

The Two Little Known—But Potent—“Brain Engine Rebuilders” That Can Revitalize ANY Aging Brain

Over the last few years have you notice a difference in the way your brain is working?

As the years fly by, and your getting older, it's only natural your brains begin to change.

And you see a real tangible drop in your brains performance. Whether it's suddenly forgetting a friend's name, losing focus mid-conversation or that your mind is moving REALLY SLOWLY.

The mainstream calls these "senior moments". But really, they're mistakes.

Mistakes caused by a shrinking pool of energy your brain has to power all the process, and actions it has to run. This energy disappears because of a yearly loss of Mitochondria.

See, Mitochondria are the tiny energy producers in your cells that convert food into energy and fuel your body, and are vital for your brain's health.

Unfortunately, you start to lose these and your brain cells early.

In your twenties and thirties, your brain cells start dying off faster than you can replace them. Lost brain cells and mitochondria we're told we can't replace.

Gradually, this loss builds up until it affects your brain's performance. Suddenly, you're not as sharp, recall becomes more difficult, and overall cognition suffers.

Amazingly, the average brain shrinks two percent per decade. This means that at eighty, your brain will be twelve percent smaller than at twenty¹.

It's a simple equation. Brain cell loss + mitochondrial loss = less energy + a drop in your brain's performance.

~~But While~~ the Pharmaceutical companies will try ~~and to~~ tell you once your lose mitochondria they're gone for good. But ~~---~~that's simply not true.

In my research, I've found ~~that you can re-grow mitochondria, and that it can completely revitalize your brain. In fact, there are two all-natural secrets that~~ two all-natural secrets that help stimulate mitochondrial growth and repair.

Wiping out "senior moments", loading your brain with red-hot energy producing cells, giving you newer lightning quick connections, ~~and super-charging your brain's performance., and super-charging your brain's performance.~~

Patients come to my Wellness Center ~~lost. Frustrated they don't have the that just don't have the~~ same sharpness, ~~ability to focus and absorbent memory they use to zip or memory anymore.~~ But after ~~learning being introduced to~~ these secrets, they'll come back week's later ~~rejuvenated, and and seem~~ like a new person altogether.
~~Now, let's get to the first secret...~~

Can This Little-Known Natural Secret Actually Help You Re-Grow Energy Producing Mitochondria?

Here's my favorite secret for helping super-charge an aging brain, Pyrroloquinoline-quinine, but I call it PQQ.

PQQ is very effective, in scientific terms, because it up regulates some biochemical pathways that are very fundamental to youthful cell metabolism and energy production.

But what is really exciting in simple terms is, PQQ causes mitochondria to multiply. Yes, it naturally multiplies and ramps up energy production.

So you not only get more mitochondria, but bigger, more robust, higher energy-producing mitochondria.

PQQ is so powerful that researchers have found that it protects against the plaques that form on the brain in both Alzheimer'sⁱⁱ and Parkinson'sⁱⁱⁱ diseases. It also protects against brain injury and improves memory.

After suffering a brain injury, a group of animals were trained for five days to do a maze test.

The animals given PQQ easily completed the maze, but none of the animals that weren't could complete the maze. And the more PQQ the animals got, the faster they could complete it.^{iv}

PQQ also goes well with CoQ10. CoQ10 helps you make the fuel you burn inside your mitochondria. So it increases the amount of energy you produce, and PQQ increases the number of engines you have to burn the fuel.

Now here is how you get your hands on PQQ.

Despite what most nutritionists and alternative doctors believe: **Many foods have PQQ in them, including various vegetables, fruits, milk, and animal products.**^v

I've found in my research that foods like Natto (the fermented soy product), Eggs, parsley, Kiwi fruit, Green peppers, and Tofu contains PQQ.

In addition, if you're a big tea drinker, you can get PQQ from green tea and oolong tea as well.

Or if you prefer alcoholic beverages you can also get a bit of PQQ in a nice glass of wine or a tumbler of whiskey.

It's probably simpler and more practical to supplement with PQQ as long as you get the right PQQ supplement.

I should warn you: *the amount used in scientific studies is equivalent to a human dose of 10mg, yet most supplements only use a 5mg dose.*

The reason is that PQQ is expensive, and many supplement makers want to get away with giving you either lower quality or a lower dose. So if you chose a supplement check the dosage first.

Fortify Your Mitochondria And Boost Your Brain's “Communication Network” For A Better Brain

I have found one nutrient that gives my patients and me more of a boost in brainpower than anything else I ever used. And most doctors today don't even know about.

It's called acetyl L-carnitine (ALC).

I've seen how it has restored razor sharp thinking to my patients who take it. Studies show that when you have a deficiency in mitochondria supplying the brain with ALC rebuilds it.^{vi}

ALC shores up your ability to recall words and names, follow what others are saying, and think and reason clearly. You won't have to worry about losing the foundation of your memories.

ALC provides a range of brain protection, improving mood and memory. It protects the brain from damage due to poor circulation, and helps repair injured nerve cells to normal function.

When researchers started looking deeper into how ALC worked, they found it stimulates your brain to grow more neurites – the branches that are extensions of your brain cells. These let brain cells communicate with each other. And ALC does this at the same rate as your body's own nerve growth stimulant called “nerve growth factor” (NGF).

ALC actually stimulates NGF itself. It also helps keep the receptors for NGF healthy and vital.

ALC boosts production of adenosine triphosphate (ATP), the basic fuel every cell in your body needs to make and transport energy.

It even works in people who've already shown signs of senility or Alzheimer's.

Researchers looked at the effects of ALC in people with mild cognitive impairment and even early-stage Alzheimer's disease. With as little as 1.5-3 g per day, they showed significantly improved brain function across the board after three months.^{vii}

Food is always your best source for nutrients, and ALC is no exception.

You can make some ALC from foods that have the amino acid lysine, like red meat, pork, parmesan cheese, cod, nuts, eggs, and the super food spirulina.

If you find that you can't get enough ALC through food, I recommend supplementing with at least 500 mg of ALC every day on an empty stomach.

Look for a formula that has only L-Carnitine and not D,L-carnitine. D-carnitine is synthetic, and it interferes with the action of natural L-Carnitine. Also, liquid ALC is more absorbable compared to the powders and capsules.

Combine ALC with a cofactor that will give your brain more energy and help your body create acetyl L-Carnitine on its own. I like vitamin B12 for this purpose. You don't need much; only 500mcg to 1mg. And, B12 is also available in liquid form so you can take them together.

ⁱ American Foundation for Aging Research: Neurobiology of Aging Information "What Physical Changes Happen to the Brain?" www.infoaging.com

ⁱⁱ Zhang J, Zhang R, Meng X. "Protective effect of pyrroloquinoline quinone against Abeta-induced neurotoxicity in human neuroblastoma SH-SY5Y cells. *Neurosci. Lett.* 2009;464:165-169.

ⁱⁱⁱ Kim J, Harada R, Kobayashi M, Kobayashi N, Sode K. "The inhibitory effect of pyrroloquinoline quinone on the amyloid formation and cytotoxicity of truncated alpha-synuclein." *Mol Neurodegener.* 2010 May 20;5:20.

^{iv} Zhang L, Liu J, Cheng C, Yuan Y, Yu B, Shen A, Yan M. "The neuroprotective effect of pyrroloquinoline quinone on traumatic brain injury." *J Neurotrauma.* 2012 Mar 20;29(5):851-64.

^v Kumazawa T, Sato K, Seno H, Ishii A, Suzuki O. "Levels of pyrroloquinoline quinone in various foods." *Biochem J.* 1995 April 15; 307(Pt 2): 331-333.

^{vi} Kidd PM. "Neurodegeneration from mitochondrial insufficiency: nutrients, stem cells, growth factors, and prospects for brain rebuilding using integrative management." *Altern Med Rev.* Dec 2005; 10(4):268-93.

^{vii} Montgomery et al. "Meta-analysis of double blind randomized controlled clinical trials of acetyl-L-carnitine versus placebo in the treatment of mild cognitive impairment and mild Alzheimer's disease." *International Clinical Psychopharmacology.* 2003. 18(2):61-71.