

Natural Health Response

Reverse Memory Loss with This 'Brain Surge Protocol'

Fuel Your Starving Brain Cells in 5 Easy Steps

Dr. Richard Gerhauser, M.D.
Editor, *Natural Health Response*

Those "senior moments" can be some of the most frightening parts of aging.

You know what I'm talking about.

Maybe you've walked into a room and completely forgotten why you were there... or perhaps you've misplaced your car keys or wallet more times than you can count.

For years you've probably been told that it's a normal part of aging, and that there's nothing you can do about it anyway. But there's a lot more to this story that you haven't been told.

You see, these senior moments can actually be symptoms of a larger problem called "mild cognitive impairment," or MCI. And in 34 percent of cases, MCI progresses to full-blown Alzheimer's.

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That's not a gamble I'm willing to take with your health... and I bet you're not willing to take it either.

That's why I'm going to introduce you to my 5-step "Brain Surge Protocol" that can protect your precious memories and actually reverse MCI before it's too late.

But first I need you to set aside everything... and I mean everything... that the mainstream medical establishment has ever taught us about memory loss.

The TRUTH About Brain Drain

As long as I've been practicing medicine, Big Pharma has been trying to invent some magical memory pill.

They've failed every single time, and for a very good reason. They simply don't understand the problem.

You see, there's a very important cellular disorder that may be causing your memory loss. It usually goes undiagnosed and even many mainstream doctors don't understand it.

And that's a real shame, because this condition is actually completely reversible.

Let me explain. I'm sure at one point or another, you or your kids



Meet Dr. Gerhauser

Dear Reader,

My name is Dr. Richard Gerhauser, and I've been practicing medicine for 35 years. When my father passed away from kidney cancer at just 59 years old, I made it my life's mission to uncover the root cause of disease and help people like you live long, healthy lives.

Throughout my career, I've treated celebrities, elite athletes, and countless seniors who want to spend their golden years in their best possible health. And I make them all the same 'Dr. G. Guarantee.'

I'm going to get to the bottom of what's really making you feel sick, or worn out, or just not yourself. And I'm going to introduce you to safe, proven therapies, free from the influence of the drug companies or the billion-dollar medical establishment.

In this issue, you're going to learn about:

- A 5-step "Brain Surge Protocol" that reverses memory loss by attacking the problem in a totally new way.
- A do-it-yourself test that can actually predict how long you'll live — and

that gives you a chance to cheat death.

- A major prostate cancer breakthrough that works better than chemotherapy, radiation or surgery.

So let's get started! Dig in and enjoy this issue of *Natural Health Response*. And I look forward to hearing from you and serving you for years to come.

To Your Best Health,

Dr. Richard Gerhauser, M.D.

owned some battery-powered toys.

And you remember what would happen when the batteries started to fail, right? The toy would still work, but it was slow... or even lethargic.

Maybe your brain feels that way sometimes, too. And that makes complete sense, because something very similar is happening.

Thanks to the research efforts of Dr. Doug Wallace and his colleagues, we know more than ever about something called "cellular energetics," or how our cells use energy.

Dr. Wallace estimates that 85

percent of degenerative diseases, including MCI and dementia, are due to problems with energy production in the mitochondria, which are like the power plants of our cells.

In other words, our brains are literally starving for energy!

The typical neuron cell in our brains will contain over 3,000 mitochondria. And all of these mitochondria have 13 key genes that are responsible for transferring electricity, the source of energy that keeps us alive and keeps our brains functioning properly.

So, when your mitochondria are healthy, they are literally humming with energy and your brain feels sharp as a tack.

When your mitochondria stop working properly, you develop what's known as mitochondrial heteroplasmy.

That's when your mitochondrial DNA get damaged, and heteroplasmy rates increase as we age.

When you're suffering from heteroplasmy, your mitochondria have poor energy production and leave you susceptible to degenerative diseases like MCI or even dementia. Your brain becomes like that toy with the failing batteries.

The good news is that there's plenty you can do... starting today... to improve mitochondrial function and give your brain all the energy it needs.

That's why I developed this 5-step Brain Surge Protocol to help reverse cognitive impairment and preserve the memories you've spent a lifetime building.

The Brain Surge Protocol

The best part of my Brain Surge Protocol is that it doesn't require any dangerous prescription drugs.

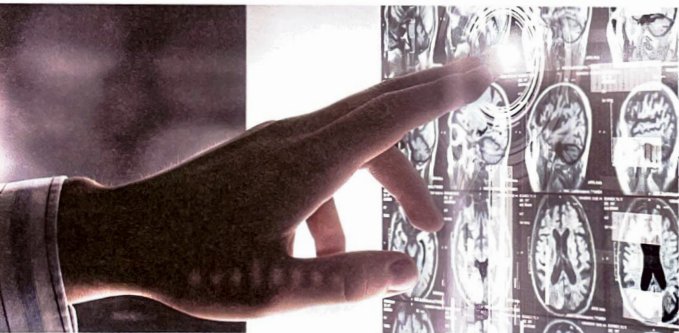
And, because it mostly involves simple lifestyle changes, it's easy to follow, even on a limited budget.

Just follow these steps, and I guarantee you're going to feel your memory improve in a matter of weeks.

Step #1: Protect Your Brain's Inner Clock

You may have heard before that poor sleep is actually a major risk factor for cognitive decline.

But, really, the problem goes much deeper than that to something known as our circadian rhythm.



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1-844-802-5375

or Feedback@NaturalHealthResponse.com

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Step #3: Help Your Body Build New Mitochondria

Part of staving off memory loss... and keeping your brain cells' mitochondria supplied with energy... is a process called mitophagy.

That's when your body produces new, healthy mitochondria.

Your Brain Cells Are Dying of Thirst & You'll Never Believe Why

Remember how much better cell phones and wireless Internet were going to make our lives?

We'd have all the knowledge of the world at our fingertips, right?

Well, it's become clear that lots of these technological wonders are harming our brains more than helping them.

You see, science is proving that the type of radiation produced by cell phones, microwaves, Wi-Fi and cell-phone towers can wreak havoc on our mitochondria and our brains.

This radiation has been shown in many studies to cause psychiatric symptoms like anxiety, fatigue and depression.

So how is this happening? Well, we know that the radiation from our favorite electronic devices affects certain calcium channels in our nervous systems.

But, just as importantly, research has documented that exposure to electromagnetic fields can lead to the dehydration of cells.

That's a big problem, because water is a main power source for our mitochondria. And keeping our mitochondria healthy is essential to preserving our memories and normal brain function.

Unfortunately, these electromagnetic fields are getting a lot harder to avoid... especially now that it seems like they're building a cell phone tower on every block.

That's why it's particularly important to make sure you're staying hydrated and drinking water throughout the day. Your brain cells might be a lot more dehydrated than you'd ever imagine.

Your circadian rhythm is like your body's own internal clock, which follows the day/night cycle and tells us when to be awake and when to sleep. It's controlled by proteins and peptides that direct the millions of chemical reactions in our cells and in our mitochondria.

In other words, research proves that a healthy circadian rhythm is critical to keeping your mitochondria working correctly and heading off memory loss.

But there's one BIG problem. Our constant exposure to artificial light, especially at night, actually fouls up our circadian rhythm and can damage our mitochondria.

You need your body's internal clock to follow the Earth's day/night cycle as closely as possible. This means getting your eyes and skin exposed to natural sunlight daily.

This also means mitigating the effects of man-made light, particularly blue light from electronic devices and energy efficient light bulbs.

Keep your bedroom completely dark at night. Ban the TV and computer from the bedroom, and download a blue light filter for your phone (you'll find them at just about any app store).

It's amazing how many patients I've seen who experience memory improvements just by getting more

sunlight and less artificial light. It's like the mitochondria in their brain cells spring back to life!

Step #2: Load Up on This Key Brain Nutrient

One of the most important nutrients needed for healthy brain mitochondria is docosahexaenoic acid, or DHA. It's an omega-3 fish oil.

DHA has its highest concentration in tissues of the brain and the retinas of our eyes. And it has the unique ability to interact with light to produce an electric current that sends a signal to our nervous system and other tissues.

Simply put, it helps produce energy that the starving mitochondria in our brain cells crave.

Now, there are some doctors out there who will tell you that taking fish oil supplements is as good as eating fish. Well, I guess I'm not one of them.

There are plenty of brain-healthy nutrients in fish other than DHA. For example, crab, lobster and shrimp shells contain astaxanthin, which is an important brain-protecting food. Seafood also is a good source of iodine, vitamin A and selenium which are important for optimal brain functioning.

The Link Between Mitochondria & Alzheimer's

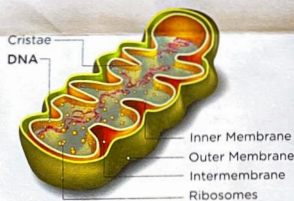
When your mitochondria, those energy centers in your cells, begin to fail, memory loss and other degenerative diseases aren't far behind.

But there's actually an even more direct link between mitochondria and major neurological diseases, like Alzheimer's.

Aside from generating energy, mitochondria also signal many of our cells' functions. They can stimulate a neuron to commit suicide (brain atrophy) or signal the nucleus of the cell to make a certain protein (like beta amyloid). Brain atrophy and the accumulation of beta amyloid are two major risk factors for Alzheimer's.

Maintaining healthy mitochondria helps keep these processes from going haywire. That's why it's important to support your mitochondria and closely follow my Brain Surge Protocol.

Mitochondria



And there's a simple way to do it — just make sure you're getting exercise every day. Research shows that exercise actually stimulates mitophagy, which keeps your brain's mitochondria in tip-top shape.

This is really important, because as some people begin to suffer from memory loss, they stop exercising and basically become shut-ins.

Now they're missing out on some of the key elements (like more sunlight, less artificial light, and more exercise) that can actually help their brains improve. If you want to beat memory loss, you absolutely must get outside and get active.

Step #4: Give Your Brain a Mineral Boost

There are specific supplements that can improve mitochondrial functioning. One of the most important is magnesium, which many people are deficient in.

Magnesium is a critical mineral for the energy-producing enzymes in your mitochondria.

Now, you'll see lots of different types of magnesium supplements on the market.

I recommend magnesium threonate, which, unlike other forms of magnesium, can penetrate the blood-brain barrier.

One good product is Neuro-Mag, which you can buy at: www.lifeextension.com.

Step #5: Help Your Mitochondria Get The Most Out of Food

When you eat, energy-producing electrons are stripped out of food and delivered to your mitochondria. Two important supplements that help deliver those electrons are CoQ10 and PQQ.

You've probably heard a bit about how Coenzyme Q10 (CoQ10) is great for your heart, because it helps heart cells' mitochondria produce more energy.

Well, it does the same thing for the mitochondria in your brain cells, too.

And PQQ, short for pyrroloquinoline quinone, provides essentially the same function by helping to deliver energy to mitochondria.

At www.lifeextension.com you can find a product called Super Ubiquinol CoQ10 with BioPQQ that provides both ingredients in one formula.

If my Brain Surge Protocol seems simple and straightforward, that's because it is. Supporting your brain cells' mitochondria doesn't have to be difficult.

But taking these five steps, as my own patients will tell you, can go a long way toward energizing your brain, reversing memory loss and keeping your mind razor sharp well into your golden years.



Revolutionary Treatment Cures Prostate Cancer Without Side Effects

This Amazing Therapy Has a 90% Success Rate — and Most Americans Aren't Offered It

If you've ever been diagnosed with prostate cancer, you know how quickly the news can go from bad to worse.

First there's that frightening diagnosis... the moment that you realize there's been a tumor growing inside of you.

Then, you learn about the barbaric treatments that mainstream medicine is offering.

I call them the Big 3 — surgery, radiation, and chemotherapy. And they can leave you incontinent or even wreck your sex life forever.

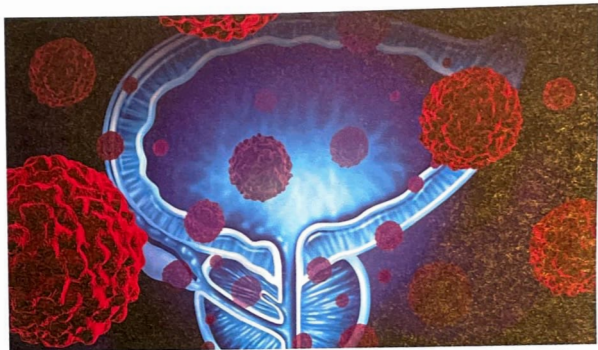
Well, there's another option out there — one that could save your life and your quality of life. It's safe, comes without side effects, and has an impressive 90 percent success rate.

It's called hyperthermia, and if you haven't heard of it, there's a good reason. Our government is doing everything it can to keep it away from guys like you.

Meet Tony (He Just Might Save Your Life)

When my patient, Tony, came to me for his yearly checkup, his prostate specific antigen (PSA) was double the limit of the normal range.

Now, the PSA is pretty controversial and the U.S. Preventive Services Task Force has not recommend routine PSA screening since 2008. That's mostly because PSA screening often leads to unnecessary biopsies and overtreatment.



But I'll be honest with you — anytime one of my patients has a PSA that's double what it should be, I get concerned. So I sent him to a urologist for an MRI (See *Why MRIs Run Circles Around Biopsies* on page 6).

That's when we got the bad news — Tony had aggressive prostate cancer, although, fortunately, it was confined to his prostate.

And, like lots of guys with aggressive prostate cancer, Tony was given two options — dangerous radiation to kill the prostate cancer cells (which has been shown to promote the growth of new cancers) and a radical prostatectomy where they remove the prostate surgically.

I was disappointed that Tony was never given hyperthermia as a treatment option. More than 176,000 American men a year are diagnosed with prostate cancer, and almost none of them are told about hyperthermia.

That's when I educated Tony about

this revolutionary treatment and a clinic in Germany that's saving men's lives. And they may be able to do the same for you.

A Cancer Cure Without Side Effects

About 10 years ago, I attended a lecture by an oncologist from Germany who presented 100 cases of prostate cancer patients treated with hyperthermia.

The science behind hyperthermia is straightforward. A catheter is passed through your urinary tract into your bladder and it heats your prostate for two hours.

You see, prostate cancer cells are more sensitive to heat than normal cells. The heat can kill cancer cells and leave the normal cells unharmed.

Now, I know most guys like to avoid catheters the way a dog avoids a bath — but trust me, it's a whole lot better than having your prostate cut out.

Why MRIs Run Circles Around Biopsies

When your PSA levels start creeping up, the first thing many urologists want to do is send you for a biopsy.

But before you sign on for this painful — and often unnecessary procedure — you need to know that you have other options.

New research just published from the PROMIS study shows that magnetic resonance imaging (MRI) is twice as sensitive as a biopsy for detecting aggressive prostate cancer. Better still, it's pain-free and comes without the risks of biopsies.

And here's the best part — the treatment **has a 90 percent success rate** with virtually NO side effects after treatment!

When I checked for Tony, I found that the Klinik St. Georg in Aibling, Germany was continuing to offer hyperthermia for prostate cancer. And now going on 20 years, they still have that same, glowing 90 percent success rate.

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The mainstream often has little trouble steering men to potentially dangerous (and often life-wrecking) treatments.

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But most urologists in America are still refusing to adopt the treatment, despite how well (and safely) it works. In fact, there's plenty of evidence that mainstream medicine and the federal government have been conspiring for years to keep hyperthermia out of your hands.

Our Government's Secret Fight Against Hyperthermia

When I first met that German oncologist a decade ago, he shared a story that ought to have thousands of guys storming Washington, D.C.

He told me that he actually

presented his data to the Food and Drug Administration on the 100 patients treated with hyperthermia. He proved that the treatment had a 90 percent success rate and no side effects. The FDA shot it down right away.

And if you're wondering why a simple, effective, safe procedure is not being allowed, let me solve the mystery for you. It's all about money.

It appears to me that the FDA is protecting the current treatment model. There are many vested interests that want to keep the \$50,000+ prostatectomies going.

Hospitals are spending upwards of \$2 million on surgical robots, like the daVinci. And you'd best believe they're serious about recovering that investment.

The FDA doesn't want to ruffle any financial feathers of these established treatments, even though there's no evidence that they are more effective than doing nothing, as far as mortality is concerned.

Plus, urologists and surgeons understand the psyche of the typical American man. When most guys learn they have cancer, their aggressive sides kick in — they just want that sucker out.

So the mainstream often has little trouble steering men to potentially dangerous (and often life-wrecking) treatments.

How to Handle a Cancer Diagnosis

When you're diagnosed with prostate cancer, don't let anyone rush you into a treatment decision.

Springing into action at light speed isn't always as important as some urologists will make it sound.

There was a major clinical trial called PROTECT that did a 10-year

follow-up on guys with prostate cancer that included active surveillance (where you essentially monitor your prostate cancer to see if it gets worse and needs treatment), radical prostatectomy and radiation. There was no difference in survival between the three groups. Absolutely none.

Remember that the next time someone wants to wheel you in for surgery before you've had a chance to catch your breath. Instead, take time to consider your options.

If you're up for travel, you can learn more about Klinik St. Georg at klinik-st-georg.de/. The website is in German, but most Internet browsers (like Google Chrome) will translate it for you, and you'll find staff who speak perfect English.

Another therapy that's increasingly available in the USA is cryotherapy, which freezes and kills prostate cancer cells.

Remember, too, that simple lifestyle changes can have a big effect on prostate cancer. Food and supplements that have shown to curb the development of prostate cancer include the cruciferous vegetables (cabbage, cauliflower, broccoli, Brussels sprouts), as well as lycopene, saw palmetto, and beta sitosterol.

Lycopene, saw palmetto, and beta sitosterol are all sold as stand-alone supplements and in combination in several multi-ingredient prostate supplements.

Finally, it's important to fix any circadian disruptions in your life (the day and night cycle). Studies show that men who hide from the sun double their risk for prostate cancer. Low melatonin levels, which are a consequence of artificial light at night, have also been shown to significantly increase prostate cancer risk.

Breakthrough 'Crystal Ball Test' Predicts How Long You'll Live

It's Safe, You Do It at Home, and It Spots Serious Health Risks... Before It's Too Late

I've been practicing medicine for 35 years. And if there's one thing we docs love to do, it's throw around numbers. I'm sure you've noticed, right?

We'll talk about your systolic blood pressure, your triglyceride count, or your Hb1Ac... and somehow you're supposed to put this all together and figure out what kind of health you're in.

It's no wonder so many patients leave their doctors' offices with their heads swimming!

But, believe it or not, there's a simple test you can do at home, that will give you the real scoop on your health. In fact, it can actually predict how likely you are to die in the next six years.

That's a scary concept, I know. But by spotting serious health problems years before they show up on mainstream tests you get an opportunity to turn your health around.

The Major Health Risk Most Doctors Ignore

Before I explain how to perform this life-saving test at home, it's important to understand exactly what it's measuring — and why it's important.

Because I can practically guarantee this is something your doctor has never discussed with you before.

What we're going to assess is something called "functional movement" — and it goes all the way back to our caveman days.

For a moment, place yourself in the shoes (or, more accurately, the bare feet) of these earliest humans.

There were no cars, trains, planes or boats. You had to walk, run, crawl, or even swim to get where you needed to go.

There were no grocery stores or restaurants, so you had to chase down, dig up, and carry what you wanted to eat.

We developed strong hips, and the ability to squat, throw, run, climb, swim and lift heavy objects. This sculpted everything from our muscles, joints, and tendons to our nervous system and internal organs.

That's right... this type of everyday activity, called functional movement, actually stimulates receptors in our bodies that affect our organs and how our genes express themselves. And, as more and more research proves, that all adds up to how long you live.

So what happens if you spend all day letting our modern conveniences do everything for you, without much functional movement? The result will be hip and knee replacements, blown discs, and also

degenerative diseases like diabetes, cognitive decline, or even cancer.

The best way to extend your life is to incorporate more functional movement into your daily routine, like lifting, walking, squatting, or crawling. In other words, to have the health and the long life you deserve, you need to compensate for all the ways that modern conveniences are screwing us up.

Fortunately, there's a simple, do-it-yourself test that can tell you what kind of functional movement ability you have... and what you may have lost over the years.

Science has actually proven that this test is like a crystal ball that can predict your risk of dying in the next six years.

But the good news is that you'll be getting this information while you still have time to make some important changes.

The Crystal Ball Test For Longevity

An easy way to measure your ability to perform functional movement is the Sitting-Rising-Test (SRT).



Is That Gym Membership Really Helping You?

There are lots of people who don't want to think about functional movement, because they're convinced that they're already in good shape.

They'll talk about how they're walking six miles on the treadmill, four times a week.

Well, those folks may be good at walking on a treadmill, but I don't think this activity will help their health that much. That even goes for athletes.

The repetitive movement doesn't give us the variety that we need to develop a healthy body.

After all, where in nature could you walk six miles on a rubberized, moving surface with no stimuli other than the fake, indoor light bombarding your eyes?

The bottom line is that you need to envision what a primitive human had to do in a day to survive and then duplicate it, if you want to have the health that you were designed to have.

Keep your exercise practical and outdoors as much as possible. You'll improve your health, strengthen muscles you didn't even know you had.

The test involves a score of 0–5 for each movement (sitting and rising), with a combined 10 being the highest score that is awarded for those who can sit and rise from the floor without any assistance from their hands or knees.

While appearing simple, it gauges several important factors, including your muscle strength, flexibility, balance and motor coordination, all of which are important to your overall health.

To perform the test, sit down on the floor and then get up, using as little assistance from your hands, knees or other body parts as possible. For each body part that you use for support, you'll lose one point from the possible top score of 10.

As an example, if you put one hand on the floor for support to sit down,

then use a knee and a hand to help you get up, you would lose three points for a combined score of 7.

If you lose your balance, then a half-point is deducted. Research shows your SRT score strongly correlates with your risk of death within the next six years.

But the good news? For each one-point increase in SRT score, study subjects gained a 21 percent improvement in survival. That sounds pretty good, right?

OK, so take a moment to perform the test and give yourself a score. Once you have your number, here's what the research says:

- Those who scored 0–3 were 6.5 times more likely to die during the six year long study than those who scored 8–10.
- Those who scored 3.5 to 5.5 were 3.8 times more likely to die within the next six years.
- Those who scored 6 to 7.5 were 1.8 times more likely to die within the next six years.

Need to Boost Your Score? Here's How

Now, I know, the results of this test can be discouraging for some people. I've had these conversations with more patients than I can count.

One thing I hear a lot is that we've evolved past these early cavemen and learned to adapt to our environment.

Well, the people who have completely adapted to our modern environment, and whose spines perfectly fit their recliners, won't look that great.

They won't be making the cover of *Men's Health* magazine, or the swimsuit edition of *Sports Illus-*

trated. And, research shows, they won't live that long, either.

So how do you improve your SRT score? Well, the first step, as I said, is to try to compensate for all the modern conveniences we take too much advantage of. Take that short walk to the post office, instead of using your car. Carry your own bags out of the grocery store, instead of relying on the clerk.

If you have a regular exercise routine, focus on time of day. Believe it or not, that matters a lot.

Many people are early morning exercisers, because they want to get it out of the way. Our bodies, however, tend to respond better with forceful movements in the late afternoon.

If you work out hard before sun exposure, there is more damage to the structural protein in our joints, collagen.

This gets a little scientific, but collagen is actually unzipped from its structure in the early morning by the hormone cortisol and then is re-zipped by the energy from daily sun exposure.

That is why it's good to get some sun exposure in the morning, but to exercise in the late afternoon if you can. That strengthens your collagen and protects it from injury and degradation.

Also, I would recommend consulting with a certified Functional Movement Specialist or a certified MovNat trainer. This expert can evaluate your movement patterns and prescribe corrective exercises to improve your functional movement abilities.

You can find a Functional Movement Specialist near you at functionalmovement.com (click "Find Certified Members"). For a MovNat trainer, go to movnat.com/find-a-trainer/.