

In addition, deodorants that contain aluminum, cooking and baking with aluminum foil, taking medications that contain this toxic mineral contributes to this malady also. A healthy diet has been shown to reduce the risk of Alzheimer's disease, and may also help slow progression of the disease. Specifically, eating fish and leafy green vegetables (for example spinach, kale, and romaine lettuce) and cruciferous vegetables (for example broccoli and cauliflower) has a positive effect. A colorful diet may also be important because fruits and vegetables high in color often contain chemicals called antioxidants that help protect cells from damage. Other foods being studied for possible brain-protecting effects include turmeric, a yellow spice used to make some curries and soy protein. studies have demonstrated that mental exercises, such as puzzles and brain-training games, may assist in slowing the progression of cognitive issues, such as memory loss and thinking skills. Ginkgo Biloba The most commonly mentioned herbal medicine in the treatment of dementia symptoms is ginkgo biloba, an extract taken from the leaves of the ginkgo tree. This extract is rich in antioxidants and is commonly used. Other supplements used by individuals with dementia include supplemental nutrition such as: Vitamin E, Selegiline, and Melatonin can improve a wide range of bodily functions, from circulation to mental function. A great lie that's prevalent and many of our people believe is that it can't be cured, prevented or treated without the same results. Yet, Our loving Creator says: *Bless the LORD, O my soul: and all that is within me, bless his holy name. Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for thou art my praise. Ps. 103, Jeremiah 17:14*

The Silent Epidemic

Alzheimer's disease is more prevalent among African Americans than among whites – with estimates ranging from 14 – 100 percent higher.



Why Are We Losing Our Minds?... Or are we giving them away?

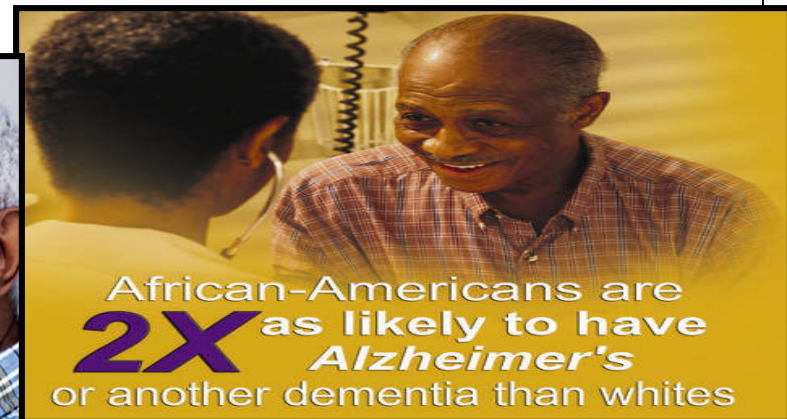
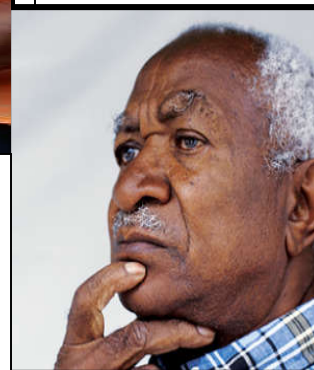
Why are African Americans more likely to develop Alzheimer's? Stress puts African Americans at risk. The more stressful events a person was subjected to in early life, the more impaired their cognition became in later life. Specifically, in the case of African Americans, the study revealed that each stressful experience amounted to the equivalent of 4 years of cognitive decline. Additionally, the study found that in a small population sample of highly educated individuals, African Americans were exposed to 60 percent more stressful situations over the course of their lifetime compared with their non-Hispanic white counterparts.



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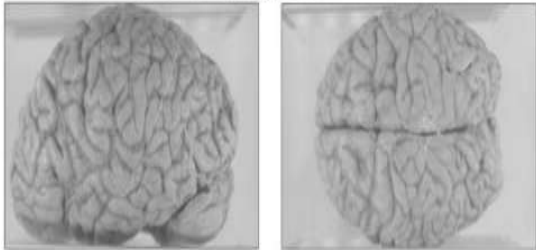
African-Americans are **2X** as likely to have Alzheimer's or another dementia than whites

Gum disease—causing bacteria could spur Alzheimer’s. A new study finds evidence that a pathogen involved in gum disease can be found in the brain of Alzheimer’s patients. Poor oral health is a risk factor for Alzheimer’s disease. Now, a privately sponsored study has confirmed that the bacteria that cause gum disease are present in the brains of people with Alzheimer’s, not just in their mouths. The study also finds that in mice, the bacteria trigger brain changes typical of the disease. If the findings hold up, do they mean that everyone with gum disease—nearly 50% of the U.S. adult population—will develop Alzheimer’s? Not necessarily. But if healthy people want to stay on the safe side and potentially reduce their risk, Noble says, “the main conclusion we still have is: brush and floss.” Gum disease is a widespread problem that can lead to more negative outcomes, from tooth loss to an increased risk of cancer. Now, emerging evidence suggests that one of the bacteria involved in periodontitis could also contribute to the accumulation of toxic proteins in the brain, which scientists have associated with the development of Alzheimer’s disease. The researchers zeroed in on one bacterium — *Porphyromonas gingivalis* — which is a Gram-negative oral anaerobe that drives the development of gum disease. **Beta-amyloid is a marker of Alzheimer’s disease in the brain; in this neurodegenerative condition, the toxic protein accumulates in excess, forming into plaques that disrupt normal communication between brain cells.**

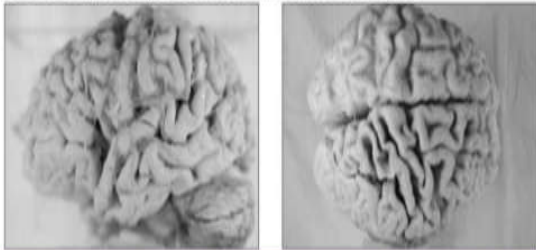
Other risk factors for African Americans

Further findings presented at the conference include the link between a high infant mortality rate and the risk of developing Alzheimer’s disease. Infant mortality rate is generally considered to be an indicator of the health and well-being of a population, and a high rate is seen as a marker of social adversity. One of the new studies determined that African Americans who were born in states with a high infant mortality rate were almost 80 percent more likely to develop dementia than white Americans living in areas with low infant mortality rates. In the case of white Americans, the infant mortality rate seemed to have no impact on their chances of developing Alzheimer’s. Another study showed that living in a disadvantaged neighborhood significantly increased the odds of having Alzheimer’s-related biomarkers and impaired cognition. Neighborhoods were considered to be disadvantaged if they were “challenged by poverty, low education, unemployment, and/or substandard housing.”

A. The brain of a normal elderly person



B. The brain of a person with Alzheimer’s disease



Alzheimer’s. It runs in *OUR* families.

Why does it run in our families? By accident? Genetics or by design?