

## BrendaGudiel

My dad has dementia and I pretty much have my dad on everything mentioned here and play music around the house for him all day long. I also have him on medical cannabis, that along with supplements like turmeric help some since they are anti-inflammatory but that's it. Nothing so far is helping to reverse or cure him. Only stall it. I have him on coconut oil, krill oil, MCT oil, occasional grass fed butter, vitamin D3, turmeric, B-complex, vitamin C, B-12, Alpha lipoic acid, resveratrol, Magnesium L-threonate, ashwaghandha, Ubiquinol, ginger root, astaxanthin, aceytl L-carnitine, L-theanine, hawthorne berry, lobelia, organic ginkgo biloba, and valarian root and "Rescue Remedy" to help calm him. And we have him on a ketogenic diet for almost a year now. We take him on walks almost everyday, and I have had him on supplements to try and detox heavy metals such as chlorella and cilantro oil. We've also given him a pesto made of cilantro and garlic that's supposed to help remove metals. Despite all this, all it does is help so that he doesn't get aggressive or worse. He can still be difficult and stubborn many times. I feel like he was too advanced for anything to really have an impact. And I wish I knew what the main trigger was for him in getting this disease, it seems that there are many causes and many things that contribute to getting it. It's sad because there seems to be nothing that will cure him or at least improve him.

Posted On 06/08/2017

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Well Brenda I remember an article I read sometime ago(years), The article was by the Editor of a farm & ranch semi-monthly magazine out of Billings MT. For some reason, he went around to several old folks homes and saw a bunch of people who were senile and/or suffering from Alzheimer's, and he said everyone of them were deficient in Niacin(I have been taking it every since, 2/4 250 mg time released caps a day). Specially after I did some research on Niacin.

I came across one article about a family who had a daughter who all she did was sit and rock all day, then they heard about Niacin, and started giving it to her. Well they were giving her a lot, some odd grams I believe, and damned if the girl did not start acting like everyone else. Anyway, the guy at this site can explain Niacin better than me. Vitamin B-3: Niacin and Its Amide by A. Hoffer, M.D., Ph.D.  
[www.doctoryourself.com/hoffer\\_niacin.html](http://www.doctoryourself.com/hoffer_niacin.html)

Dr. L. Wilson has other information about Niacin,

1. P. 53. AVOID aromatherapy. It is too yin in Chinese medical terms and for this reason not helpful, even if it gives symptomatic relief. The essential oils are similar to drugs and one must be very cautious about them.
2. P. 58. AVOID high-dose niacin. (error is in the 2006 EDITION) Recent research is showing that it is not necessary, and it is toxic and hard to remove from the liver. I know that others use it, but please avoid taking more than about 120 mg daily, and many people do not need even that much.
3. P. 65. Add TMG or trimethylglycine to a more complete healing program. The dosage for adults is up to about 3000 mg daily, with less for children. This supplement can help with toxic metal removal. Read about it at TMG or Methylation.
4. Using a sauna with breast implants. We have not had any reports of problems using a near infrared lamp sauna if one has breast implants.

[www.drlwilson.com/.../UPDATES-SAUNABK.htm](http://www.drlwilson.com/.../UPDATES-SAUNABK.htm)

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## **grulla**

Supplements aside, how about your dad's diet. Healthy diet is a double edged sword, it's not only a matter of what one SHOULD eat, but also a matter of what one SHOULD NOT eat. Are sweets, pastries, bread, gluten, and/or the wrong kinds of carbs being consumed? Are there adequate fresh organic greens and salad, fish/iodine? Does your dad have any calcification, vascular blockage issues that can be detectable with safe ultrasound, especially around the head and carotids (as I have recently experienced)? There is a lot to be said about "nao's" above suggestion about Abraham Hoffer's Vit B3 niacin. I hope these suggestions are helpful.

Posted On 06/08/2017

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## **forbiddenhealing**

Brenda...From what I have seen sugar, bad fats, metals and pesticides are top suspects...You might try Mega C/baking soda and niacin as mentioned in BIG doses...Cannabis is a good addition to your savvy protocol and maybe smoke some organic tobacco, try cayenne and oxygen therapies...Chiropractic cervical adjustment increases circulation to the head and acupuncture can't hurt..Sometimes things have gone too far, but sometimes reversals happen.

Posted On 06/08/2017

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## **Dr. Mercola**

Try near infrared light (830-850 nm) as discussed in my interviews with Dr. Lim and Dr. Hamblin.

Posted On 06/08/2017

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## **Krofter**

I was thinking along similar lines - if possible, get him out doing something in a garden.

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## 19beets

Getting him off gluten and dairy should reduce symptoms even more. You might want to get his vitamin/mineral levels checked. A couple 1000 mg of salmon oil could also help along with saffron. I recall one study saying that saffron matched the effectiveness of an Alzheimer's drug but, of course, without the side effects.

Posted On 06/08/2017

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## javiersfox

Brenda, I am so surprised to know all the LOVE you have for your dad. The health protocol you apply on him is amazing. Dr. Mercola advises below that you try the near infrared frequencies of light. I would suggest you try to get your dad sunbathing on as much of his skin as possible, since it is almost summer just 10-15 minutes at solar noon will suffice, the Sun is much more than just infrared light, it goes from infrared to ultraviolet to everything in between.

Now, to the point of this article: Music. Try for him to listen to Stephen Halpern music, he write music for healing intentions and in special frequencies. Also try anything from Sound Vibrations, also healing music, specially from the Solfeggio Harmonics, that are special healing frequencies of sound like 432 Hz, 396 Hz, 528 Hz and so on.

All those music albums are in Apple Music so you can give them a try, beside those healing frequencies sometimes I just play some healing crystal bowls albums before sleep and I slept like a baby. Just be mindful that these frequencies are not common in our 'normal' music, so at the beginning it can be feel a little unpleasant to hear those works, especially the crystal bowls vibrations.

Posted On 06/08/2017

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## iamblessediam

Hi BrendaGudiel -- Just a thought - but if you can get your hands on it - try deuterium-depleted water - here's one source: [[dancingwithwater.3dcartstores.com/Qlarivia-Deuterium-depleted-Water-25..](http://dancingwithwater.3dcartstores.com/Qlarivia-Deuterium-depleted-Water-25..)].

Here's why I make my suggestion - while difficult to differentiate, depression and dementia-related issues [Alzheimer's] do go together: [[www.alz.org/.../alzheimers-dementia-depression.asp](http://www.alz.org/.../alzheimers-dementia-depression.asp)]. Drinking DDW has been shown to effect depression in a positive way - read "#6. Conclusion" in this link: [[www.sciencedirect.com/.../S0166432814004884](http://www.sciencedirect.com/.../S0166432814004884)]. I also read a research study that used DDW to enhance cholesterol functionality having direct health implications in many disease processes including dementia-related diseases like Alzheimer's. While considered "novel" as a treatment - although both Dr. Mercola and Krofter hinted at it - investigate biophoton therapy(s) - here's why: [[www.omicsgroup.org/journals/biophotons-ultraweak-light-impulses-regula..](http://www.omicsgroup.org/journals/biophotons-ultraweak-light-impulses-regula..)] and this interesting read about cellular response to "information": [[www.greenmedinfo.com/.../why-food-actually-information](http://www.greenmedinfo.com/.../why-food-actually-information)]. I wish you well with your Dad's journey! Love, blessings and peace!

Posted On 06/08/2017

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## veritasoreventus

Brenda - Having been a follower of Dr. Mercola's column for years (although I only joined conversations in 2012) I can tell you for sure that Dr. M. and all the additional above commenters nao, grulla, forb, iam and all are offering solid suggestions for your dad. Understand though that everyone and every situation might be a little different and therefore the key to improvement and reversal of any condition may come from a combination of trial and frustrating efforts. I am sure that each of us feels compassion for your dad's situation and the pain and suffering that you both are experiencing. Now in my 70s, I have personally had periods of time when I was unable to exercise due to an illness or injury and I could feel a difference in my mental sharpness. For me what has helped is adding an extra fish oil or krill oil capsule and being able to get back to walking (or use a stationary bike or combination of bike and walking) at a decent pace where it is difficult to hold a conversation for a minimum of 45 minutes in one clip for a minimum of 5 days per week. This can be difficult to do for some seniors, but would be a goal to work up to as it is purely an aerobic low stress exercise. Once this goal is attained then I would considerer adding HIIT exercise a little at a time. You don't mention if you have a holistic doctor to assist your dad. That also might be an important step. They have treatments such as HBOT (hyperbaric oxygen).

Other supplements that might be helpful & worth considering ??? Dimethyl Glycine (DMG), Huperzine, Phosphitylserine (PS), Choline, Gotu Kola, Korean Ginseng, L- Theanine, Ascorbyl Palmitate, Vinpocetine. In the past Grulla has often spoken about pomegranate juice and capsaicin for clearing arteries and veins. Both are available in capsule form if desired. Is this condition a recent development or has dad had some lesser problems over the years? Is there anyone else in the family with a similar condition? Best wishes -veritas

Posted On 06/08/2017

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**acs4457**

Brenda, what you are doing for your father is really commendable. I am not attempting to give advice here, I just want to throw a stone in the bush and see what jumps out. Two years ago I had a serious kidney stone incident where I landed up being in and out of hospital for three consecutive months, being under heavy pain medication all the time and under anesthesia thrice. After the third round and by then being off the pain killers, I discovered that my memory, which is normally better than good, had left me totally in the lurch. Fortunately I had by then already started reading Dr. M so I went totally on the keto type diet and started intermittent fasting in a serious way. That definitely helped the memory reestablish itself very quickly. Last year I had a similar kidney stone experience, being under anesthesia twice in one month and had to overdose again on the painkillers. This time I was on the keto diet before the incident. My suspicion is that the Dr. did not remove the one stone at all ( or not completely) in 2015 as it was 17 x 5 mm with in 18 months. Anyway, this time I could remember as usual excepting for names. Even my oil paints that I had probably, previously, spent some 4000 hrs with, I could not remember the names of. It was horrifying but has now also repaired.

The second part of this story is that I have developed a strong suspicion that the malaria I had when young, had damaged my kidneys as both Drs said that my blood tests are as perfect as can be. I know about 5 guys that had malaria, two died of kidney failure and the other 3 also suffer stones. I now thus half believe that I have kidney damage ( although the Dr says only about 3 %) on a mitochondrial level. So to cleans the body to its "deepest" level, on the advice of 3 commentators here, I am drinking a teaspoon of pure sea salt on a liter of water daily. The total effects are slow but tangible. I just wonder now whether this might not also help Alzheimer's patients. I just wonder.

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**iamblessediam**

Additional thought - CBD oil by itself is a neural protector: [[www.projectcbd.org/alzheimers-disease](http://www.projectcbd.org/alzheimers-disease)].  
LBP!

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nao3425

Dear Brenda, I grew up without all the tech around us we have today, and I frequently forget it can be a significant factor and/or THE factor. Dr. Mercola is right to consider light therapy, and perhaps you need to consider your house lighting. Dr. Kruze opened my eyes to a multitude of lighting health problems. I can remember getting : "Electrified" in 1957. LOL

REALITY #10: ALS, NEURO-DEGENERATION, AND SOFT TISSUE SPORTS INJURY "THE TAKE HOME?  
If you're fragile and your decisions on light hits your cells hard, you break because of poor free radical signaling. If you're properly connected to nature and life hits you hard, you withstand more and... eventually... you break because your mitochondria redox withers. But if you're anti-fragile, your mitochondria become chronically and properly connected wirelessly to the sun and directly to the Earth surface and this makes you resilient and built to be far from equilibrium. THE REALITY OF POOR LIGHT CHOICES We have a big problem in sports with players getting more CTE, ALS, and many other neurodegenerative diseases. Bob Mackey a Hall of Fame NFL TE died of front-temporal dementia. Why is that? Most people today have blamed chronic head injury for his outcome, but is it 100% accurate? Could some other stimulus have set the stage for this injury? The NFL's use of RF and microwaves to communicate to player before and after and during the game is one of the major things putting all people in this environment at risk. It is not just the players at risk, it is everyone around the game who uses light frequencies in ways we fail to [...]" Continue Reading [www.jackkruse.com](http://www.jackkruse.com)

Excellent advice on

SAUNA THERAPY

by Dr. Lawrence Wilson

[drlwilson.com/.../sauna\\_therapy.htm](http://drlwilson.com/.../sauna_therapy.htm)

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## forbiddenhealing

Last word to all caregivers....Be sure and protect your OWN HEALTH>>>> Neverending Round the clock responsibility will burn YOU out...Be sure and take it lightly/ Destress often /share the load...Where sympathy becomes sympathetic self destruction...You did not cause the condition you take on so wholeheartedly..use common sense..double drownings are all tooo common.

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## Jdamon

For me RF radiation is the worst! Does the home have a smart meter on it? Can you get it removed or move if that is the case? Is there wifi running.? Or cordless phones? Is there solar w/ an inverter? A few hours of any of these things can leave me so delirious for 2 days, that I do not even know where I am-I left the inverter on for 5 hours [I usually have it off at all times] and it was for me like those descriptions out of the 60s of the acid trips [I have never done that drug-but heard the stories]. This lasted me 2 straight days and took even longer to get rest the fog and still having speech problems from it 3 weeks ago.

One of the biggest symptoms of RF is fog-for a normal person. Those w/ other issues like here it's devastating. Otherwise it sounds like you are doing all the right things to support. One test: you could try taking him out camping where there is no cell reception and leave all wireless devices off and see how he does at the end of the trip, that is if w/ your help he has the health to withstand camping. Hope this helps.

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## veritasoreventus

Brenda - Another consideration not yet mentioned has to do with something as simple as folic acid in many B complex and multi vitamins. A large amount of seniors and many younger people with gene defects cannot take folic acid as it can cause all kinds of problems including the possibility of causing dementia .For those who have a problem with folic acid they should make sure they avoid any formulas which contain it and make sure they are getting FOLATE instead to lower their homocysteine levels, especially if they are coffee drinkers. Other related MTHFR problems may also need to be considered with blood testing: Here's one website (of many) with more on these conditions. Note: there are several variations which might necessitate more than one test.

[methyl-life.com/symptoms-of-mthfr](http://methyl-life.com/symptoms-of-mthfr)

You also mention that your dad is taking Vitamin C and B 12. Hopefully he is waiting for approx. 2 hours to take Vitamin C after taking B 12. The Vitamin C will decrease the absorption of the B 12 if they are taken together. [healthyeating.sfgate.com/vitamins-c-b12-6692.html](http://healthyeating.sfgate.com/vitamins-c-b12-6692.html)

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## BrendaGudiel

Thank you all for your suggestions, to answer some of your questions on my dad's diet. He does not eat gluten anymore since being on a ketogenic diet for almost a year now, and dairy is only once in a blue moon, but we do put grass-fed butter on his food sometimes. We don't have much money and he has Medicaid so we give him chicken without antibiotics but not always organic chicken. We only give him grass-fed beef, and organic eggs, and vegetables twice a day everyday, but they are not always organic. We give him avocado just about everyday with onions, Himalayan salt, and organic hemp seeds. And his snack consists of nuts, like pecans and walnuts, sometimes organic, but not always. I only give him water and organic tea to drink. He does not get sugar unless we give him fruit on occasion, and so he eats very little carbs. His diet was bad before when he got the dementia since he ate what he wanted back then such as hot dogs, Dunkin Donuts, and beer was almost a daily thing back then. I always put organic coconut oil on his food twice a day and give him one tablespoon of MCT oil twice a day.

Someone mentioned niacin, I have tried niacin on him, though it was niacinamide I believe, 1000 to 1,500mg a day. After a month or so of giving him that I did not see any difference so I forgot to buy more, I bought something else to try instead. I have tried and experimented with many supplements. My dad's mom had dementia as well, though she did not die from it, she died from cancer. I myself have Lyme disease, not from a tick bite, but the kind that lives dormant in your body that does not respond to antibiotics. I have read that this type of Lyme can be passed down to children if the parents have it, and that it could cause dementia. So I have no idea if my dad had Lyme, some people have it and don't know it cause they have no symptoms. My dad also worked for a steel factory as a mechanic when he was younger, maybe he was exposed to chemicals there, not sure.

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## BrendaGudiel

And I am trying to get my dad sun exposure by taking him for walks everyday now that it's summer. We live in Chicago so when it's cold he will not go out for walks. The other thing I am worried about is that my dad's dental health is not the best. When he was in the early stages, we took him to a dentist and they said he had a few rotting teeth. The problem is that his insurance only covered basic dental visit and cleaning. It would cost thousands of dollars to get his teeth fixed, about 10 thousand. No way could we afford that. Looks like about two of those teeth have now fallen out by themselves, and he does not seem to be in any pain, but don't know the state of health of his gums for example. So I wonder if his oral health is affecting his brain. I don't think he has any mercury fillings from the past. I do know that right before he started with the first symptoms of memory problems he had gotten a flu shot and one other vaccine, can't remember what it was, I assume they give it to mostly seniors. So I wonder if that maybe triggered something. That was back in 2011, he has not gotten any vaccines since because I told him not to, plus he got the flu after the flu shot anyway.

I seriously feel like cancer is easier to treat than dementia. I never realized how hard this disease is to cure, and my dad seems to have an aggressive form of it. He was very aggressive before the medical cannabis and the supplements and ketogenic diet. He was so hyper back then, paced constantly really fast for hours at a time while mumbling to himself, punched the walls for no reason, would go outside and throw rocks all over the place, including at the windows of our house. He would rip the windshield wipers off our car, the license plate, take our garbage bags from the dumpsters and throw them into the neighbor's yard, pull out flowers and plants from the ground, destroying our garden. He would damage things or break things in the house all the time....

Posted On 06/08/2017

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## BrendaGudiel

This disease is BAD. All these bad behaviors my dad did were extremely hard to stop and control. He had paranoia, was hallucinating, many nights he would only sleep for 3 hours then wake up in the middle of the night and pace throughout the house for hours. We could not get him back to bed, he was too hyper and paranoid. Reasoning is impossible with a dementia patient who is hyper and aggressive, they are beyond stubborn and don't like to be corrected. If they are hallucinating it's a waste of time to correct them, it will only make them mad. When my dad was destroying things or throwing rocks outside, we could not stop him because he would get angry. We were starting to feel unsafe with him in the house, that was why I begged his doctor to allow me to put him on medical cannabis. So that and the supplements like turmeric that help with inflammation seems to help the most so that he is not too hyper. He has bowel incontinence sometimes, if he's not calm enough then trying to bathe him when he poops in his diaper can be impossible because he will not cooperate, may run out of the bathroom when he has poop all over him, or may shove you out of the way, or refuse to let you undress him. So it can be exhausting to bathe him if he is not calm enough, and talking to him to calm him down takes a lot of effort and patience because he is very disoriented and unfocused. He often will just urinate on the floor in the living room because someone is in the bathroom or just because he's very confused. Many times he's taken poop out of his diaper and smeared it on the walls or hid it somewhere, sometimes it falls out of his diaper and he steps on it and spreads it all over the house. He spits on the floor and walls of the house a lot. The things that people with dementia do can be disgusting and to clean those messes as well as clean the patient can take hours out of your day. My dad has hit/shoved both me and my mom. We are stressed out to say the least and exhausted.

Posted On 06/08/2017

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Well Brenda, it sounds like you and your mother have your hands full. I cannot believe what you are going through with someone you love. I know what I would do for his teeth, which is what I am doing for mine. I stay away from gluten as I am a Celiac. My allergic reaction to Gluten set off my auto-immune response to a supposed poison(Gluten) and it caused me to lose most of my nutritional intake during the battle my body was having in my intestines. I had Osteoporosis develop from this allergy, and had to have a hip replacement. Most of my nutrition was passing right through me leaving me malnourished.

I recommended a comprehensive test for my wife and daughter at the place I got tested as it was not invasive and the insurance helped pay if a Dr. would write you a prescription.<https://www.enterolab.com/> They are COLA approved by the federal government and sponsored by the American Medical Association, the American College of Physicians-American Society of Internal Medicine, the American Academy of Family Physicians, and the American Osteopathic Association. Testing procedure amounts to dumping in a plastic tub they send you and freezing it and returning it. Sadly they were both allergic to Gluten AND Milk protein, so when we got that straightened out health started to improve.

You simply cannot poison yourself with your diet and expect to make progress anywhere else we found out. We got the allergies out of our diet, and everything got better. Today, I take an activated charcoal tablet and put it in my cheek at night up against my gums and I sleep better and have no sour taste in the morning from bacteria. I started making Bone Broth from the Beef I butchered for our calcium. We started taking strontium to excite our bones to heal, and after a couple of years of having her teeth cleaned my wife quit going to the dentist, as her teeth score had/has improved on every visit.

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nao3425

I have heard of people going to Mexico for cheap dental health care. We stayed home and used Dr. Wright's Strontium AM to stimulate bone growth and .alternating with Calcium supplements, we seem to be progressing as I had the roots of my teeth showing before we started this journey, and now they are not. DR. WRIGHT'S PRODUCTS [www.tahomadispensary.com/.../DR.+WRIGHT](http://www.tahomadispensary.com/.../DR.+WRIGHT) 'S+PRODUCTS

With the proper diet, my Something on Strontium: Strontium and osteoporosis: A treatment not offered to American women [www.intrepidreport.com/.../2608](http://www.intrepidreport.com/.../2608)

Strontium and Cavities Strontium also has been shown to reduce the incidence of cavities. In a 10-year study, the United States Navy Dental Service examined the teeth of about 270,000 naval recruits. Of those, only 360 were found to be completely free of cavities. Curiously, 10 percent of those 360 individuals came from a small area around Rossburg, Ohio, where the water contains unusually high concentrations of strontium. [www.worldhealth.net/news/strontium\\_breakthrough\\_against\\_osteoporo/](http://www.worldhealth.net/news/strontium_breakthrough_against_osteoporo/)

I hope this is of some help, as I do not think you need any more problems at the moment, they say, when times get tough, the tough get going. And Lady you are moving on for sure.

A tune for you [www.youtube.com/watch](http://www.youtube.com/watch)

It comes to mind, an epitaph on a head Stone I imagine, which someone put in a book I read.

"I only ask to be remembered when I am gone, and if that becomes a burden, then forget me."

Just remember, having the right "Tool" for any problem, is 1/2 the Solution.

Posted On 06/08/2017

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Brenda - After reading of the difficulties that you and your mom are facing and the level of dementia that your dad is experiencing, my heart goes out to you all and I pray to God that you soon find a really decent solution for reversing dad's affliction. From what you have mentioned about your grandma also having the condition, I might consider inherited forms of dementia first before focusing on the possibility of a purely environmental situation. Of course, both might be playing a role, but looking a little closer at

genetic condition MTHFR as mentioned in my previous entry, please consider the part pertaining to "Central Nervous System Disorders – some of these come from not having enough SAMe. SAMe is responsible for creating Serotonin & neurotransmitters responsible for mood, motivation, and to some degree energy levels. If these neurotransmitters are low, then Depression is often the result, but even aggression and alcoholism are symptoms sometimes found in men. Pregnant women may encounter extreme Post-partum depression. In addition, things like Fibromyalgia, Chronic Fatigue Syndrome, Migraines, IBS (Irritable Bowel Syndrome), Memory loss with Alzheimer's and Dementia as well as other psychiatric problems can be tied to this issue (OCD, Bipolar, Schizophrenia, and more). These challenges are sometimes associated more with the 1298 gene mutation. A clinical trial was done by Dr. Fava (July, 2011), and it showed that giving L-Methylfolate (specifically Metafolin®) found in the prescription 'medical food', [Deplin® is a registered trademark of Société des Produits Nestlé S.A. and is under license by Nestlé Health Science-Pamlab, Inc.], was as effective as the top anti-depressant drugs available today (without all the side effects)." Might L-Methylfolate (as mentioned above) help? My guess is that it's worth a try if this approach has not been done yet. Good luck and may God Bless you all. - veritas

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## veritasoreventus

Brenda - Further considerations:

>Extreme cold weather walks --- I usually head for a local indoor mall. Don't know if your Dad would be capable or up for that option?

>Lyme type condition that lies dormant --- Not sure what the name of that condition is, but following directions for use of oil of oregano will usually wipe out ANY bacterial or fungal condition. Lying dormant is most common among viral conditions (Lyme is classified as bacterial). Regular use of Vitamin C and Astragalus will usually keep viruses dormant. If a virus starts to cause a problem, I add more Vit C and some mushroom complex.

>Gut health is also an important issue for everyone and leaky gut has been reported as a potential cause of dementia. Colostrum and glutamine are one repair method. Another is bone broth (frequently mentioned in Dr. Mercola articles.) One link on the connection:

[bodyecology.com/.../dementia.php](http://bodyecology.com/.../dementia.php)

>Above suggestions are generally low cost options for improving health. Commenter Almond (who you can find regularly in Dr. M articles) wrote an excellent article recently on finding low cost medical care. If you can't find it or didn't see it you might want to contact her directly....

Forbiddenhealing has a website and one of his articles is on treating and reversing periodontal conditions. Worth reviewing?

Again, best wishes to your Mom and Dad and you. -veritas

Posted On 06/11/2017

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## IsobelChaveh

Brenda, niacinamide is not niacin & will not have the same effect

Krill or algae will help to remove, or chelate, the heavy metal aluminum that blocks your dad's neuroreceptors. The easiest way to find living algae (not enzymatically dead, which dried seaweed is) is to collect rainwater. Rainwater has algae spores in it, which will thrive in the environment of the stomach & proliferate. Rainwater heated to boiling however, will destroy these living spores

Posted On 06/12/2017

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## Tea4me

One of my favorite things to do is sing and play the ukulele. Some of us go to nursing homes, retirement centers, alzheimer care centers, and hospices. It's the amazing things that happen that keep us doing this for years and years. We've seen comatose patients wake up to songs familiar to them. We've had spouses tell us this is the first time their beloved has spoken in months, and it was to sing along. A distressed Alzheimers patient became calm and happy as she danced with her hands to the music. It's such an easy thing to do for people, During my mother's hospice journey, I used Pandora (bless them!) to provide music from her favorite singers and from her young adult years. She found pleasure in the music and memories.

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## Luvvy

Love this!! to actually witness a patient's positive response to your music and energy. It's true for all of us - when the music we appreciate flows through us it is comforting and moves us. And when you connect / resonate with the musician's joy, it is truly miraculous. bless you!

Posted On 06/08/2017

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## iamblessediam

Hi Luvvvy -- Something like "I got this feeling inside my bones that goes electric wavvvy when I turn it on" - it's deem "frequencies" from the "sounds" that turns everything wavvvy gravvvy - not to be cornfused with Ben and Gerry's ice cream;-))))))! LBP!

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## Luvvvy

I'm, I can just imagine just imagine!... everyone loves a good song, a dance and the odd scoop of ice cream. To live in the moment makes life good, like heaven on earth!! 🌸

Posted On 06/08/2017

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## Almond

Have we come to believe that technology, drugs and surgery have all the answers? Have we forgotten the power of love and beauty? I have seen some truly terrible doctors who did everything wrong--horribly wrong. Yet, their patients healed and recovered. I attribute this to the fact that they loved their patients. Their patients bonded and would not disappoint the doctor. When there are expectations that the mind perceives, the body achieves them.

Music touches us at a primal level. It goes beyond hearing. If it were only sound, we would respond similarly to a train whistle or a dinner gong. There is something measured and harmonious in good music that speaks to our soul. It touches a place that all healing emanates from. That part of the spirit is often overlooked nowadays. As a missing piece in wholeness, the lack has become an obstacle to healing. One cannot be whole until the entire life force is engaged.

As for music itself, it is a frequency. Since many molecules in our body are water--or a biological liquid crystal--there is the potential for the transfer of resonant energy, much like a tuning fork will reverberate. When this happens, cells can be recalibrated (tuned)--for better or for worse (some sounds are bad and cause trauma). When a cell has been restored to its normal healthy frequency, it functions optimally. Matter and energy are not separable, at least at the basic level of Newtonian physics. So, once the energy is balanced, the matter (cell) must also align. This may explain nearly instantaneous dramatic recoveries. There are many recorded examples of the body, in its wisdom, suddenly overcoming an incurable illness.

Our minds, bodies and spirit must avoid disharmony if we are to attain ideal health. Our thoughts create our reality. Physical medicines are merely crude vehicles for carrying healing frequencies. We are approaching a time when all healing will be done by energy. Presently, our understanding remains relatively limited.

Posted On 06/08/2017

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## badboy2

Perhaps people with dementia, should consider hemp and hemp oil, that can help people get 100% better, and for over 250 other diseases. Alzheimer's, MS, cancer, chronic pain, epilepsy, arthritis, Lupus, etc. to name just a few. Do not be confused by the past government cover ups of the 1950-1970's, that help the chemical companies maintain control, in which hemp could in the past and can better compete with today.

Posted On 06/08/2017

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**jmiller739**

Charlie Brown medley breathes life into nursing home

[www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 06/08/2017

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## **Barbara Charis**

Music is a wonderful key to unlocking memories. I used to play music from the 30's for my mother who became very senile from the medication her doctor put her on. When she heard Jeannette McDonald and Nelson Eddy sing she really perked up. My mother loved to sing the same songs, they sang. I had little say about her diet, because she was in a convalescent home and the State of California tells the providers what to serve the patients. She was forced to eat meat and dairy. She told me that the meat made her very tired. I personally, have only had some lamb a few times, but no other meat in 44 years. I eat primarily fruit and some vegetables; plus some eggs and fish occasionally. In the 70s I came across a fine book entitled: The Missing Link in the Medical Curriculum: Food Chemistry in its relationship to Body Chemistry by Jay M Hoffman, PhD. The information regarding the comparison of human anatomy to that of carnivores convinced me to get off meat. Carnivores have an intestinal tract, which is 75% shorter than the intestinal tract of humans. This shorter tract is designed to expel decaying meat with its billions of pathogenic bacteria very rapidly. These disease creating bacteria migrate through osmosis into the bloodstream and cause health problems throughout the body. My mother's diet was awful throughout her life, but she lived until 89. I wish I knew then what I know now...and she could have lived much longer. I changed my aunt's (her sister's) diet at 75...and she made it to 97-1/2. She had been crippling with arthritis and could not hold her golf club in her hand and was going to stop playing golf. After changing her diet she was able to keep on with her golf and ballroom dancing, until three weeks before she died at 97-1/2.

Posted On 06/08/2017

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## **veritasoreventus**

Barbara - Here's one sweet lady who supports and verifies your diet approach:

[www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 06/08/2017

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## **njlady**

When I was in the throes of my panic disorder hell, music was the only thing that calmed down my chaotic brain...but it had to be loud, and it had to be heavy..Still works for me today, but it's a bit weird because I love old and new grunge music (I will miss Chris Cornell) which can be a bit depressing. I guess it's the way the brain processes the notes..To me, today's pop music sounds like nails scraping on a chalk board..Thank God for smart phones and ear buds..lol

Posted On 06/01/2017

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## **kittykity**

I agree. When I was going through one of the worst times in my life I ran away from home. Music saved my life. It still works for me. Give me classic rock.

Posted On 06/01/2017

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## **njlady**

Yes kitty...in 20 years we'll be rocking the nursing homes with the likes of Zeppelin, Stones, Ozzie, Hendrix, Joplin etc..they won't be able to keep us down, even with all the drugs!..lol

Posted On 06/01/2017

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## Jdamon

Odd the effects that music has. I have noticed that there is now a standard "hold" music tape that plays at all govt. offices and most other businesses and stores. Now that that has taken hold I have found myself very very worn having that repetitive thing playing everywhere. It's become more like abuse and have wondered if that helps add to a population full of zombies. Having favorite and varied of types of all music I like does the opposite and energizes me.

Posted On 06/08/2017

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## 19beets

I listen to various genres of music all day long, from country to classical. I particularly like ambient music when I have to concentrate to a higher degree. "Brain music" is also super calming. If particularly stressed, I turn that on. I have fibro and severe heart irregularities. Not on any drugs, just music.

Posted On 06/08/2017

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## Acroyali

Songs that have the Mozart Effect really DO have the Mozart Effect. My concentration level skyrockets when this type of music is on. All through my teen years I was in a club for students who had an interest or talent for art and creating. The (adult) head of the club was extremely good at what he did and encouraged us to paint, sculpt, draw, or create whatever we wanted. During our routine club meetings, music (usually rock or metal) was pumped through the room as we worked. (A few times the principal of the school would walk in and ask if we could turn the volume down a bit!) The entire tone of the room could change at the drop of a hat if the CD and genre of the music was changed. They're very fond memories, and to this day I still refer to this type of music as "Art Music".

Posted On 06/08/2017

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## NaturesSecretMessages

Webinar tonight on more no drug ways to prevent, lessen, and reverse dementia and Alzheimer's from 32 top leading researchers.

[vettedwebinars.io/webinar-registrationkv60q8v1](http://vettedwebinars.io/webinar-registrationkv60q8v1)

Posted On 06/08/2017

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## veritasoreventus

A little music for any day:

[www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 06/08/2017

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## acs4457

I often wonder why "beauty" was created for seemingly the human only. Colors emit frequencies and music consists of frequencies. Classical music lets cows milk better and the sick heal better. One gets a feeling that it lets us interlink better with Creation. Could the same go for cows? For an oil painter it is of serious interest to one, it is clear that if you touch the right cord with ( some ) buyers, who generally seem to respond emotionally, the works sell easier. One's reaction to music is also really emotional. Emotions can overrule one's logical or rational faculties. Also of great interest is the general difference between adults and teenagers' taste of music. I have heard that that has to do with the individual's brain waves. It seems that some unemotional science needs to be done in this field.

Posted On 06/07/2017

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**mar3425**

Animals are sensitive to beauty as well. My cat, for example, prefers an ordered room to a disordered room. Naturally, so do I.

Posted On 06/08/2017

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## **Hlghtails**

For over a dozen years, music scientifically proven to calm dogs has been available, and I sell "Through a Dog's Ear" CDs at my store. We have dog day care and when we have an anxious one, or when we want to lower the arousal level of a particularly excitable group, we play them. I've heard from customers about amazing results. One woman's cocker was impossible to calm down in the car. He didn't get carsick, but paced, panted, drooled and was jumping out of his skin. She bought the "Music to Calm Your Dog in the Car" CD after trying herbs, drugs, using a crate, and everything else anyone could suggest. She had to make a 3 hour trip and her dog must go with her. She phoned me from the road 30 minutes into the drive to say the dog was sleeping peacefully in the back seat. I know how powerful music is partly because I lost my own tolerance for all music when my partner died 16 years ago. It had been an important part of my life until then, but it became instantly excruciating to hear any music at all. I have been trying to increase my tolerance with middling success ever since, because I feel its loss as a sort of hollowing out of my life, similar to the way I experience the bereavement, I guess. I miss music and I miss my partner, and music just overwhelms me with a fresh experience of grief that is all but incapacitating. I wish I knew how to get past that. But no one can tell me music isn't one of the most powerful experiences all living things can have.

Posted On 06/08/2017

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## Acroyali

Mar, growing up we had a cat that would come from anywhere in the house if someone began playing the piano. She would lay on your shoulders, beside you, or on the piano itself and enjoy the sound of the music. ...Except when you were learning a new piece and were making mistake after mistake. After a few moments of off-key clunking and hitting un-harmonious chords, she would get up and (very deliberately) leave the room. We always said she was a great music critic :) (I too prefer an orderly room, so much that if I'm doing a project, like cooking or paying bills, I need to tidy the room before I begin. I find myself getting really irritated and flustered when I'm trying to work in a room that "feels" like chaos.)

Posted On 06/08/2017

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## grulla

Today's article subject matter wasn't always a pleasant thing for me, as I was told more often than not in my younger days that when I got out of line, I'd have to "...face the music" :-)  
[www.phrases.org.uk/.../face-the-music.html](http://www.phrases.org.uk/.../face-the-music.html)

Posted On 06/08/2017

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## Theatreman

<https://youtu.be/iYhkvDRIFYM>

Posted On 11/10/2017

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**pam5706**

We took care of my mother in law for 3 years before she passed away.

She had full blown alzheimers.

She did not know any of us, never talked or conversed with any of us anymore, and stopped eating.

We had to puree / liquify all her food and feed her with a medicine dropper to keep her off a feeding tube.

She no longer could walk or get out of bed.

Yet, when we created a playlist for her of her old favorite Blue Grass / old country music she grew up with,

we were amazed to see her start tapping her hands and moving her feet to the beat of the music.

From the moment we would put the headphones on her,

Somehow it appeared to open up an avenue inside her brain that she related to and it gave her great pleasure

to hear it. She couldn't tell us that, but the look and smiles on her face said it all.

It was such a blessing..praise YHWH

Posted On 06/12/2017

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## **Georgiawp**

Playing music or singing is also useful to stimulate patients.

Reunited: A Short Film about Music and the Human Spirit

[www.youtube.com/watch](http://www.youtube.com/watch)

In this uplifting short film, directed by Max Thurlow and Nick Trumble, Noisey meets 93 year old jazz pianist Edward Hardy. Ed was given a new lease of life and relief from dementia and depression, when his care home discovered he was a talented pianist in his younger days. They reunited him with his ex-band.

Posted On 06/09/2017

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## **totalemfsolutions**

Cleaning up microwave/dirty electricity exposure will bring "miraculous" results...pretty simple.

Posted On 06/08/2017

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## **Almond**

Music has the potential to open neuronal pathways, or reroute them.

Posted On 06/08/2017

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## Guillermou

In people with advanced stages of Alzheimer's, perception depends on the type of stimulus in the environment. Everything that involves an emotional component, pain, anger, joy, you will always be able to perceive it, even if you are not able to demonstrate or express it. They are part of the most basic and essential feelings of the human being and are preserved, just as a child in childhood is capable of perceiving it. The Alzheimer's patient's behaviors and reactions are like those of a baby. Studies show positive evidence about the use of music in people with Alzheimer's to stimulate cognitive function, relieve depression and improve quality of life.

The stimulating effect of music is particularly enhanced if the songs are meaningful to her and have an emotional connection to her memories and experiences. The music you listened to or danced to when you were young or certain songs linked to happy life moments. Music can also serve to enhance the affected person's relationships with their environment, facilitate the caregiver's task and offer an element of connection with their family. Dedicating time in our daily lives to listening to music together, singing or dancing can help us create shared spaces and bonds of unity between the affected person and their caregiver, as well as with other family members.

Studying the benefits of listening to music for people with cognitive impairment has been the objective of the "LifeSoundtrack, the music of my life" project, promoted by the Pasqual Maragall Foundation. Within the framework of this project, a group of eleven first-year high school students designed and developed an intervention using music to improve the emotional and behavioral state of people with Alzheimer's, also generating a positive impact on the perception of their quality of life and in that of their relatives. [www.upf.edu/web/mtg/news/-/asset\\_publisher/WM181VyAQipW/content/id/213..](http://www.upf.edu/web/mtg/news/-/asset_publisher/WM181VyAQipW/content/id/213..)

Posted On 03/02/2024

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## juststeve

Gui, bittersweet yet heartwarming to witness those suffering not just Alzheimer's, but things like depression, stroke come alive and vibrant if only for the time the songs is played. Joy reborn out of a Darkness.

Posted On 03/02/2024

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## Guillermou

Yes Just, A beautiful scene of treatment with music in Alzheimer's [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 03/02/2024

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## versatile

What happens when a case of dementia is cured? It wasn't dementia. Dementia is a set of incurable diseases. If a patient had signs and symptoms of dementia - no matter how long it was present - and the cause is addressed, and the disease is cured, it wasn't dementia. If it's never cured, the patient died from dementia, not from the cause. to your health, tracy

Posted On 03/02/2024

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## bchristine

I honestly believe MUSIC has kept me sane over the years since I've been on my own. It's always there for me no matter what my mood is or what I'm going through. It is like air to me ... I could not live without it! Despite all the things being taken away from us by the evil ones (or TRYING to take away from us), music and/or its memories of -- as we can see from these dementia patients in the article -- will not cease; and that's a beautiful thing.

Posted On 03/02/2024

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## Guillermou

Meditation and music are great tools for my mind and spirit at 74 years old. Learning to play an instrument, in children, contributes to strengthening their intelligence and awakens their mind, in adults it also manages to slow down the consequences of the passage of years on the brain. Indeed, it helps mobility, encourages psychomotor development, influences behavior and facilitates the development of memory and language. Learning to play an instrument requires the activity of several parts of the brain: memory, logic and mobility, improving neuroplasticity. allowing the development and enhancement of multimodal integration neural networks. People who have greater musical experience manage to have greater visual-spatial acuity and the ability to adapt to new information, creating some neural connections in the brain that compensate for the cognitive losses that arise over the years.

In patients with neurological disorders, playing an instrument can help their rehabilitation because it promotes neuronal plasticity, benefiting in the reacquisition of lost or deteriorated motor skills, as is the case of patients with motor deficits secondary to a stroke or in patients with disease. Parkinson's and patients with neurodegenerative diseases such as Alzheimer's.

[www.sciencedirect.com/.../S0531556519300233](http://www.sciencedirect.com/.../S0531556519300233) (2019)

[www.austmta.org.au/journal/article/development-regulative-music-therap..](http://www.austmta.org.au/journal/article/development-regulative-music-therap..)

Posted On 03/02/2024

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## healingharpist

Appreciate this article. I am a specialist in Vibration Medicine, originally from Mayo Clinic, MN & FL, and I particularly use harp vibrations, sequenced in particular patterns, for symptom management in patients, including high blood pressure, anxiety, agitation, digestive disorders, and of course, sleep disorders. We do not entirely understand the mechanism by which musical vibration (esp. of gut strings on a harp) affect mammalian responses, but in my 25 years at this work, I have observed countless people with dementia retrieve memories after a harp vibration treatment. Nurses and family members are always amazed & moved to hear a person who hasn't spoken in a year suddenly sing out all the verses of "Amazing Grace." My research & practice was in devising a method of sequencing certain keys, tempo, chord structure, plucking technique, volume, etc., depending upon whether we were seeking to raise cognitive & muscular energy, such as in rehab post-surgery, or to calm/sedate someone in pain or agitation.

It works amazingly well, esp. in people who love music or have ever sung in a choir (or in the shower) or played an instrument. Eventually, I have ended up working mostly in Psychiatry, since our drug/alcohol admissions have soared, esp.

in young people, & depression & anxiety are not always well-treated w/ meds. I have a clinical study done at Mayo published in the J. Pain & Symptom Management (2015) which showed statistically significant improvement over a number of endpoints; but it is still hard to gain acceptance in hospital circles for this type of therapy, as readers of Dr. Mercola can well imagine. I just keep spreading the word, and the proof is always in the patients. (Since I refused the covid shots, even as a research dr. I am blocked from working in most hospitals now--very frustrating.)

Posted On 03/02/2024

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## Guillermou

Thank you for your contribution, In this review, The Lancet Commission reported in 2020 that non-pharmacological music-based interventions, including sensory stimulation, were the first-line approach to managing the behavioral and psychological symptoms of dementia. Interventions with low-frequency sinusoidal vibrations, related to musical interventions through their core characteristics, may offer relief for these symptoms. We considered studies in adults with all types of dementia, investigating low-frequency tactile sounds or mechanical vibrations in any context. Data from eight full studies (three RCTs, two quasi-experimental, two case reports and one qualitative) were extracted using the data extraction table developed by the authors and included in the analysis and critical appraisal.

Quality issues related, for example, to control groups and blinding. Few studies addressed participants' subjective responses to interventions. Reports on intervention characteristics were unclear. It appeared that more frequent sessions led to better outcomes and home-based interventions potentially addressed the issue of access and feasibility. Future research should include neuroimaging to measure and confirm the hypothesized brain coherence mechanism. Standardized reporting of intervention characteristics is also needed to ensure replicability of experiments.

[www.ncbi.nlm.nih.gov/.../PMC9252598](http://www.ncbi.nlm.nih.gov/.../PMC9252598) (2022).--

Posted On 03/02/2024

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## montanaoutlaw

I really appreciate you posting this article. My mom's dementia has progressed exponentially faster since she received the first two doses of the Covid vaccine. I have taken her out of assisted living before they could give her any more, and I take care of her myself. She loves music and I know the majority of her favorites, like "Somewhere My Love" by Henry Mancini, all the way to "Rocket Man" by Elton John and everything in between. I tried to get her interested in music again using a Grandpad tablet, but it was just a bit too complicated at this stage. So I will find a different media to make it super easy for her, and I'll play music when I visit her every day. Thanks, I needed this for both of us.

Posted On 03/02/2024

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