who used them only once a week.

The sweat-free way to get the health benefits of saunas

Why do saunas have these impressive health benefits? In part, it comes down to inflammation, which has been linked to dementia and cardiovascular disease (not to mention most other illnesses).

Sauna use has been shown to boost vascular endothelial function, and that leads to reduced inflammation. Plus, saunas may help reduce high blood pressure and elevated pulse pressure, both of which are well-known risk factors for dementia.

But there’s another possible mechanism, and if it bears out, it could mean you can get the benefits of the sauna...*without the sweat*.

Saunas’ soothing, stress-melting effects are the result of little molecules called heat shock proteins (HSPs). But it turns out researchers have also had an eye on HSPs for Alzheimer’s disease.

HSPs can be triggered in a number of ways, including excess heat and free radicals — which you probably recognize as unhealthy.

And that’s the point. HSPs are designed by nature to come to your body’s rescue, serving as a protector and repairman for damaged proteins. Proteins are your body’s basic building blocks.

And HSPs are what allow these proteins to stay functional in the face of the assaults that occur during normal, everyday living.

That's where the Alzheimer's connection comes in, since damaged proteins are a key component of Alzheimer's disease.

One study found that symptoms of Alzheimer's disease in mice can be reduced if they have extra supplies of HSPs.³ That's because these little molecules help the mice either repair or dispose of the proteins involved in Alzheimer's.

In fact, the mice with more HSPs were better able to perform complicated mental tasks like making their way through mazes. What's even more impressive is that their brains aren't riddled with those beta-amyloid plaques that are typical of Alzheimer's-diseased brains.

Another study — this time a systematic review of previously published research — backed up the findings of that mouse study.⁴

The consensus of the 40 papers reviewed was this: Heat shock proteins help the body deal with the root causes of the loss of cognitive function in Alzheimer's disease — damaged proteins, plaque buildup, synapses dysfunction, and more.

The miracle brain protector hiding in your kitchen scraps

It probably goes without saying that we don't have an unlimited supply of HSPs. In fact, they naturally decline with age. So any strategy that triggers the release of more heat shock proteins is going to do your body some pretty big favors — including protecting your brain.

But the good news is, you don't need to spend all day sweating in a sauna to manage this feat.

Exercise is one effective way to trigger HSP release.

Calorie restriction is another — which explains, at least in part, why these strategies have shown such promising results against aging in studies.

But neither of these approaches exactly offer quick results.

There's a third way, though. And it comes from an unlikely source: the stems of asparagus (you know, the tough parts you chop off and toss in the compost). A novel extract from these kitchen scraps is proving to be a secret weapon in the quest for more HSPs.

Here's how it works. The extract, called ETAS™, is a great source of a molecule called asfural. Asfural triggers the release of a powerful, protective heat shock protein called HSP70. (And as an added bonus, it also has notable antioxidant and circulation-boosting powers.)

In other words, asfural-rich ETAS delivers a heat shock protein windfall directly to your body — along with all the stress-melting, brain-protecting, anti-aging benefits those HSPs deliver.

Except, instead of starving or sweating your way back to total rejuvenation, all you have to do is take a supplement.

Saunas are great, and if you have access to one, by all means, add it to your regular regimen.

But if you just don't like the feeling of hanging around in a hot room with a bunch of strangers—don't sweat it. You can still up your body's natural production of HSPs — with exercise and/or ETAS.

My general dosage recommendation for ETAS is 200 mg per day. ETAS is still on the cutting-edge of nutritional science, so sources in the U.S. are limited. Check with online supplement retailers for availability.

Slow the progression of Parkinson's by doing this 1 thing once a week—and have *more fun* at the same time

My frustration with conventional medicine's preference for “magic bullet” solutions (over lifestyle interventions) continues to grow.

But there are still *some* conditions that even Big Pharma hasn't claimed to conquer. Alzheimer's disease (AD) is one.

And Parkinson's disease (PD)—a progressive neurological condition that affects movement—is another.

The symptoms of PD—which include tremors, stiffness, and slowing of movement—begin gradually and worsen over time. And while there are medications available to slow this progression, there is no cure.

Of course, these medications come with side effects—and eventually, they lose their effectiveness. And that's what makes this emerging research so important.

Not just because it offers hope against a progressive disease where options are limited. But because it's another exciting example of how staying healthy doesn't *always* have to be hard work...

It can be downright *FUN*.

And that goes for anyone, whether or not you're suffering from PD. Let me explain...

Dancing stalls deterioration

A team of Canadian researchers recently investigated how weekly dance practice impacts symptoms in Parkinson's patients over the long term.

They recruited 16 people with mild PD and an average age of 69 years.¹ All participants attended weekly dance classes for three years between 2014 and 2017.

These classes lasted an hour and fifteen minutes, and covered movements from a variety of dance styles—modern, ballet, tap, and social dancing.

During the same time period, the researchers followed a control group of 16 Parkinson's patients who *didn't* take dance classes—matched by age, symptom severity, and duration of illness.

Over the three years, the researchers assessed both psychological and motor symptoms, as well as basic functions like speech, chewing, and swallowing.

In the end, patients who attended the weekly dance classes experienced *significant* symptom improvements—in speech, tremors, balance, and rigidity. And unlike their non-dancing peers, neither movement nor psychological symptoms declined throughout the three-year study.

This is especially important, because the first five years after a Parkinson's diagnosis is typically when motor symptoms accumulate the fastest. But analysis showed that dancing would likely keep disease progression stable with five years of regular practice.

Memory and music make the difference

This isn't the first time that research has shown the power of dancing against PD. As part of a different study published back in 2015, researchers found that dancing the Argentine tango had many of the same benefits.²

This study followed 40 men and women with Parkinson's who attended studio classes with professional dance teachers for 12 weeks. And just

like the first study I shared, results showed significant improvements in both balance and functional ability—with the added bonus of cognitive benefits and lower fatigue.

So, what is it about dancing that makes all the difference?

Well, scientists believe that it's more than just the regular physical activity that keeps Parkinson's symptoms at bay. Sure, regular exercise is key—but there are at least two distinct elements of dancing that make it particularly powerful.

For one thing, there are the specific, rhythmic steps involved that can be especially beneficial for both stabilizing gait and preventing falls. Not only that, but the memory, attention, and multitasking required to learn and practice new choreography can help sharpen the dancer's cognitive skills as well.

And last, but certainly not least, there's the combination of music and interaction accompanying dance. Music itself can lift mood and stimulate brain activity—and this effect is only enhanced with socializing, support, and group dynamics.

Benefits beyond Parkinson's prevention

Obviously, dancing is particularly powerful medicine for Parkinson's patients—but research also shows that it packs a punch against the pitfalls of aging for *anyone*, whether you're struggling with chronic disease or not.

One 2016 study of 54 older, sedentary, Spanish-speaking adults randomly assigned subjects to attend either a twice-a-week Latin dance program for four months, or a health education program.³ They took a walking test before and after the study, and answered questions about their physical activity levels.

By the end of the study, the dancing group walked faster, and their physical activity levels jumped from 650 minutes to nearly 818 minutes per week. (The subjects in the health education classes showed significantly smaller improvements.)

Of course, it's not particularly surprising that dancing would make you more agile and active. But if you're one of the many people in this country suffering from

chronic pain, you may think these benefits are out of your reach.

Fortunately—that couldn't be further from the truth...

Dance your pain away (literally)

As part of a 2014 study, researchers at St. Louis University recruited 34 senior citizens with an average age of 80 years for a 12-week study.⁴ All of the participants reported pain or stiffness in their knees or hips—mostly due to arthritis.

Half of the group danced for 45 minutes, twice a week, in a program customized for older arthritis sufferers. The other half didn't receive any dance therapy, but engaged in other similar forms of exercise.

In the end, the dancers reported less pain. In fact, their consumption of pain drugs dropped by a whopping 39 percent—whereas those who didn't dance reported taking 21 percent *more* pain medication.

As in other studies, the dancers were also able to walk faster. And this is an especially important benefit in older adults, as a slow gait is linked to a higher risk of falls—and all the complications that come with them (sometimes lethal).

Other research has demonstrated this same benefit—better balance, gait, and overall functionality—among seniors participating in regular dance therapy sessions.⁵ And because one out of every four Americans over the age of 65 falls in any given year—and every 20 minutes, an older adult will die because of it—I'd say this is a pretty big deal.

But while increased mobility and agility may be the most obvious perk of dancing for exercise, it's far from the only one. The fact is, dancing is just plain good for your quality of life, too.

In fact, yet another three-month study of seniors taking ballet classes revealed flexibility and posture improvements—along with higher energy levels and a greater sense of achievement.⁶ Plus, the dancers were happier, with a stronger sense of community and connection (which is especially critical in the age of coronavirus).

Now, let's move on to another period of life when dancing delivers particularly powerful benefits...

A new lease on life after menopause

It's no secret that the transition to menopause can introduce new health problems for many women. Postmenopausal women are more likely to see increases in belly fat, experience poorer heart health (thanks to unsteady triglyceride and cholesterol levels), and have a heightened risk of falls and broken bones (due to declines in muscle mass).

Ultimately, this adds up to declines in mental health, too—with drops in self-image and self-esteem adding fuel to the fire. So if something as simple—and as fun—as dancing can counteract those effects? Well, it deserves a dedicated place in *any* older woman's schedule.

Get this: As part of a recent study published in the journal *Menopause*, researchers recruited 36 postmenopausal women with a mean age of 57 years.

Subjects danced for 90 minutes, three times weekly, for 16 weeks.⁷

Researchers evaluated a host of parameters—including body fat, lean body mass, cholesterol levels, functional fitness levels, self-image, and self-esteem—at both the beginning and end of the study.

Ultimately, they found that dancing lowered cholesterol levels, boosted both fitness and body composition, and increased self-esteem in the process.

The bottom line? Whether you're battling PD, fighting against chronic pain, struggling through menopause, or simply wanting to stay nimble (and strong) as you age, this is one case where you really *can* dance your troubles away.

So lace up those shoes and hit the dance floor. You can find a variety of dance studios in a nearby location, as well as online classes, through a quick internet search. Or—you can always turn to YouTube!

Don't let cancer treatments ravage YOUR brain!

There's no doubt about it: Receiving a cancer diagnosis is scary.

But I'm convinced it's not necessarily the *disease* itself that people fear most. (After all, heart disease is *still far deadlier* than cancer... killing more people globally, year after year.)

I think it's the conventional cancer treatments of chemotherapy and radiation. Because these often leave patients feeling sicker, weaker, and more anxious.

I mean, just *enduring them* often requires you to put your entire life on hold! Then, far too often, patients are faced with long-term side effects of these grueling treatments.

And one of the most notorious of these side-effects is something called “chemo brain.”

In fact, a staggering 75 percent of chemotherapy patients experience something called “chemo brain.” And about 33 percent of them *continue* to struggle with it after treatment ends!¹

Chemo brain is a sort of “mental fog” that impairs a patient's cognitive function. Symptoms can include:

- General forgetfulness
- Confusion
- Trouble remembering words, dates, names, and phone numbers
- Difficulty concentrating and multitasking
- Taking longer than usual to finish routine tasks, such as paying bills

Of course, we don't know exactly what causes chemo brain, but are learning more about what can *help*...

In a recent study, U.S. researchers followed about 600 women with breast cancer before, during, and after receiving chemotherapy.²

Specifically, they asked the women detailed questions about their activity levels and their cognitive function. They also gave the women cognitive testing at different points during the study.

Overall, they found a very strong link between physical activity levels and cognitive function.

In fact, women who performed 150 minutes of moderate-to-vigorous physical activity each week—and kept up this routine before, during, and after chemotherapy—had the BEST cognitive performance across the board.

On the flip side, women who *never* reached those weekly exercise goals had the WORST cognitive performance before and after chemotherapy.

Of course, physical activity has benefits that go *way beyond* just helping cognition. For example, we also know it helps cancer patients reduce fatigue, anxiety, depression, and insomnia.

And best of all, cancer survivors who regularly engage in physical activity have a much lower risk of their cancer returning than their inactive peers!

In fact, in one recent study, researchers found that getting some regular exercise improves your risk of recurrence from some common cancers—including breast, colon, and prostate—by as much as 40 percent!³

In other words, even though your cancer treatments may leave you feeling depleted and exhausted—both physically and mentally—exercise really is the best medicine.

INTRODUCTION

- 1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9671811/>
- 2 <https://medicine.wustl.edu/news/covid-19-infections-increase-risk-of-long-term-brain-problems/>
- 3 <https://pubmed.ncbi.nlm.nih.gov/35912749/>
- 4 <https://www.news-medical.net/news/20220918/COVID-19-increases-risk-of-developing-Alzheimers-by-50-8025-in-older-adults.aspx>

CHAPTER 1

- 1 <https://www.alzheimersresearchuk.org/worldwide-dementia-cases-to-triple-by-2050-to-over-150-million/>
- 2 <https://alzheimersnewstoday.com/alzheimers-disease-statistics/>
- 3 <https://www.nytimes.com/2021/07/14/health/cleveland-clinic-aduhelm.html>
- 4 <https://www.cnn.com/2021/06/07/biogen-ceo-says-56000-annually-for-alzheimers-drug-is-fair-promises-not-to-hike-price-for-at-least-4-years.html>
- 5 <https://www.easd.org/media-centre/home.html#!resources/glycaemic-control-and-incidence-of-dementia-in-363-573-patients-with-type-2-diabetes-an-observational-study>
- 6 <https://pubmed.ncbi.nlm.nih.gov/22946113/>
- 7 <https://pubmed.ncbi.nlm.nih.gov/23291218/>
- 8 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7739310/>
- 9 <https://pubmed.ncbi.nlm.nih.gov/32130882/>
- 10 <https://onlinelibrary.wiley.com/doi/full/10.1111/cns.13982>
- 11 <https://pubmed.ncbi.nlm.nih.gov/32130882/>
- 12 <https://www.vaildaily.com/news/guams-mystery-illness/>
- 13 <https://www.scientificamerican.com/article/batty-hypothesis-on-neurodegeneration-resurfaces/>
- 14 <https://academic.oup.com/jnen/article/79/4/393/5740037?login=false>
- 15 <https://www.tandfonline.com/doi/full/10.1080/21678421.2016.1221971>

CHAPTER 2

- 1 <https://pubmed.ncbi.nlm.nih.gov/32300635/>
- 2 <https://pubmed.ncbi.nlm.nih.gov/33035548/>
- 3 <https://www.medscape.com/viewarticle/895272>
- 4 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7955618/>
- 5 <https://www.psychiatry.org/News-room/News-Releases/Americans-Anticipate-Higher-Stress-at-the-Start-of>
- 6 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7547434/>
- 7 <https://www.cnn.com/2022/12/05/health/dementia-ultraprocessed-food-wellness/index.html>

CHAPTER 3

- 1 <https://www.medscape.com/viewarticle/873851>
- 2 <https://www.medscape.com/viewarticle/840410>
- 3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5740803/>
- 4 <https://www.avensononline.org/wp-content/uploads/JSYND-2380-6036-03-0008.pdf>

CHAPTER 4

- 1 <https://www.mdpi.com/2076-3425/11/7/895>
- 2 <https://pubmed.ncbi.nlm.nih.gov/25847555/>
- 3 <https://www.sciencedaily.com/releases/2016/03/160304215730.htm>
- 4 <https://pubmed.ncbi.nlm.nih.gov/24795258/>
- 5 <https://pubmed.ncbi.nlm.nih.gov/20234250/>
- 6 <http://www.sciencedaily.com/releases/2018/04/180405093254.htm>
- 7 <https://pubmed.ncbi.nlm.nih.gov/34284435/>

CHAPTER 5

- 1 <https://www.cedars-sinai.org/blog/chemo-brain.html>
- 2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8500586/>
- 3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7071977/>