
BOOST YOUR HORMONES... BOOST YOUR BRAIN

*5 Key Steps to
Improve Your
Memory and
Prevent
Alzheimer's*



Dr. Susan Sklar



SKLAR CENTER
for RESTORATIVE MEDICINE

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5 Key Steps to Improve Your Memory and Prevent Alzheimer's Disease

Let's face it -- our hormones and brains are under attack from multiple directions. Alzheimer's is a scary thought. It is already an epidemic and its numbers are predicted to rise in the coming years. As a society, we need to get educated about all of the ways to lower risk and prevent this fearsome disease. This report will teach you how to fight back against the attack!

Besides concerns about Alzheimer's, many of you may already have poor brain function with symptoms of brain fog, attention problems, fatigue while reading or depression. We want to provide you with the steps to improve your cognition as well as prevent Alzheimer's.

What is cognition? Cognition is the ability to learn, retain, and recall information. It includes ability to judge, evaluate and synthesize complex information.

Healthy brain function and cognition depend on improving the connections and communication between nerves in the brain as

well as growing new nerve cells. It also means protecting healthy brain cells, laying down new communications between nerves, and preventing brain shrinkage.

Hormones and brains are under attack, but you can fight back. Addressing these 5 Key Steps will improve your hormones and in turn, your brain health. Your energy and vitality will improve too!



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Step #1

Hormone changes through the lifespan...

Much of what we consider aging is, in fact, hormone decline. Whether you are menopausal, premenopausal or a male, your hormones may be compromised by aging, stress, poor sleep, toxins and poor diet.

Women have an obvious loss of hormones with menopause. However, starting at age 35, women begin the transition into menopause around age 50. In addition, women have a monthly cycle with hormonal ups and downs that can affect brain function.

On the other hand, men have a slow consistent decline in hormones from their 20's to their 80's. Hormones regulate metabolism, reproduction, brain health, and moods. The loss of hormones with aging, stress, poor sleep, toxins, and poor diet are additive and have great impact on your cognition and vitality.

Hormones are the messengers that carry information from your brains to your glands (adrenal, thyroid, ovaries, testes) and then from the glands to all of the cells in your bodies. You can see why disruptions in your hormones can make you tired, foggy and moody.

Your brain especially responds to hormones known as steroid hormones. The names of the most important of these hormones is

- Estrogen
- Testosterone
- Progesterone
- Pregnenolone
- DHEA (Dehydroepiandrosterone)

These steroid hormones are also produced in nerve cells in the brain. What we know about hormones is that they are like Miracle Gro for your brain. They nourish, protect and stimulate healthy connections between the nerves in your brain.

Studies show that women using estrogen replacement therapy in menopause have half the risk of developing Alzheimer's.



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Estrogen decreases depression in menopause and increases blood flow to the brain. Estrogen has proven to be an effective Alzheimer's prevention and treatment for women.



Both estrogen and progesterone help to protect the female brain against chemical assault (see the section on toxins), improve connectivity between neurons (nerve cells in the brain) and reduce inflammation. Inflammation is the main underlying cause of Alzheimer's as well as all chronic diseases (cancer, heart disease and stroke).

Even prior to menopause, some women notice that their cognition (thinking ability) waxes and wanes with the estrogen cycling of their menstrual cycle.

In men, we have seen that testosterone improves mood and energy. Testosterone lowers the

level of amyloid, a sticky protein in the brain, which is believed to cause Alzheimer's. Men who have low testosterone have an increased risk of Alzheimer's. Testosterone can also be an effective prevention and treatment for Alzheimer's disease.



Pregnenolone acts as chemical transmitter between cells of the brain area where new memories are stored. Levels of pregnenolone decrease with age and may be a cause of what is called "age related" memory decline.

Unfortunately, there has been a lot of bad press and confusion about hormones based on the Women's Health Initiative, a large study in 2002 that used Premarin and Provera. The important thing to understand is that these forms of estrogen and progesterone are not natural or identical to what our bodies manufacture.

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These forms of hormones have been harmful and caused increased heart attacks and dementia. They also had undesirable effects in the body such as increased risk of blood clots and breast cancer. The use of bioidentical (chemically identical to what our bodies make) hormones have not shown these increased risks. Testosterone for men can be safely given if dosing and levels are monitored.

Instead of avoiding the use of hormones which are so beneficial for brain function, consider restoration with the bioidentical hormones described here.

The proper and safe use of estrogen, progesterone and testosterone is possible under the watchful eye of a hormone specialist. In the meantime, implement the recommendations in this report to optimize your hormones. By addressing the 5 Key Steps, you will be moving towards healthier hormone levels, better brain function and improved overall health.

Contact us for more information:
www.sklarcenter.com



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Step #2

Learn To Manage Stress

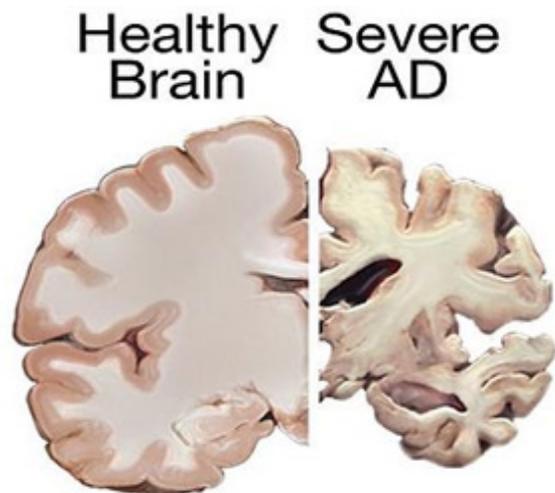


Cortisol can be lifesaving or health damaging. When we are stressed, cortisol is released from the adrenal glands. Short term cortisol release is a life saving response that activates our "flight or fight" reaction. However, chronic stress, which most of us in the modern world experience, shrinks brain structures and interferes with normal transmission between nerves. It is essential to de-stress.

Why? Stress is one of the main factors that can cause brain shrinkage and increase risk of Alzheimer's disease.

Not only does stress shrink your brain, the chemical chain reaction of producing cortisol takes away from the production of your "feel good" hormones—estrogen, progesterone, testosterone, DHEA and pregnenolone. These hormones not only keep you feeling happy, energetic, and vibrant—they are essential to good brain function. Your moods, memory, and cognition depend on healthy hormones.

Take a look at the picture below.



The healthy brain is large.

The Alzheimer's brain is severely shrunken.

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Steps to Lower Stress

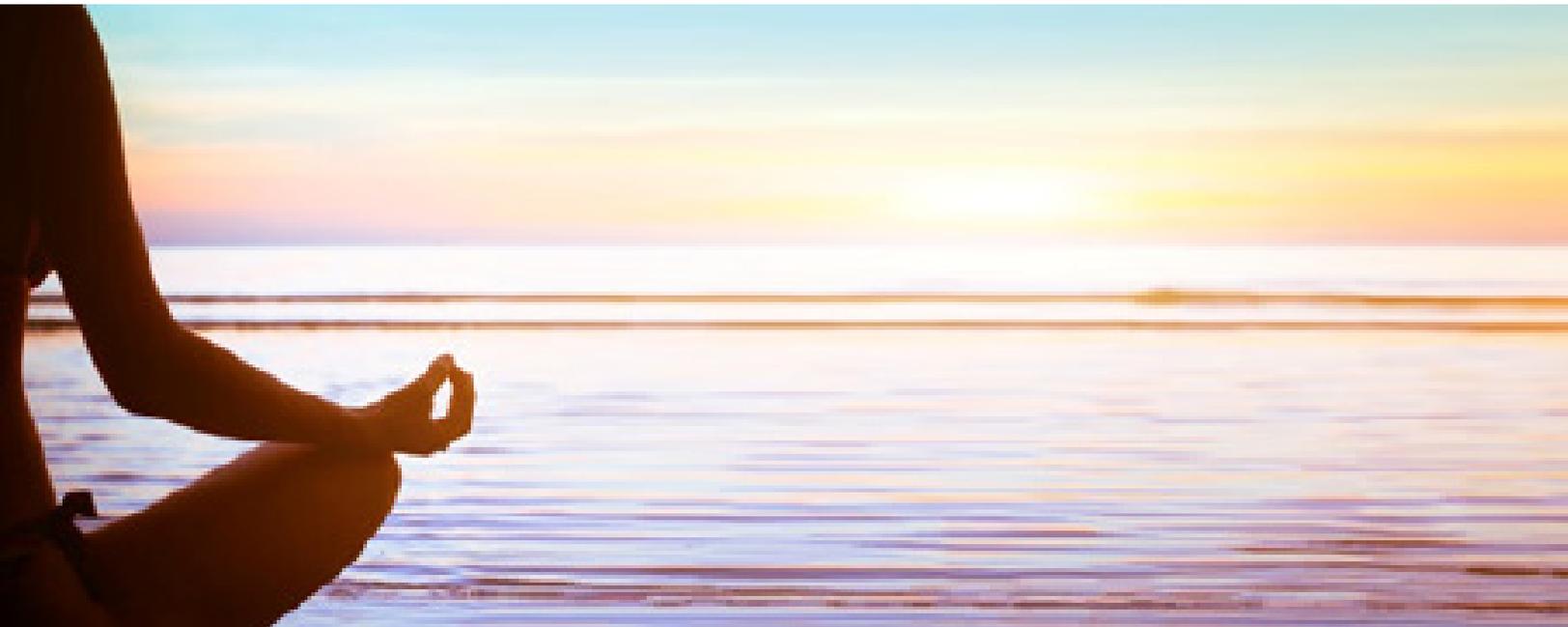
Here are steps to take right now to reduce stress, reduce cortisol and enhance your "Happy Hormones." To reduce your physiologic response to stress take time out each day for:

- Moving Meditations like Yoga and Tai Chi
- Meditation—use phone apps like "Calm," "Headspace" or "Stop, Breathe, Think."
- Prayer
- Connecting with Nature
- Deep Breathing

4-7-8 breathing

In this breathing exercise the exhale is longer than the inhale phase. This decreases your flight or fight response and calms your mind and body.

- To start, put one hand on your belly and the other on your chest as in the belly breathing exercise.
- Take a deep, slow breath from your belly, and silently count to 4 as you breathe in.
- Hold your breath, and silently count from 1 to 7.
- Breathe out completely as you silently count from 1 to 8.



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Step #3

Get Your ZZZ's



Got a lot to do?

Juggling a million responsibilities?

It won't help you in the long run if you stay up late and short yourself on sleep. Less sleep means decreased brain function, worse memory, and worse moods. Getting less than 6 hours of sleep each night increases your risk of Alzheimer's. Sleep is when brain toxins like amyloid are removed. Less sleep—more toxic buildup.

Melatonin is the “hormone of darkness.” It signals your body that it is time to sleep. As the night wears on, it decreases. As dawn arrives, your brain shuts off melatonin production. This signals your brain and your body that it is time to wake up. It has been shown to be effective in reducing the time to fall asleep and improving sleep quality and improving morning alertness in older adults aged 55-80. Melatonin is brain protective against inflammation and oxidative stress which are damaging processes.

In REM (rapid eye movement) sleep, you release Human Growth Hormone, your most healing and restorative hormone. REM sleep occurs mostly in the early morning—2 to 3 hours before you wake up. If you get up 2 hours earlier in the day to get things done, you have deprived yourself of this hormone healing time of sleep and also the sleep period when memories become consolidated into your brains for the long term. Alcohol deprives you of REM sleep and interferes with memory consolidation as well as hormone release. Studies in college students show that alcohol's effects on memory last as long as 3 days after use.

Men who are sleep deprived have lower testosterone levels. In fact, it has been shown in studies that sleep deprivation may age a man by 10-15 years! Lower testosterone is a risk factor for Alzheimer's disease.

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Leptin and ghrelin, our hunger and satiety hormones are released during sleep. People who sleep less than 7 hours have increased hunger and caloric intake. Less sleep makes it harder for insulin to do its job getting nutrition into your cells. This happens in the brain as well as the rest of your body. This is how insufficient sleep raises your risk of diabetes as well as Alzheimer's. Some have called Alzheimer's disease Type 3 Diabetes of the brain.

If you snore or wake up frequently, consider the possibility of sleep apnea. If your partner hears you coughing or making choking sounds during the night, you may have sleep apnea.

This could be another sleep factor contributing to cognitive decline.

Tips for Good Sleep

- Turn Off Electronics 2 Hours Before Bed
- Consider Getting a Sleep Apnea Study
- Limit Alcohol
- No News Shows Before Bed
- Low Dose Melatonin 0.5 mg
- Bedroom For Sleep And S*X Only
- Meditation Before Bed
- Epsom Salt Bath-Epsom Salts are magnesium sulfate. Magnesium is a brain calming mineral. Use 2 cups of Epsom Salts and ½ cup of baking soda in a tub full of water as hot as you can tolerate. Then off to bed—mmmm.



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Step #4

Detoxify

When we think of toxins, we imagine chimneys spewing out exhaust from burning coal or oil spills in the ocean. However, the toxins that damage your hormones are the everyday exposures that you might not even be aware of. It is estimated that 80% of the toxins that make you sick are in your health and beauty aids as well as in pesticides on your foods. There are hundreds of endocrine disrupting chemicals (EDC's) in your environment. They include plasticizers like BPA and BPS, pesticides, industrial chemicals and fuels, as well as preservatives and perfumes in beauty aids.

Yes, the lotions, potions, and make-up that you apply to your skin daily are changing your hormones. These chemicals have caused decreased testosterone levels and reduced sperm counts in men. In women, they have been associated with erratic menstrual periods, fibroids and endometriosis.



EDCs can contribute to a wide range of diseases and disabilities including obesity, diabetes, cancer, heart disease, reproductive health problems and neurodevelopmental and neurodegenerative disorders. The diabetes causing effects are particularly damaging in the brain where proper insulin regulation is essential to memory and brain function. Alzheimer's has been called Type 3 Diabetes because of the similarity between Type 2 Diabetes and the insulin and blood sugar regulation problems in Alzheimer's brains.

These toxins interfere with the production and disposal of your important steroid hormones. Your body sees these chemicals as hormones, but they don't act in a normal way. They confuse your healthy hormone actions, as well directly damage brain tissue, contributing to cognitive decline. This neurotoxic (nerve killing) effect has been seen in children and infants as well as adults.



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What can you do?

- Stop using canned foods. Opt for frozen or home made.
- Use organic, non-toxic cosmetics and body products. See www.ewg.org Cosmetics Database
- Shop for organic produce.
- Opt for toys and books made with natural wood, paper, cloth, or metal.
- Opt for plastic alternatives – glass, ceramic that's lead-free, and stainless steel -- whenever possible.



- Use glass or ceramic containers to microwave food and beverages.
- Get a head start on detoxifying your body with [Core Restore](#) by Orthomolecular. This one week detox kit is easy to use and helps your body get a head start breaking down and removing some of these dangerous toxins.

- Be cautious of cling wraps, especially for microwave use. Wrap foods in butcher paper, waxed paper, or paper towels.
- Avoid using plastics that aren't identified on the packaging.
- Look for products that state "no phthalates" or "no bisphenol A (BPA)."
- Be aware of plastic products in your child's surroundings – squeeze toys, rattles, bath toys, cribs, teethingers, pacifiers, high chairs, sippy cups, and baby bottles
- Avoid PVC products, like vinyl chew toys, which are identified with a "V" or "3". If you can't eliminate them all, then make sure they are cleaned regularly.



- Use a water filter. Many of these chemicals are in your water supply. [Aquatru](#) is a counter top filter that removes these organic pollutants. Filtered water should be used for all of your drinking and cooking.

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Step #5

Healthy Nutrition For Hormones And Brains



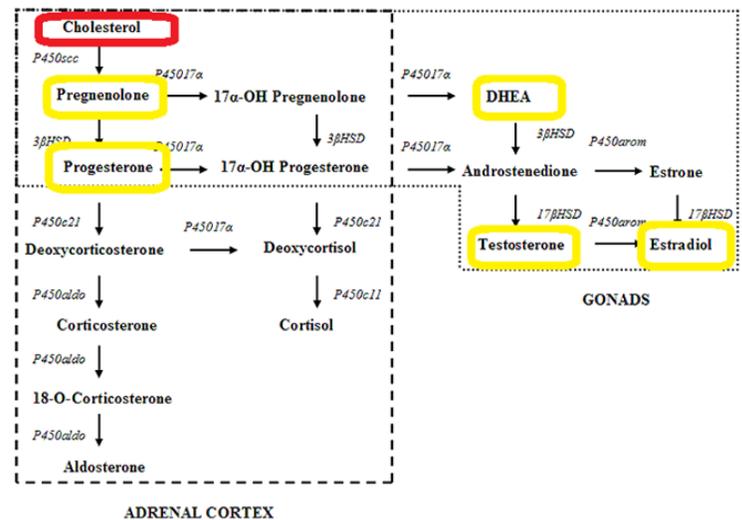
What does your nutrition have to do with your hormones and brains? The answer is "A LOT." Here is a three step plan which will make a huge change in your hormone and brain function.

First of all, eat fats—lots of them. We have been sold a low fat diet for health for the past 40 years but this is not healthy for your hormones or your brain. 2/3 of the weight of your brain is fats. You need plenty of fats in your diet to keep your brain working well. You also need plenty of fats to keep your hormones working well. You only need to look at long distance runners and

ballerinas who suffer from lack of menstrual periods to know that body fat and dietary fat are connected to healthy hormone function.

We have especially been told that saturated fats are dangerous and the cause of cardiac disease. This has been proven to be false, but there still is resistance to eating fat. We have also been told that eating cholesterol is bad for your health. Guess what? Cholesterol is the starter chemical for all of your steroid hormones.

See the chart below:



Cholesterol is the start of all of your important steroid hormones—pregnenolone, progesterone, DHEA, testosterone, and estradiol (the most important form of estrogen). If you skimp on the eggs and grass fed beef because you're afraid of saturated fats, you will not be

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able to make adequate amounts of hormones. Other important saturated fats are coconut oil and MCT (medium chain triglyceride) oil which are both great for brain function. Avocados, olive oil, and fatty fish like wild salmon should be staples in your diet.

The second step is to increase vegetables to 6-9 servings per day. The fiber in these vegetables feed your healthy microbiome (healthy bacteria in your intestine). This is essential for the healthy production and safe metabolism of hormones.

The third step is to ditch the sugar and refined carbs like bread and pasta made from wheat,

and even gluten free products which are made of highly refined non-wheat flour. These products cause inflammation and adversely affect brain and hormone health.

Sugar and refined carbs interfere with human growth hormone through the release of high amounts of insulin which interferes with growth hormone's healing actions. High amounts of sugar also cause cortisol levels to increase which diverts from pregnenolone, estrogen, testosterone and progesterone production.

Diet is key to healthy hormone and brain function. It is also key to Alzheimer's prevention.



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A word from Dr. Sklar . . .

It is my mission to educate a million people about the worldwide epidemic of Alzheimer's and how to prevent it. Thank you for contributing to this effort . . .

For more information or to arrange a free consult at the Sklar Center for Restorative Medicine, contact us at www.sklarcenter.com or **888-635-WELL (9355)**



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