



*Please be sure to share this with health-minded friends*

**April 22, 2014**

Labor Day Mercury Newsletter:

In the news lately was the fact that the American Dental Association broke it's affiliation with Dr. Oz's website. It seems they didn't like [Dr. Oz's message](#) about the lack of safety with mercury fillings. The show Are Your Silver Fillings Making You Sick, has been broken into four segments:

[Part 1](#)

[Part 2](#)

[Part 3](#)

[Part 4](#)

I have collected some scientific, peer-reviewed articles in recent months, with links to them online below:

1. Evidence of parallels between mercury intoxication and the brain pathology in autism [READ](#)
2. In case you missed it, with **Flu season** approaching, we no longer have to worry only about the Thimerosal in vaccines, but are faced with the addition, this year, of genetically modified vaccines. If you don't understand Genetic Modification, you might want to look at our newsletter on the topic. [READ](#) It's in a lot of our foods, and very toxic to our guts and our systems. The article about the modified vaccines you might have missed is here: [READ](#)
3. How do they know what to flu bugs to inoculate for anyway? [READ](#)

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# Keeping Dementia At Bay

An article I read on Medscape, and summarized [here](#) suggests ways to manage your concerns. Something that might generate some discussions among friends would be to print out **The Seven Stages of Dementia**, and pass it around the table at dinner, and have each person read the next stage.- [PRINT FROM HERE](#)

Julia's Corner –

## RESPONSE FOR "KEEPING DEMENTIA AT BAY"

There are many theories abounding as to the increase in Dementia, Alzheimer's Disease, and



general overall decline in brain function in the population at large.

The *Journal of Clinical Investigation* states insulin resistance of the brain precedes Alzheimer's Disease and other cognitive brain dysfunctions such as Dementia.

The FDA changed the safety warnings for cholesterol drugs stating that some may cause memory loss, confusion, and increase the risk of Type II Diabetes which increases risk of Alzheimer's Disease. Some cholesterol lowering drugs cause symptoms that mimic Dementia such as memory loss, confusion, disorientation, and cognitive function compromise.

As much as too high a cholesterol reading is unhealthy, so is too low a reading. The brain needs cholesterol to form neuronal connections which are necessary for memory and learning. More specialized blood testing is currently being done for cholesterol. One major underlying cause for bad cholesterol accumulation is excess sugar, not fat - [READ](#).

There are numerous studies that document good fats being necessary for optimal brain function, such as from fish oils and coconut oil. Dr. Mary Newport has shared her knowledge in multiple YouTube videos, in her books, and on her website about the benefit of [coconut oil for brain health](#). There are also the theories of just chronic inflammation from toxins in the system that impairs brain cognition.

Since so many people are on cholesterol lowering drugs, are in the stages of pre-diabetes or Type II Diabetes already, and have build up of toxins in their systems, it is no wonder why the statistics are showing such a huge increase in Dementia and Alzheimer's Disease in our populations.

By no means should anyone stop any medications. However, if you have concerns, discuss the pros and cons for you with your practitioners, review the literature available online and on the websites mentioned, adjust your diet to include good fats, and eliminate processed and excess sugars.

In my practice, I work with clients to address any issues they have with brain function based on their unique needs. For some I may suggest detoxes or diet changes, or "Guna Awareness", or "GUNA BDNF" (brain derived neurotrophic factor), or "Guna Brain", or other

supplements that support some of the underlying causes of cognitive decline for them.

And ultimately, I do believe in the “use it or lose it” theory for brain and cognitive health. Challenging your mind/brain, and continuing to learn new things creates new neural networks that improve intelligence, cognition and allows more and better processing of information now but also in your future.

Wishing you health,

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Dr. Markus notes that if you are on **Statin Medication for Cholesterol** you might want to [investigate taking Co-Enzyme Q10](#) to protect your liver.

## Quote of the Month – Ben Stein

*“Fathom the hypocrisy of a government that requires every citizen to prove they are insured....., but not everyone must prove they are a citizen. And now, any of those who refuse, or are unable to prove they are citizens will receive free insurance paid for by those who are forced to buy insurance because they are citizens.”*

## Antioxidants in the News – Fish Oil

A recent news article misinterpreted a study about Omega 3 fish oil supplementation. [Here is the article:](#) There are a lot of holes in the study, so if you stopped taking your Fish Oil, you may want to do your own research. [START HERE](#)

Be sure what you are taking is mercury free. There are links with Mercury and Alzhiemer’s Disease outlined here. [READ](#)

## HOW SAFE IS YOUR P.I.N.?

10 most frequently used pins that you should avoid [READ](#)



**Golf Blog – Inside the Ropes** (photograph is something I stitched together from three shots taken in Palm Desert, CA).

### 18 ABSOLUTE LAWS OF GOLF:

LAW 1: No matter how bad your last shot was, you should have inner peace knowing that a worse one is yet to come. This law does not expire on the 18th hole, since it has the supernatural tendency to extend over the course of a tournament, a summer and, eventually, a lifetime. [READ THEM ALL](#)

### Do not keep this message.

- ONE. Give people more than they expect and do it cheerfully.
- TWO ... Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.
- THREE. Don't believe all you hear, spend all you have or sleep all you want.
- FOUR . When you say, 'I love you ,' mean it.
- FIVE. When you say, 'I'm sorry,' look the person in the eye.
- SIX ... Be engaged at least six months before you get married.
- SEVEN.. Believe in love at first sight.
- EIGHT. Never laugh at anyone's dream. People who don't have dreams don't have much.
- NINE . Love deeply and passionately. You might get hurt but it's the only way to live life completely.
- TEN. ... In disagreements, fight fairly. No name calling.
- ELEVEN. Don't judge people by their relatives.
- TWELVE. Talk slowly but think quickly.
- THIRTEEN. When someone asks you a question you don't want to answer, smile and ask, 'Why do you want to know?'
- FOURTEEN. Remember that great love and great achievements involve great risk..
- FIFTEEN. Say 'bless you' when you hear someone sneeze.
- SIXTEEN. When you lose, don't lose the lesson !
- SEVENTEEN. Remember the three R's: Respect for self; Respect for others; and responsibility for all your actions.
- EIGHTEEN.. Don't let a little dispute injure a great friendship..

**Now, here's the FUN part! Send this newsletter to at least 5 people and your life will improve. Here is the message I'd like you to cut and paste to the beginning of your email:**

A true friend is someone who reaches for your hand and touches your heart Do not keep this message. Here is some important information and great advice I'd like to share from my friend Steve Markus

*I have always said, many people are my friend, and then become my patient; others become patients first, and then become friends. We would love friends as nice as you to join our practice.*

## **IN MEMORIAM -**

Harry Brooks recently passed away one month shy of his 94th Birthday.



Pictured here about a year ago, Harry was a patient the day the office opened, on February 22, 1976, and to this day, has all the teeth he started with. They look much nicer today, thanks to the beautiful porcelain veneers from Dr. Phillips about five years ago. You're never too old to have a powerful and handsome smile! It was Handsome Harry's claim to fame! He was a character, and he will be missed.

Have a great day!

*The Centre for Dentistry*

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