

# **ALZHEIMER'S CAN BE REVERSED...WITHOUT EXPENSIVE DRUGS OR SURGERIES!**

**Read on to discover how to cut through the Alzheimer's fog with diet and get you or your loved one back to enjoying life today!**

Reversing Alzheimer's is no longer a myth. Dale Bredesen M.D.<sup>1</sup>, one of the first doctors to study Alzheimer's in his patients, and several other doctors have discovered ways to reverse the disease.

What would reversing Alzheimer's mean to you?

- Imagine if your loved one knew your name again.
- Imagine if he was able to enjoy the quality of life he had before Alzheimer's struck.
- Imagine her driving again, having friends again, and, best of all, not needing you to care for her 24/7.
- You'd get your life back too.

Alzheimer's is the third leading cause of death in the U.S. According to the Alzheimer's Association, more than 5,700,000 people in the U.S. currently have Alzheimer's. That number is expected to rise to 8,400,000 by 2030.

When doctors tell you there's no cure for Alzheimer's, they mean there's no pharmaceutical cure. These doctors say all you can do is adjust to a slowly declining quality of life in which you're made as comfortable as possible through medications.

While Dr. Bredesen used specific pharmaceuticals in his early trials, some of the doctors mentioned in this article have witnessed amazing turnarounds in their Alzheimer's patients without the use of medications.

The solution doesn't necessarily involve surgery, numerous doctor visits or medications. Rather, it's a personalized approach considering some or all of the following lifestyle components:

- regular exercise
- social engagement
- mental stimulation
- sleep quality
- meditation
- and the focus of this article –
- healthy diet

That's right - Alzheimer's can be reversed in part with the right kind of food.

Food?

---

<sup>1</sup> <https://www.buckinstitute.org/news/memory-loss-associated-with-alzheimers-reversed-for-first-time/>

Yes, food. A few doctors and researchers have discovered diet can reverse Alzheimer's.

Here's an unexpected bonus: if you're caring for an Alzheimer's patient, the diet you feed your patient to reverse their Alzheimer's may prevent you from getting this disease.

### **Elements of a Diet to Reverse Alzheimer's**

Any diet that reverses Alzheimer's must reduce inflammation.<sup>2</sup> Inflammation prevents brain cells from communicating with each other. If cells can't communicate, the resulting blockage can lead to Alzheimer's. With that in mind, let's examine what makes up a diet to reverse Alzheimer's.

Most doctors stress the importance of a plant-based diet. A few others allow non-farmed fish. This is not a complete list, but it illustrates the main ingredients acceptable to most doctors who have reversed Alzheimer's in their patients.

- Eliminate all sources of sugar and refined carbs including those found in processed foods, breads and pasta.
- Eliminate gluten.
- Eat as many whole fruits and vegetables as possible with an emphasis on green leafy vegetables, berries and cruciferous vegetables such as broccoli.
- Eat legumes, whole grains, beans and olive oil.
- Make sure you're getting enough omega-3 fats which are found in fatty fish such as tuna, salmon and sardines. If you're plant-based only, use a quality fish oil supplement.
- Avoid trans fats. Learn to read labels and reject anything containing partially hydrogenated oils even if the product says it doesn't contain trans fats.
- Prepare your meals at home whenever possible so you know exactly what ingredients are used in the meals. Eating in assures you're getting the right nutrients and can save money as well.

### **Some Other Diet Modifications**

Some doctors advocate modifications of this diet. For Instance a patient of Dr. Robert Morse reversed his mother's dementia with a diet consisting mainly of blueberries and walnuts. Dr. Morse advocates the most stringent diet: fruits, berries and melons with lemon water to drink. If the fruit diet becomes too much, you can add in a large salad at dinner<sup>3</sup>.

---

<sup>2</sup> <https://youtu.be/p6IkRXaQKwk>

<sup>3</sup> <https://youtu.be/jlJ4tkHh0Eg>

On the other end of the dietary spectrum – there's a diet created by researchers at the Rush University Medical Center in Chicago called the Mind Diet<sup>4</sup>, that is also supposed to reverse Alzheimer's. This diet is the most flexible as it includes nuts, poultry, less than one tablespoon of butter, one serving of cheese per week, up to five servings of pastries and other sweets per week, fast or fried foods less than once a week, and one glass of wine per day. Unlike the Mediterranean Diet Pastries which only allows one serving of red meat per week, the Mind Diet considers four servings acceptable.

Other diets eschew alcohol consumption but add in spices such as turmeric, cinnamon, sage and cumin as well as pumpkin and sunflower seeds<sup>5</sup>. Another encourages chocolate and coconut oil<sup>6</sup>.

Dr. Bredesen's protocol includes fasting for at least 12 hours between dinner and breakfast. He suggests you have your dinner at least three hours before bedtime and don't eat again until 12 hours later.

## Going Forward

So many diet choices – where to begin? That depends on how far Alzheimer's has progressed in your patient or yourself. Generally, the more advanced the Alzheimer's, the stricter the diet due to how much faster the stricter diet works.

All the diets include fresh whole foods, especially raw vegetables and berries. This seems to be the best diet to reverse advanced Alzheimer's because it's the purest. In other words, it contains the fewest chemicals. Alzheimer's usually starts with inflammation caused by the wrong chemicals in the diet. To reverse the disease, you need a diet that contains the fewest possible chemicals.

Medical doctors won't be able to help you in finding a diet as most of them haven't received much training in nutrition. Even if they have the training, they usually can't take the time needed to help you determine which diet is best for you.

A holistic, naturopathic or functional medicine doctor, on the other hand, will understand what you need. He or she will also be able to spend more time with you to ensure you get the proper diet.

Whichever diet you decide is best for you or your loved one, get started today. This is one of the most important steps you can take to reverse Alzheimer's.

But remember, diet is just one of the six different lifestyle changes mentioned at the beginning of this article that you need to make to have the best chance of reversing Alzheimer's. The more of these changes you can make, the better your chances of reversing Alzheimer's.

To find out more about these diets – along with other lifestyle changes, see any of the sources below and get started reversing Alzheimer's today.

---

<sup>4</sup> <https://www.cbsnews.com/media/mind-diet-foods-avoid-alzheimers-boost-brain-health/>

<sup>5</sup> <https://www.mindbodygreen.com/0-7613/10-foods-that-prevent-dementia-alzheimers.html>

<sup>6</sup> <https://www.alzheimers.net/superfoods-that-fight-alzheimers/>

## For Further Information

Dr. Joseph Mercola interviews Dr. Dale Bredesen <https://youtu.be/qrQyxWP-S2s>

Dr. Dale Bredesen [https://youtu.be/6D5aA\\_-3lp8](https://youtu.be/6D5aA_-3lp8)

Drs. Dean and Anne Ornish [https://youtu.be/BGcU9wy8\\_Dw](https://youtu.be/BGcU9wy8_Dw)

Dr. Michael Greger <https://youtu.be/Gel4vIG4Jbk>

Drs. Dean & Ayesha Sherzai <https://youtu.be/--9OZQEcuIlg>

[SharpAgain.org](http://SharpAgain.org) and [HealthAdvocatesWorldWide.com](http://HealthAdvocatesWorldWide.com) - <https://youtu.be/t1XvjeoOK0c>

Dr. Neal Barnard <https://youtu.be/GI994lb8t4A>

Dr. David Perlmutter <https://www.drperlmutter.com/reversing-alzheimers-with-probiotics/>

Dr. Darren Schmidt <https://youtu.be/lh9IszdWzcg>

Dr. Daniel Amen [https://youtu.be/Jqmb\\_p8UVtM](https://youtu.be/Jqmb_p8UVtM)

Dr. Robert Morse [https://youtu.be/\\_uWZ8XVf6mE](https://youtu.be/_uWZ8XVf6mE)