



Dr. Dale Bredesen Says that 95% of Alzheimer's Cases Are Caused By Lifestyle Choices that Can Be Improved

Dr. Dale Bredesen, author of 'The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline,' developed the ReCODE protocol that evaluates 150 factors known to contribute to Alzheimer's disease for an effective treatment that includes dietary change and fasting. Alzheimer's affects over 15% of the US population and is now the third leading cause of death, costing over \$220 billion annually. He explains that type 1 Alzheimer's is primarily caused by inflammatory factors; type 2 involves atrophic responses; type 1.5 is a mix of inflammation and atrophy, and type 3 is primarily caused by toxic exposures. The fourth type involves a genetic condition that causes early onset Alzheimer's. He says mitochondrial dysfunction is at the heart of the disease and amyloids are a protective response.

Story at-a-glance

- Dr. Dale

Bredesen's ReCODE protocol evaluates 150 factors known to contribute to Alzheimer's disease. This identifies your disease subtype or combination of subtypes, and an effective treatment protocol can be devised

- Type 1

Alzheimer's is primarily caused by inflammatory factors; type 2 involves atrophic responses; type 1.5 is a mix of inflammation and atrophy, and type 3 is primarily caused by toxic exposures

- Only 5 percent

of Alzheimer's cases are "familial" Alzheimer's disease, a genetic condition that causes early onset Alzheimer's; the rest are caused by lifestyle factors over which we have a great deal of control; hence, we have the ability to improve or even reverse most cases of the disease

By Dr. Mercola

Alzheimer's is now the third leading cause of death in the United States, right behind [heart disease](#) and [cancer](#).

While prevalence is rapidly increasing, the good news is you actually

have a great deal of control over this devastating disease.

Dr. Dale Bredesen, director of neurodegenerative disease research at the University of California, Los Angeles (UCLA) School of Medicine, and

author of ["The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline,"](#) has identified a number of molecular mechanisms at work in this disease, and has created a novel program to treat and reverse it.

Originally known as the MEND (Metabolic Enhancement of Neurodegeneration) Protocol, the program is now called ReCODE (Reversal of Cognitive Decline).¹

"You hear things that sound like hyperbole when it comes to Alzheimer's disease, but unfortunately, they're not," Bredesen says.

"It's currently costing the United States over \$220 billion annually.

It is a trillion-dollar global health problem. It was the sixth leading cause of death ... Now, it has become the third leading cause of death in the United States. This is something that's set to bankrupt Medicare.

It strikes about 15 percent of the population, so it's incredibly common. In fact, you have the pathophysiology of the disease for about 20 years before the diagnosis is made. Many of us are walking around with early Alzheimer's without realizing it. It's a huge problem on the rise, and there hasn't been any sort of a monotherapeutic

*approach that
has worked for this terrible illness.”*

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List of 11 things you can do right now to fight Alzheimer's:

https://www.nola.com/healthy-eating/2016/12/11_changes_you_can_do_right_no.html



UK Study Warns that Eating an Extra Fast Food Burger a Day Can Cause Dementia

A new study from the UK claims that eating fast food and little physical activity can cause dementia, and that the disease is irreversible. The research found the average person is eating an extra 650 calories a day compared to 1970s, which is the equivalent of a burger, soft drink and fries. The research analyzed the results from 200 studies and found that

30% of the world's adult population are either overweight or obese.

- A study has found strong links between fast food and irreversible dementia
- Professor Nicolas Cherbuin says: 'People are eating away at their brain'
- The average person today is eating 650 calories a day compared to 1970s
- He said eating well and keeping active from a young age reduces risk

Eating fast food can cause irreversible dementia, a study warns.

The research found the average person is eating an extra 650 calories a day compared to 1970s, which is the equivalent of a burger, soft drink and fries.

Australian National University's professor Nicolas Cherbuin and his team found strong evidence linking unhealthy eating habits and little-to-no physical activity to a decline in brain function, such as dementia and brain shrinkage.

'People are eating away at their brain with a really bad fast-

food diet and little-to-no exercise,' says professor Cherbuin.

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Sandy Hook Lawyers Claim Alex Jones Sent Them Child Porn in Discovery Files. Jones Says He Was Framed, and Offers \$1 Million Reward for Info About Who Sent the Porn.

The lawyers representing the families of Sandy Hook victims claim child pornography was found in email metadata files turned over to them from Alex Jones' attorneys as part of the discovery process in a defamation lawsuit. However, Jones' attorney says the child pornography was in emails sent to Jones that were never opened, and he denied Jones did anything wrong. Jones offered a \$1 million reward for information leading to the conviction of the party that sent the porn to

him. The judge sanctioned Jones for his comments about the case on his radio show.

Lawyers for the families of children and adults killed at Sandy Hook Elementary School disclosed Monday that child pornography was found in electronic files sent to them by conspiracy theorist Infowars host Alex Jones.

The pornography was found in email metadata files Jones' attorneys turned over to the families' lawyers as part of the discovery process of a defamation lawsuit, which was filed in a Connecticut court last year in response to discussions on Jones' show about the school shooting being a hoax.

Jones' attorney, Norman Pattis, said the child pornography was in emails sent to Jones that were never opened and he denied Jones did anything wrong. Pattis said federal authorities are investigating who sent the emails.

Appearing angry on his web show based in Austin, Texas, Jones accused one of the families' lawyers, Christopher Mattei, of planting the child pornography

in the files in an effort to frame Jones. He also offered a \$1 million reward for information on who sent the emails containing child porn.

In a motion filed in Waterbury Superior Court on Monday, lawyers for the families accused Jones of threatening Mattei by naming him on the show, showing his photo and wrongly accusing him of planting the child pornography. The motion will be discussed at a court hearing on Tuesday. Pattis denied that Jones threatened Mattei.

“Total war! You want it, you got it!” Jones said on the show while talking about Mattei, a Democrat who ran unsuccessfully for state attorney general last year. “I’m not into kids like your Democratic party. ... So get ready!”

Other lawyers for the families, William Bloss, Alinor Sterling and Matthew Blumethal, said in the motion that they notified the FBI about the numerous child porn images.

The two sides have been battling over documents and discovery

issues in the lawsuit for months.

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How to Harm the Globalist Agenda by Getting Rid of Your Smart Phone

Charles Koch is teaming up with the Anti-Defamation League (ADL), tech companies including Eventbrite, Mozilla, Pinterest, Patreon and Airbnb, universities, George Soros, and other billionaires to combat online extremism that challenges elitist monopolies and authority. Polly, a Youtube personality, suggested that technocratic tyranny can be thwarted by refusing smart phones. She says that smart phones are the key to the technological control grid when the entire population is dependent on smart phones and need it to exist within the system. The plan is to consolidate banking, education, healthcare, voting, government, payroll, and benefits will be distributed through smart phones. Global revenue from telecom services is projected to be \$1.35 trillion, and giving up smart phones for basic cell phones will cut the globalists' funding and power.

Charles Koch is teaming up with tech companies, universities and other fellow billionaires to combat online extremism.

On

July 17, the After Charlottesville Project will host its second summit

in San Francisco, California. Founded in the aftermath of the deadly

2017 white supremacist attacks in Virginia, the conference brings

together political and business leaders to discuss solutions for curbing

political terrorism. While last year's gathering in Missouri involved

grassroots and city response initiatives, the focus of this year's

summit will involve the "private tech sector" and "best practices on the

fight against hate and extremism online," according to the event's

press release.

Representatives

for the Charles Koch Institute and the Anti-Defamation League will join

executives from tech companies which currently include Eventbrite,

Mozilla, [Pinterest](#), Patreon and [Airbnb](#).

"Now

more than ever is the time to create communities that value diversity,

inclusivity and positive change," Michael Signer, the former mayor of

Charlottesville, Virginia and the founder and chair of the Communities Overcoming Extremism Project, said in a statement. “We’re excited to assemble with these forward-thinking tech leaders to explore what positive outcomes we can gain from an event full of powerful conversations.”

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