



Maintain Your Brain

Q: I often feel spacey, cloudy-headed, forgetful, and unable to concentrate. Is there anything I can do to improve my ability to focus?

A: When it comes to memory and concentration, I usually focus treatment on the following treatments for the brain: increasing circulation, improving nutrients, improving cell function, and detoxifying. Vitamin B3 (Niacin) and L-Arginine increase blood flow to the brain. Vitamin B12 can improve cognition in the elderly. Most elderly people respond to regular intramuscular injections of B12 and Folic Acid. Folic Acid is very commonly deficient in those with Alzheimer's disease. Don't forget diet! Eating the proper foods to feed your brain and eating regularly without skipping meals is very important. Gingko increases blood flow to the brain and works against free radicals which cause cell damage. It increases the retention of learned behavior, learning recall and short-term memory. Phosphatidyl serine is the nutrient most concentrated in brain cells, making up to 70% of cell membranes. It has been shown to improve short term memory, circadian rhythms, mood disorders, and cognition. Toxicity of the brain is an increasing concern, as autopsies of those diagnosed with Alzheimer's disease increasingly show the presence of mercury and aluminum. Chelation of these toxic elements can be done with oral agents or intravenously. Don't forget to take care of your brain!