



Dr. Frank Shallenberger's

Real Cures

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What If There Was a Cure for Alzheimer's Disease and No One Knew?

Last June, I told you about one of the most effective ways I've found to help my patients with Alzheimer's. It was all about increasing the body's natural production of ketones by using a diet very low in carbohydrates. I also discussed a recent article that appeared in the July 2008 edition of the medical journal *Neurotherapeutics* that literally proves this effect.

In that article the researchers used a testing system to measure the extent of Alzheimer's disease called the Alzheimer's Disease Assessment Scale with cognitive sub-scale. This system, abbreviated ADAS-Cog, measures memory performance along with other aspects of brain performance. What the study found is impressive.

When the researchers increased the blood ketone levels of patients with Alzheimer's for only three months, a remarkable thing happened. Not only did their ADAS-Cog scores not decline, they actually increased. Compare this to the patients in the control group whose ketone levels remained unchanged during the same time period. These patients did what was expected of people with Alzheimer's – their scores declined significantly.

What's more, when the researchers allowed the ketone levels of the treated patients to decrease back down to normal, their scores dropped accordingly. And within two weeks, they were no different from the control group.

I've seen this same effect in my own practice for years (however, I don't take my patients off the diet just to see what happens). When I put Alzheimer's patients on a low-carb diet, they gradually improve. But what's really amazing is that there is now a way to significantly improve these results. In

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- How 90% of my back-pain patients avoid surgery. This treatment can even help many neck and shoulder problems.
- One of the most common complaints I hear is about water retention. Find out why it happens and how you can eliminate it without drugs.

fact, in some people, this discovery completely cures their Alzheimer's.

Steve's case

I know it sounds incredible — even unbelievable — to say that Alzheimer's is curable. But Steve Newport proves it.

Steve started developing the first signs of dementia when he was only 53. The signs were subtle at first, but Steve knew that something was wrong. He saw the change happening so fast that he sank into depression.

Steve went to see a neurologist who did a Mini Mental Status Exam (MMSE). On this test, the lower the score is, the worse the dementia. He scored a 23 out of 30. That put him into the category of having a mild case of dementia. He also had an MRI of his brain, which was reported as normal. His doctor started him on various medications, including Aricept, Namenda, and Exelon, but his mental status continued to decline.

Then, when he was only 57, his decline accelerated. Steve had another MRI scan of his brain. This time it showed that his brain had shrunk, a sign indicating Alzheimer's disease.

Here's how Steve's wife, Dr. Mary Newport, described her husband at that time, "Many days, often for several days in a row, he was in a fog; he couldn't find a spoon, or remember how to get water out of the refrigerator. Some days were not so bad; he almost seemed like his former self, happy, with his unique sense of humor, creative, full of ideas. One day I would ask if a certain call came that I was expecting and he would

say, 'No.' Two days later he would remember the message from so-and-so from a couple of days earlier and what they said. Strange to have no short-term memory and yet the information was filed somewhere in his brain."

Eventually, his wife took Steve to the Johnny B. Byrd, Jr. Alzheimer's Institute at the University of South Florida in Tampa, Florida where he had another MMSE. This time his score was 12. It was around this time that Dr. Newport learned about ketones and their healing effect. And she had heard about an unusual way to increase ketones.

The surprising cure of Alzheimer's disease

Dr. Newport started Steve on a daily dose of coconut oil. That's right! The simple oil that was decried as an unhealthy fat a couple decades ago is now one of the best Alzheimer's treatments I've seen.

As I showed you last month, your intestines rapidly absorb the fatty acids in coconut oil and they go directly to your liver. When these fatty acids reach the liver, it converts them directly into ketones. This direct conversion of fatty acids to ketones is why coconut oil is so healthy for you. And it's what makes coconut oil such a fantastic treatment for Alzheimer's.

Just look at what it did for Steve. Dr. Newport said, "The following morning, around 9 A.M., I made oatmeal for breakfast and stirred two tablespoons (of coconut oil), plus more for 'good luck,' into his portion. I had some as well, since I cannot expect him to eat something that I won't eat. Shortly after we arrived at the hospital, they whisked him away for the test. That was about four hours after consuming the coconut oil. When he returned, he was very unhappy about his performance. Laura, the research coordinator, returned shortly thereafter and began to take his vital signs and blood pressure, and suspecting that we were continuing with the screening process, I asked her if she could share his score with us. She said, 'Didn't he tell you? He scored an 18!'" This represented a 50% improve-

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ment after only one dose of coconut oil.

On May 21, 2008 Dr. Newport wrote, "It has been 60 days since he started taking coconut oil. He walks into the kitchen every morning alert and happy, talkative, making jokes. His gait (his ability to walk with coordination) is still a little weird. His tremor is no longer very noticeable. He is able to concentrate on things that he wants to do around the house and in the yard and stay on task, whereas before coconut oil he was easily distracted and rarely accomplished anything unless I supervised him directly."

I was able to talk with Dr. Newport just the other day. She said his gait is now completely normal. He had been unable to run for over a year due to his disease progression. He now jogs daily! This level of improvement in any kind of neurological disease is unheard of.

His vision also improved. Early in the course of the disease he had a visual disturbance that prevented him from reading. He described it as the words moving around erratically on the page. This has not happened for more than 12 months. His reading comprehension has also improved. He recently relayed to Dr. Newport details of two articles he read from *Scientific American* a couple of hours after he had read them.

Within the past six to eight weeks, his memory for recent events is improving. He often brings up events that happened days to weeks earlier and relays telephone conversations with accurate detail. He is much less distracted and able to stay with a specific task, such as yard work or vacuuming. Family members, who talk to or see Steve every couple of months, report that his conversational skills have improved each time they have contact with him. He no longer feels depressed and believes that he has a future. He says he feels like he "got his life back." His libido also returned shortly after he started the oil.

I would like to tell you that his MMSE has also improved, but I can't. The reason is that because of his obvious improvement, Dr. Newport has not felt the need to do the test.

It's not the drugs

It's important to realize that although Steve continues to take two medications for Alzheimer's (Namenda and Exalon) these improvements are directly related to the coconut oil. We know that because if he misses a dose, his symptoms immediately start to return.

According to Dr. Newport, "Twice Steve missed getting his oil in the morning due to fasting blood work and travel. He became 'dazed and confused' with full-blown tremors. He returned to normal shortly after receiving the oil. If he is late getting the oil at other meals, he will sometimes have slight tremors, especially if he has been physically active."

Steve's story is absolutely remarkable. He has a disease that is supposed to be impossible to cure, and yet he is curing it.

You can follow Steve's course, and also learn more about using coconuts to treat neurological illnesses of all kinds at Dr. Newport's website: www.coconutketones.com. Dr. Newport's article has the same title as mine (I borrowed it from her). She gives you all the details you need to follow Steve's regimen.

It has been my experience (and Dr. Newport verified it), that not everyone with Alzheimer's will benefit from coconut therapy to the same degree that Steve did. I suspect that there may be several different genetic forms of the disorder, some of which will respond better than others. But I will tell you this. In my experience, there will always be some degree of improvement, and there will always be some degree of slowing down the progression of the disease. If only the treatment could be started early enough, we might find that in many cases it may be able to completely halt the progression of the disease. And all this coming from something that's good for you anyway.

How coconut oil helps Alzheimer's

Why in the world do ketones have this brain-enhancing effect? The answer has to

Chronic Fatigue Syndrome — Curing

If you don't suffer from chronic fatigue syndrome, you probably know someone who does. Sometimes these unfortunate people are young and have no clear reason for their disability. And sometimes they are older and simply told that poor energy is all they can expect at their age. The good news is that no matter what the age or level of disability, chronic fatigue is no longer incurable.

The main reason doctors say chronic fatigue is incurable is because they don't know what causes it. If you don't know the cause, you can't fix it. Fortunately, I discovered a way to find the cause about 10 years ago. It's a test I've told you about in the past called Bio-Energy Testing.

Bio-Energy Testing is an objective and reliable way to assess mitochondrial function. The mitochondria are the furnace of each cell in

your body. They convert oxygen into energy. Your cells use this energy to power every single reaction that is required for their function. When the mitochondria are not functioning properly, patients will suffer from a deficit of energy. This is the hallmark of all chronic fatigue states with an organic cause.

What do I mean by an "organic" cause? In medicine, the term "organic" describes symptoms that are a result of a breakdown in the physical/biochemical/physiological functioning of the cells. On the other hand, "functional" describes symptoms that are caused by emotional disorders, such as depression and anxiety. When your doctor can't find an "organic" cause, he'll likely tell you the problem is "all in your head."

Unfortunately conventional medicine believes that all cases of chronic fatigue are functional (all in your head). So the doctor usu-

do with energy, and how our brain cells make it as we get older.

When we are at rest, our brain cells are not. They are busy all the time, even when we are sleeping. In fact, when we are at rest, our brain cells are responsible for up to 60% of all of the energy production that goes on in the body. Your brain needs a lot of energy. And as long as it gets what it needs, it will function optimally.

In normal circumstances, the brain burns glucose (blood sugar) to produce all this energy. But as we age, scientists have discovered that the brain often becomes less efficient at using glucose to produce energy. This is particularly true of the brains of people who go on to develop disorders like Alzheimer's, Parkinson's, and Huntington's.

Your doctor can see this decrease in glucose utilization by using Positron Emission Tomography (PET) scans of the brain. PET scans measure the amount of

glucose that cells are using for energy production. When they scan the brains of patients with these neurological diseases, scientists find that their brains are much less able to use glucose for energy than healthy brains.

And this problem occurs long before the first symptoms show up. For example, there are several studies that show that people who eventually go on to develop Alzheimer's show this glucose defect up to 10 years before they have their first symptom.

However, the brain doesn't have to rely only on glucose to produce energy. It also can produce energy from ketones. In fact, when the brain uses ketones to produce energy, it can produce up to 25% more energy than it can when it uses glucose. And here's the best news. Even though aging and diseased brains lose their ability to burn glucose effectively, they do not lose their ability to burn ketones. They can burn ketones just as effectively as healthy brains.

ing an Epidemic Naturally

ally tries to reassure the patient that “there is really nothing wrong with you.” Or he offers a combination of counseling and anti-depressant medication. This approach is valid in cases of functional chronic fatigue. But it’s bad medicine for those patients who have an organic cause for their chronic fatigue.

Bio-Energy Testing tells me very quickly if a patient’s fatigue is organic or functional. That’s because patients with organic chronic fatigue suffer from mitochondrial dysfunction. Once I know the fatigue is organic, it’s pretty easy to treat.

However, just because it’s easy to treat doesn’t mean one treatment works for everyone. The best approach is a targeted program of detoxification, hormonal replacement, oxidation therapies, individualized proper exercise, individualized proper diet, and nutritional intervention.

So every time a person with Alzheimer’s eats coconut oil, their liver supplies their brain with fuel to burn, which restores the brain’s function. Combine this with a diet low enough in carbohydrates, and you have a great way to improve brain function even in people with Alzheimer’s. Not only that, but the data strongly suggests that it may be possible to prevent Alzheimer’s by using the same approach.

How to benefit the most from coconut oil

For dementia or Alzheimer’s patients, the easiest way to take coconut oil is exactly the way that Dr. Newport uses it. That is to take two measured tablespoons and dissolve it into something warm every morning. You can certainly use oatmeal. But since it contains carbohydrates, it would not be all that useful when combining the coconut oil with a low-carb diet. What I tell my patients to do is to simply dissolve it in some hot water, cof-

If the testing reveals that the cause is functional (meaning the mitochondria are working properly), then I reassure the patient that there is no physical reason for his symptoms. So we can look at therapies that work on the mental, spiritual, and emotional sphere.

In 10 years, I have never seen Bio-Energy testing fail to properly analyze all of the factors causing organic chronic fatigue. But it can also help determine the therapeutic strategies that are most appropriate for each individual patient.

To get all the details on this patented testing procedure using FDA-approved technology, visit www.realcuresletter.com or read my book, *Bursting With Energy*. It’s available by calling 800-610-5605 or through Amazon.com.

fee, or tea. It dissolves easily, and one of the best things about it is that it tastes great.

Start off using only one tablespoon in the morning for the first few days. This will let your stomach and intestines gradually get used to it. You will know if you are taking more than your body can handle, because you may become mildly nauseated and/or develop diarrhea. If this happens, just back off on the dose for a week or so and then try raising it again. Eventually, your body will get very used to it. After your body is used to one tablespoon, start working up to two tablespoons. Then start adding in a second dose in the late afternoon. The goal is to get to a dose of two tablespoons, twice a day.

Before you start taking coconut oil, a good idea is to check your ketone levels. You can do this easily with an indicator strip called Ketostix. You can buy these at any drugstore for about \$20 for 100 strips. Take one of the strips and dip it in your urine. It

will turn purple as soon as your body starts making a significant amount of ketones. The darker the color, the more the ketones. It's as simple as that.

Check your urine for ketones the first thing in the morning right after you wake up. Before you start on the program, you will most likely not see any color change at all, indicating that your body is making very few ketones. Then start taking the coconut oil, and continue checking your ketones not only in the morning, but also during the day, perhaps once in the afternoon. You should see ketones in most of the checks. If you are not showing ketones, then you are eating too many carbohydrates. You will have to decrease your carb intake to the point at which the strips are turning a nice shade of purple.

You should expect to see results within one to two weeks of taking the full dose. If you are treating a relative with Alzheimer's, be sure to work with your doctor. The treatment is completely safe, but your doctor should know what's going on.

Also, and this is very important, if the patient is already taking any of the memory-enhancing drugs typically used for

Alzheimer's, do not stop them except under the guidance of your doctor. Some patients will see a sudden and occasionally permanent worsening of their condition if they stop their medications. Finally, discuss with your doctor about doing a MMSE or some other test to monitor the success of the treatment.

As I mentioned last month, the only type of coconut oil you want to use is organic virgin coconut oil. You can order it directly from Advanced Bionutritionals by calling 800-791-3395. ■

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Completely Stop Viral Infections Without Help From Your Doctor

With cold and flu season upon us, you might make a trip or two to see your doctor. But what if I could help you avoid that trip to the doctor — and cure your cold or flu much faster than the antibiotics he'll prescribe?

Actually, the latter half of that promise is quite easy. Antibiotics won't cure the cold or the flu. So anything I give you will likely work better. Antibiotics fight bacteria, not viruses like the common cold and flu.

Viruses are pieces of genetic code that invade your cells, and use the DNA in your cells to replicate themselves. That's how they cause infections. Of course, an intact immune system will eventually stop this

replication process. When that happens, the infection is over.

The good news is you can take an inexpensive, safe, and easily obtained vitamin that can stop viral replication faster. And when you stop viral replication, you get better much faster.

Researchers in the Department of Infectious Diseases at McGill University in Montreal recently proved that vitamin A stops the viral replication process. And they found that it will work for any virus, not just the cold and flu.

One of the most basic ways that your immune system stops viral replication is

through the action of special molecules called cytokines. Your immune cells make a variety of cytokines. They are the key to an optimally functioning immune system. Perhaps the most important cytokine in respect to viral infections is interferon. And it turns out that vitamin A stops infections by stimulating interferon.

Here's how the researchers made the discovery. They took a culture of cells treated with vitamin A and exposed them to the measles virus. As expected, the virus was unable to infect the cells because the virus was unable to replicate.

Then they did the experiment again, only this time they exposed the cells beforehand to antibodies that prevented the cells from making interferon. They found that these cells became infected and that the immune-enhancing effects of vitamin A were wiped out. Their conclusion was that vitamin A prevents the measles virus from replicating by stimulating the production of interferon.

But it doesn't stop with the measles. Large doses of vitamin A work in all viral infections. This is because the replication for all viruses is inhibited by interferon. This includes flu viruses, cold viruses, herpes viruses, and even hepatitis viruses. All of them.

As a result, I recommend that you take vitamin A every day. I take 25,000 units per day. Children should take less, about 5,000 units per day. Just doing this simple thing will reduce your chances of getting the viruses that are always going around. But I have to tell you two warnings about vitamin A.

The first is that some people are very sensitive to vitamin A even in these doses. It is uncommon, but it does happen. If you are taking this dose of vitamin A and several weeks or months later you start getting headaches, nausea, bone aches, or a rash, you may be one of those people. I have seen it happen twice in my career, so I know it can happen, but it is very uncommon at a dose of 25,000 units.

And here's some more comforting information. Chronic vitamin A toxicity is

not lethal, and is completely reversible 100% of the time. All you have to do is to reduce the dose. So as long as you feel good while taking it, there is no reason for concern. Additionally, while I am on the topic of vitamin A, let me also mention beta-carotene.

Beta-carotene is a vitamin A precursor. That means that it can be converted into vitamin A after you eat it. But even though it can be converted into vitamin A, it cannot cause vitamin A toxicity. That is because the body will stop converting it to vitamin A once the levels start to get high. The only thing that excessive beta-carotene can do is to temporarily turn the skin a mild orange color. This will revert to normal once the dose is decreased.

One last thing. Pregnant or nursing women should not take more than 5,000 units per day. Doses higher than 8,000 units have been associated with birth defects. This association has not been seen with beta-carotene.

And, finally, people with liver or kidney disease should take no more than 5,000-10,000 units.

Also, it's still possible that you may get a viral infection even if you're taking preventive doses of vitamin A. If you do, the next thing you need to do is to immediately start taking very large doses. I recommend 100,000 units, three times a day for 7-10 days, or until the infection is over. Although this is a very large dose of vitamin A, it is entirely safe because you will be taking it only until the infection is gone. And studies show that the acute toxic dose of vitamin A is over five times greater than this dose. I have been successfully using this strategy for over 30 years with no problems (other than the aforementioned sensitivities). And now thanks to the folks at McGill University, I know why it works so well. ■

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LETTERS TO THE EDITOR

Q. I have a close relative who has severe bronchitis (chronic). He has lost a lot of weight and doctors can't help him. Perhaps after reading all the "healing miracles," my brother deserves one also. Please can you help him? — Margaret B., White Plains, NY

Dear Margaret,

Of course, there are some easy ways to help him. Perhaps the single best one would be the use of oxidation therapies. This involves intravenous hydrogen peroxide as well as hydrogen peroxide administered through his nebulizer.

Of course, you will have to work with a doctor familiar with these therapies in order to get them. I would suggest that you go to the following websites (www.oxygenhealingtherapies.com and www.acam.org) and contact the doctors that are closest to you. Ask them if they use hydrogen peroxide therapy.

There are also many other therapies that he can use along with hydrogen peroxide. Remember that the body can heal itself provided it gets what it needs to do the healing, and provided that nothing is getting in the way of how it works.

So a broad-based program of cleaning up the diet, exercise, and nutritional and hormonal supplements will offer the best opportunity for success.

Q. The fingers on my right hand feel like they are asleep all the time. They improve some at night when I started sleeping with my head elevated. Before that, they kept me awake a lot at night. I am 79 and have had no heart problems. My sister is 10 years younger and she has the same thing only on her left hand (she is left handed). I'm right handed and my right hand is affected. I'm sure it's a circulation problem, but what can I do to help it? — Willa V., Corsiana, TX

Dear Willa,

This is a pretty common condition. So it's not surprising you and your sister have it. But it's probably not a circulation problem.

It sounds much more like a problem with the nerves. One way to find out would be to apply heat to your hands. This will improve the circulation, and should ease the symptoms if circulation problems are the cause. I doubt the heat will help.

If it doesn't, the problem is one that involves the nervous system. I'm betting on your neck being the cause by somehow compressing the nerves as they come out of your neck to go down your hand.

It sounds terrible, but it's easy to fix.

I've cleared it up many times by injecting ozone gas into the neck. This is the procedure I've described in these pages many times before called Prolozone therapy.

You can find a list of doctors that I've trained to use this technique at www.oxygenhealingtherapies.com.

Another option would be to work with a chiropractor or an osteopath who has been classically trained to manipulate necks. This can help a lot if you don't have easy access to Prolozone.

I'll have more on how to cure neck, shoulder, and back pain in future issues. You don't have to suffer. I fix these problems all the time.

Got a Question?

Do you have a question for Dr. Shallenberger? If so, please send it (typed **only**) to him c/o Soundview Publications, P.O. Box 8051, Norcross, GA 30091-8051 or feedback@RealCuresLetter.com. While he won't be able to respond personally, he'll try to answer as many questions as he can in these pages.