



ALZHEIMER'S, INFLAMMATION,  
AND  
HOPE IN NATURAL THERAPIES

July 6, 2009

**Here is the question...** and brief case history: My mom is suffering from dementia and has mostly short term memory loss. She is 82 and on Coumadin. Has anyone had results with Alzheimer's?

Alzheimer's is a disease that has low grade inflammation being identified as an instigating factor. Inflammation plays a key role in the development of beta amyloid plaques that block neurotransmitters, namely the acetylcholine responsible for memory. Since many herbs have anti-inflammatory activity, such as ginger and

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curcumin, these herbs are showing up in research articles in relation to positive benefits in Alzheimer's. For instance, one study reported that ginger and curcumin both effectively protected neuronal cells from the beta amyloid insult (J Altern Complement Med., 'J Altern Complement Med. 2007 Apr;13 (3):333-40).

Interestingly enough, another study not only confirmed the correlation with curcumin, which is an ingredient found in the spice turmeric, but it emphasized that in addition to being protective, curcumin has the ability to actively reduce the amyloid plaque formation! Not only that, researchers demonstrated that they achieved this effect at low doses! (Yang F et al. Curcumin inhibits formation of amyloid beta oligomers and fibrils, binds plaques, and reduces amyloid in vivo. J Biol Chem. 2005 Feb 18;280(7):5892-901)

Total Inflamm has Boswellia Serrata, Turmeric, Ginger, Quercetin, and additional ingredients to aid in soothing inflammation. Ginger and curcumin, along with other anti-inflammatory herbs, can be found in Nutri-West's Total Multimune. I would suggest adding Total Brain to that protocol as

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well. The Total Greens and Total Veggie are good nutrition for alkalization and total nutrient support.

The correction of Spinal Subluxations and Craniosacral therapy is very important in light force specific manual adjusting form and with the Percussor and Adjustor. Utilizing the laser is beneficial for brain balancing and the cranial nerves, as well as myotomes correction. All of these techniques and specific nutritional information is taught in the Nutri-West/Brimhall Seminars and are outlined in the Seminar Manual.

Possible laser settings are in the Ultimate Frequency book, which is available by contacting the Health Path office at 866-338-4883. Any needed equipment or accessories to support treatment, your education, or your patients can also be found at the Health Path Office as well. The patient could benefit from foot baths. I would consider iontophoresis with the EBi to help powerhouse the nutrition into the body. Total Mitochondria is always a consideration in any chronic condition and especially one with prolonged inflammation.

The question was also poised as to the complication of the patient being on Coumadin. With the blood being thinned, the physician must take extreme caution with spinal adjustments to make sure there is no hemorrhage caused. That is why we recommended light force and that can be accomplished well with the Adjustor and Percussor. I have not seen an increased thinning of the blood with the nutrition and dosages recommended as we have discussed. Vitamin C and E can cause a thinning of the blood. Be careful in adding large doses to patients on Coumadin or other blood thinners such as heparin.

Some of the information discussed and the bibliographies furnished came for Dr. Lynn Toohey and her programs in eWellness and N-Compass. We highly recommend these programs and

services to you. She can be reached at 866-271-8888.

Doctors, there is no shortage of people that need to be helped. We look forward to seeing you at one of the N-W seminars very soon to assist you in assisting your patients. Remember Brandy of Total Practice Resources (TPR at 303-242-8901 or [brandy\\_tpr@yahoo.com](mailto:brandy_tpr@yahoo.com)) is at almost every seminar I teach and is an incredible resource for you, your staff, and your increased profitability. One doctor that heard her in Colorado recently at a Nutri-West seminar said, "No wonder Dr. Brimhall talks about you so much. Where did you come from?"

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Yours in Health and Wellness,

John W. Brimhall DC and the Wellness Team

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