

DEMENTIA PREVENTION

Session 6 – detoxification

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Resources

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BOOK: *The End of Alzheimer's Programme* by Dr Dale Bredeesen

PLEASE NOTE:

These class materials are intended as background for the lifestyle support I'm giving you as your brain health coach. My element of Goldster's dementia prevention course is based on my training with Dr Dale Bredeesen's team and my experience as a health coach. I'm here to support you on the Wicking Centre/University of Tasmania Dementia Prevention MOOC (Mass Open Online Course) and I'll be doing the course along with you. Please do ask me any questions about the course and I'll do everything I can to help.

You can sign up for the Dementia Prevention MOOC here:

https://dementia.utas.edu.au/partner/partner_course/12-17-b4bbe54b15

Disclaimer

I'm not a doctor or a nurse. I can't prescribe, I can't give you advice on individual health issues. You need to talk to your GP about those. I'm here to guide you to make your own healthy choices, and to coach you to discover what's right for you.

The purpose of this course is to help you prevent dementia

There are two elements

- 1 = Dementia Prevention Mass Open Online Course from the Wicking Centre at UTas
- 2 = coaching support from me each week to complement that – I'm here to support you on the course and to add more practical lifestyle advice from my own training.

DETOXIFICATION

- Dr. Bredesen has coined the term **dementogens** to refer to chemicals that are associated with dementia, just like carcinogens are chemicals associated with cancer.
- Just as with carcinogens, these agents are everywhere, and we are being exposed daily without even being aware.

Three categories of 'dementogens';

- Metals** These include mercury, lead, cadmium, etc. and the metalloid arsenic. Air pollutants also fall into this category
- Organic chemicals** These include pesticides, paint thinners, petroleum products, cleaning products and many more
- Biotoxins** These are toxins produced by living organisms, such as the mycotoxins produced by moulds. These can be extremely inflammatory.

Our key priority should be to minimise exposure and maximise detoxification

- It's impossible to avoid dementogens completely but these chemicals have a cumulative effect, and the overall toxic burden is important.
- We each have a limit as to what our body can accommodate. When this is exceeded, we can develop toxin-related illnesses including Alzheimer's
- A combination of minimising exposure and optimising detoxification is the best approach. This is a dynamic process that builds resiliency

Lifestyle Strategies to Minimise Exposure

1. Breathe Clean Air

- Avoid smoking and exposure to second-hand smoke
- Avoid air pollution – research has linked it very clearly to dementia risk
- Avoid smoke from candles, especially paraffin, which emit numerous toxins such as benzene and toluene. Beeswax candles are safer
- Avoid mouth breathing especially for prolonged periods
- Your nasal passages provide a natural filter for particulate matter
- One of the biggest threats to clean air in any home is mould
- Check your home and work place for mould and get it treated
- Always use the bathroom fan to minimise damp, air rooms thoroughly and check for condensation
- Consider using an air purifier. Look for one that filters both particulates and toxic gases – it needs to have a HEPA filter and an activated charcoal filter

2. Drink Clean Water

- Use a water filter, such as a reverse osmosis filter. Filters for jugs, taps and whole houses are available.

3. Toxin-Free Cleaning Products

- Look out for low-toxin cleaning supplies – I like (UK brands) – Bio D, Method and Ecover. I also make my own! I use ingredients like household vinegar, Dr Bronners Castile soap
- Regularly open windows to air out your home
- Only use essential oils and herbs for fragrance

4. Avoid Toxins in Cosmetics and Toiletries

- What you apply to your skin is absorbed by the body.
- Use the Think Dirty app to give you an idea of what toxins are in each product

5. Limit Mercury Exposure

- Avoid future dental amalgams that contain mercury
- If you already have dental amalgams, especially if your inorganic mercury is high, consider having these removed, gradually, by a specially trained dentist, to minimize your exposure to mercury during removal.
- Avoid eating high mercury fish: these are the long-lived, large-mouthed fish, such as tuna, shark, swordfish, marlin, orange roughy, tilefish, bluefish, grouper, and king mackerel

6. Avoid Pesticides in Produce

- Eat organic vegetables and fruits when you can
- Keep an eye on the Pesticide Action Network's (pan-uk.org) list of the 'Dirty Dozen' and the 'Clean 15'. These list the fruit and veg with the highest and lowest 'cocktails' of pesticides

7. Avoid Sugar, simple carbs and ultra-processed foods and oils

Sugar is the MOST common dementogen. Avoid in ALL forms – anything ending in -ose is a sugar in some form

- Simple carbohydrates
- All processed foods
- Highly processed meats, which may contain nitrates, sulfates, hormones, antibiotics, preservatives, dyes, and other toxicants
- Trans fats, present in Crisco and commercially prepared fried and baked foods
- Industrially processed oils

8. Choose Your Cooking Oil Wisely

- Cooking with unhealthy vegetable oils (like corn and sunflower) releases toxic aldehydes, especially when re-used
- Oils that have been heat-treated are deficient in antioxidants, and therefore cold-pressed oils such as olive oil are preferable for low-temperature cooking, while heat-resistant fats such as avocado oil or ghee are preferable for higher-temperature cooking

9. Avoid Cooking with High Heat

Cooking foods at high temperatures produces potent dementogens including:

- AGEs (advanced glycation end products) which bind directly to a brain receptor called RAGE that increases Alzheimer's pathology
- PAHs (polycyclic aromatic hydrocarbons)

- Heterocyclic amines, AGEs and PAHs are formed when meat is blackened or charred
- Acrylamide is a neurotoxin formed when plants are cooked at too high of a temperature, such as French fries and chips

10. Avoid BPA and BPS

- These are chemical cousins that are commonly found in many hard plastics, especially food and beverage container linings, thermal retail receipts, and other consumer products
- BPA is known to cause harm to the brain, and both chemicals are hormone disruptors. Look for the BPA-free label on plastic or canned products.
- Be aware that BPA-free may still contain BPS. To avoid both, look for Tetra Pak containers. They are labelled with an FSC designation, from the Forest Stewardship Council
- This is another reason to avoid packaged food altogether and cook from scratch when possible. It's also a good reason to completely avoid drinking water stored in plastic

11. Avoid plastics where you can

- Avoid all plastics whenever possible, even those free from BPA and BPS
- Plastics provide a source for multiple toxins and other endocrine disruptors: phthalates, dioxins, vinyl chloride, ethylene dichloride, lead, and cadmium, among others
- Replace plastic storage containers with glass, plastic shower curtain liners with cloth, etc