

Treating Neurological Conditions through nutrients

There have been thousands of documented instances of severe, and in some cases deadly, reactions in people using prescription drugs to treat neurological disorders. It should always be remembered that drugs do not treat the root causes or any of the underlying deficiencies that are contributing to neurological illnesses.

The use of natural ingredients in supplements eliminates the dangerous side effects of synthetic pharmaceutical drugs which are commonly prescribed to treat symptoms of brain related disorders.

Proactive people in good health are also using brain supplements as a form of preventative health-care for their brain by ensuring it receives a range of specific '*brain nutrients*' which keep this vital organ in tip top shape to avoid disease. Common additional benefits also include:

- An improved sense of well-being
- Sharper and clearer thinking
- Improved memory
- Less headaches
- Better sleep

Supplements can also be used by those with no *classic disorder* symptoms but who have neurological weaknesses, either hereditary or acquired, and would like help to strengthen these areas of their health.

Your brain is subject to degeneration and disease like all your other organs! It is extremely vulnerable to free radical damage and diminished blood flow!

Nutritional science has established that many brain and nervous system disorders are a direct result of nutrient deficiencies!

The Key to Brain Health Specific Nutrients

The brain is a complex, well-organized matrix of intricate nerve endings connecting brain cells. Every second, billions of electrical nerve impulses travel back and forth within this organ. Many chemicals act as neurotransmitters which transport these impulses from one cell to another. If your brain has an inadequate amount of any of the nutrients it needs to manufacture neurotransmitters, it begins to malfunction and this can lead to many chronic conditions.

It is a well known fact that, as a natural occurrence, brain cells die every day. At the same time your nervous system deteriorates. Without protection, and in time, these natural occurrences may translate into memory loss, brain ‘fogging’, dementia, or even Alzheimer’s disease!

The key then is specific nutrients!

Scientists have identified the most effective nutrients for your brain, central nervous system (CNS) and peripheral nervous system (PNS) as:

- Phosphatidyl Serine
- Phosphatidyl Choline
- Acetyl-L-Carnitine
- 5 – HTP (5 – hydroxytryptophan)
- Schizandra
- Ginkgo Biloba
- SAmE
- Huperzine A
- Valerian Root
- Passion Flowers
- Bacopa
- Gotu-Kola
- Vinpocetine

- DMAE
- Hops
- Lithium
- Vitamin E and C in combination
- Vitamin B Complex
- Folic Acid

Nutritional supplements for the brain contain specific combinations of these nutrients depending upon the precise intent of the supplement. For general brain health and neurological protection in healthy people you need a supplement containing a broad spectrum of these nutrients.

For specific disorders, specifically formulated supplements will address neurological and nervous system health. In each of these, different nutrients become more important than others as the main active ingredients. Many of the others then take on support roles - as co-factors to enhance the efficacy of the more potent neurological substances and/or as synergists.

Common brain disorders and the type of nutritional supplements for the brain that is best for treating each one.

Nutritional Supplements for – Alzheimer's

Alzheimer's disease is the most common form of dementia. It is recognized as a progressive degenerative disorder characterized by a specific set of physiological changes in the brain (widespread loss of brain cells, beta-amyloid deposits in the cerebral blood vessels, development of plaques and the presence of neuro-fibrillary tangles).

The exact cause(s) of Alzheimer's is unknown however research shows a number of clues many of which point to nutritional deficiencies.

Gingko Biloba herb is the most common nutrient for memory used to treat Alzheimer. There is a great deal of clinical evidence (particular in Europe) supporting Gingko's potential to boost memory and brain function – providing it is taken for at least several months.

The other most recognized natural 'Alzheimer's Ingredients' include:

- Huperzine A
- Acetyl-L-Carnitine
- DMAE
- Phosphatidyl Serine
- Phosphatidyl Choline
- SAmE
- Vinpocetine
- 5 – HTP
- Bacopa
- Gotu Kola
- Passion Flowers
- Schizandra

Nutritional Supplements for -- Depression, Stress, Anxiety.

Millions of people worldwide suffer from depression, stress or anxiety! 21st century lifestyles, environments and most importantly diets - along with heredity factors in some people - are resulting in a constantly increasing rate in the number of people diagnosed with these conditions.

Conventional treatments use prescription anti-depressant drugs, some of which have shocking side effects, even suicidal tendencies. As mentioned above these medications only suppress symptoms, they do not tackle the root cause of the problem. They also dull the user's mental abilities often leaving him/her in a half zombie-like state.

If you are considering using any of these drugs please research all recorded side effects thoroughly and discuss these with your doctor.

Several natural substances have proven themselves as highly effective nutrients for depression, anxiety and stress. They repair neurotransmitter faults, improve your mood and re-balance your required nutrient intake.

Nutritional supplements for the brain containing these key ingredients provide the components your brain needs to achieve a natural balance and help you to think and act more positively – in addition to alleviating lethargy and feelings of panic.

- 5 -HTP (5-Hydroxytryptophan)
- Acetyl-L-Carnitine
- Phosphatidyl Serine
- Phosphatidyl Choline
- DMAE
- S-Adenosylmethionine (SAME)
- Huperzine A
- Vinpocetine
- Chamomile
- Passion Flowers
- Hops
- Gotu Kola
- Valerian

Nutritional Supplements for -- Insomnia

Insomnia can be divided into two categories:

- Sleep Onset Insomnia

Sleep Onset Insomnia is an inability to fall asleep while Sleep.

- Sleep Maintenance Insomnia

Maintenance Insomnia is an inability to stay asleep, or to wake-up frequently.

People suffering from both end up with chronic sleep deficiency. Insomnia can be caused by physical, emotional and psychological factors, with stress being the number one contributor.

Factors include:

- Depression, anxiety and other mood disorders
- Medical illness, e.g. heart disease, respiratory disease, or disorders of the digestive system that cause physical discomfort or psychological stress or anxiety, resulting in sleep disturbance
- Heartburn, menopause, diabetes and arthritis
- Periodic limb movement disorder – a frequent involuntary leg movement - or restless leg syndrome with a tickling or aching sensation in the muscles of the legs
- Lifestyle factors - caffeine, alcohol, drug use, work patterns and prescription medications

Nutritional supplements for the brain which target insomnia should contain the following ingredients as the main active ingredients:

- 5-HTP
- Phosphatidyl Choline
- DMAE
- Huperzine A
- SAMe
- Vinpocetine
- Hops
- Bacopa
- Valerian Extract
- Chamomile

- Passion Flower

You will notice that there are some overlaps with the nutrients for anxiety and depression. That is because ingredients serve dual purposes but also because sleep deprivation usually causes anxieties - so these must be addressed by anti-insomnia formulations.

Tips for Finding Professional Grade Supplements

There is a multitude of supplements in the market and regardless of whether they are formulated as nutritional supplements for the brain, general health supplements or whatever; they are not all equal in quality or efficacy. Here are some criteria that highlight the best quality products from the rest of the pack.

Science based

First, nutritional supplements for the brain absolutely must be science-based and have been formulated by a bio-scientist – not a marketer! Excessive amounts of some natural ingredients (such as herbs) can also cause problems or make symptoms worse. So amateurs should not be putting together any formula that is going to be targeting your brain!

Secondly, the supplement company should manufacture its own products and control the manufacturing process through all stages. Quality controls and testing protocols should be clearly set out in depth on the company's website.

To guarantee absolute safety, purity, and potency all raw materials must be sourced from GMP registered and audited facilities. All ingredients must have a *CERTIFICATE OF ANALYSIS (COA)* on file confirming their potency.

To further ensure safety and ingredient amounts in accordance with label claims, a manufacturer must be **GMP compliant at a pharmaceutical level** – this is the highest standard possible for the manufacture of nutritional supplements. Pharmaceutical level blending protocols ensure the right amount of each ingredient ends up in each tablet.

[There is a New Zealand based company that manufactures a range of nutritional supplements for the brain covering general brain health; depression/ anxiety/ stress; memory; and insomnia.

They make up the 'Neuro Natural' range from the Xtend-Life company!

These professional grade nutritional supplements for the brain were created by a world renowned bio-scientist, who has been hired by governments around the world to produce complex formulas that their own scientists could not (including brain formulas for the NASA space program).

Try Neuro-Natural Serenity depression disappears in 3 months.

If you would like to learn more about these highly effective nutritional supplements for the brain including Neuro Natural Memory and Neuro Natural Sleep please visit the Xtend-life website.]