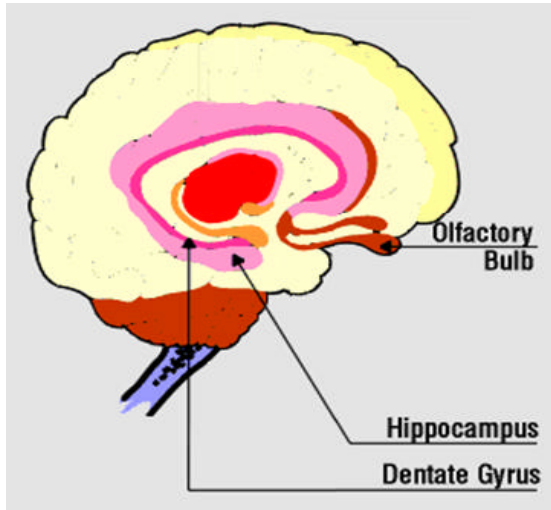
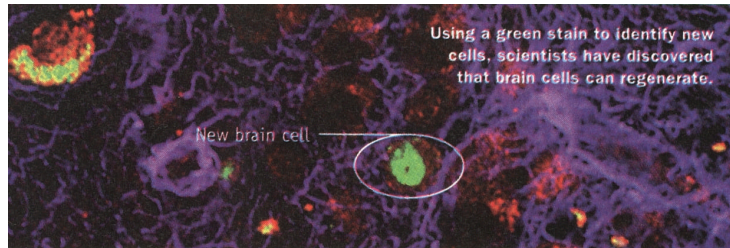


## Sharper Minds for Seniors (and Other Adults)

As you age, have you ever felt like you were slipping mentally? Do you feel like words and memories have a harder time popping into your mind? Are you concerned about Alzheimer's disease?

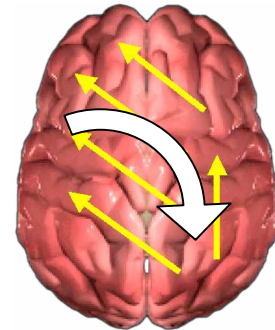
**It doesn't have to be!** You can improve your mind and virtually eliminate the possibility of the symptoms of Alzheimer's. You can maintain a high level of sharpness and vitality throughout your life.

Research has shown that the brain is developing new brain cells at any age. The quantity of neurons and where they go is dependent on what you do.



The brain cells form in at least 3 areas of the brain. See picture.

As we age, our brains (which when young formed from the right rear to the frontal lobe and to the left side) begin retrenching back to the right rear. This makes it seem like aging people are entering a second childhood.



Studies have shown that to maintain optimal mental acuity and virtually eliminate the chance of Alzheimer's, you must do at least 4 things.

1. Drink 4+ servings of juice every week
2. Do mentally challenging things
3. Stay socially involved
4. Exercise daily

### More Details

1. **Drink at least 4 servings of juice** every week. The juice should preferably be dark juices such as purple grape juice, cranberry juice, juice with blueberry or boysenberries in them. Why? These have potent antioxidants that scavenge the free-radicals that damage cells and accelerate the aging process. A product called Ageless Extra (~\$60/month) is a potent highly concentrated form of dark juices

developed to meet this need (1 oz = 10 servings).

<http://www.oasislifesciences.com> (Associate ID: 1141353)

2. **Doing mentally challenging tasks** stimulates the brain to grow new brain cells and pathways, circumventing damaged areas of the brain, creating a reserve of neurons. Autopsies have shown that the amyloid plaques that are found frequently in the brains of Alzheimer's patients can also be found in patients that showed no signs of Alzheimer's. Those that didn't show symptoms had built up reserves of neurons that overcame the tendencies to dementia, forgetfulness and the other symptoms of Alzheimer's. Avoid watching TV as it is a brain suspender, not a stimulator. Taking classes in a local college; learning a foreign language can all be helpful. The Sharper Minds program is a very robust way to stimulate brain development and encourage cell growth. Use it or lose it!
3. **Exercise stimulates the flow of blood**, oxygen and nutrients to the brain and helps carry away waste and toxins from the brain. Walking is an excellent exercise for the elderly and should be done as many times during the week as possible, preferably every day. Breathe deeply when exercising to clear the lungs.
4. **Stay socially active** by volunteering, meeting and/or talking daily with friends, participating in community service, church, service organizations and/or other social activities. Talking stimulates the speech and language centers in the left hemisphere of the brain, the side that often ages more quickly than the right side. Choosing a rather secluded lifestyle at home may lead to depression, a sense of isolation and mental degradation.

## Other Tips

Other areas that you should consider incorporating include:

- **Nutritional supplementation**, esp. of vitamins and minerals. **Ginkgo Biloba** stimulates blood flow to the brain. Vitamin C is a powerful anti-oxidant. Flaxseed oil (potent source of Omega-3 Essential Fatty Acids) is a powerful anti-cancer agent that can also reduce bad cholesterol levels. Studies show these essential nutrients, often missing from the diet, support cardiovascular health and brain function as well as proper joint flexibility. Cayenne Pepper capsules also stimulate blood flow and help fight against harmful bacteria and viruses, esp. in the intestinal tract, reducing illness and/or its severity (the burning sensation from the cayenne usually stops within a week of taking it).
- **Eliminate harmful behaviors**, esp. smoking, drinking, stimulants.
- Go through a **detox process** regularly to reduce chemicals and heavy metals. The Memorial Sloan-Kettering Cancer Center discovered that 100% of cancers they surgically removed were loaded with pesticides, herbicides and heavy metals. As one ages, toxins build up over time and become more damaging. The best detox methods include sweating type saunas, using zeolite drops (i.e. Waiora <http://www.mywaiora.com/205934>) in conjunction with a vegetable juice fast (use V-8 for simplicity)) (see <http://www.sharpermindcenters.com/detox> and following pages for how to use), detox clays (such as Calcium Montmorillonite, see <http://www.terramin.com> or magnetic clays), do a another fasting detox protocol (for a structured plan, see <http://edrm.isagenix.com>). Expect some minor detox

- side affects (i.e. headaches, other aches during the detox process until your body is cleansed)
- **Minimize use of conventional drugs.** Besides the expense, their side affects can often create complications that then require the usage of additional drugs with their side affects. Most health issues (including type-2 diabetes, high blood pressure, high cholesterol, and acid reflux) can be lifestyle controlled and making positive changes is more conducive to good health than taking medications and in many cases surgery (see [www.NaturalCures.com](http://www.NaturalCures.com)).
  - **Avoid vaccinations,** especially those that contain Thimerosal, a proven neurotoxin that contains mercury that is commonly used as a preservative in multi-dosage vials of vaccine (there is strong evidence that Thimerosal is the primary cause of autism).
  - **Incorporate lifestyles changes** such as those taught through the NEWSTART (<http://www.newstart.com>) or CHIP programs (<http://www.sdachip.org>).

### ***The Sharper Minds® program***

For the ultimate in brain-stimulating therapy, do the Sharper Minds program. This program uses a powerful synergistic blend of therapies to stimulate the brain to grow new nerve cells. It is so effective, that it has been used successful with several head trauma and stroke cases, and works at any age to slow down the affects of mental aging. There are seniors who noticed such an improvement in just 2 days of doing the exercises with their grandkids that they too wanted an equipment set they could use at home.

#### ***Benefits may include:***

- Faster mental processing
- Better memory and recall
- Better hand-eye coordination
- Faster speech flow (less at loss for words)
- Quicker listening response
- Faster physical reaction time
- Reduced depression, anxiety
- Better sense of balance, reduced chance of falls
- Faster reading with greater comprehension
- Better eyesight tracking and ability to pull details from background
- Recovery or improvements of your prior mental capacity

The Sharper Minds program is simply a tool to help stimulate the mind to the highest levels of performance. It is not the end goal of itself.

### ***Equipment and Instructions***

The program includes quite a bit of equipment that when used with the included detailed instructions stimulate the mind through every sense except smell and taste. The exercises are fun, movement based doing-type exercises that when used together produce results faster and in a more lasting manner than doing the exercises separately. The movement

therapies in of themselves provide quite a bit of exercise, raising the heart rate and blood flow and may cause some beneficial sweating.

**Options**

Sharper Mind Centers offers several options for the senior (call for pricing details)

- A home training system
- A twice-a-month guided program
- A weekly guided program
- A long distance guided program with an intense 3-day first visit

\*Our auditory stimulation component may not work with those with hearing aids. Thus the equipment for that portion of the program would not be necessary, though the auditory stimulation produces noticeable benefits for those who don't use hearing aids.

**Note of Caution:** The equipment includes an adjustable balance board. If you are at risk of falling, use of the board should done with someone close by to help stabilize you, or not used at all. Please let us know if this would be an issue.

If you are long distance from a Sharper Mind Centers office or authorized provider, consider getting 3 or 4 families/seniors together to do the exercises together and to help encourage one another. It provides a great social gathering opportunity as well.

**To Learn More or to Order**

**To learn more about the Sharper Minds program or to place an order for the home training system call Ed at 503-641-5707 or toll free 1-866-435-7233.**

**We accept Visa, MasterCard, AmEx and Discover as well as checks and cash.**

Payment plans may be available.

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