Introduction to Alzheimeru2019s Reversal

Doctor Robert Love, thank you so much for being here. I cannot wait to get into this incredible topic, which is so important for longevity. I mean, we have so many people all around the world that are leaving this Earth early because of neurological diseases, especially Alzheimer's.

One of the leading causes, and I think it is the leading cause of brain based diseases out there. And, I'm just grateful for your commitment to this space, commitment to, the science of reversing, Alzheimer's.

And we're going to talk about how to reverse Alzheimer's because it's happened. It's happening. You're doing it. You have friends that are doing it. Let's talk about, you know, all of that today.

And I'd love for you to just start. How did you get into this in the first place? Why? Is this something that is really interesting to you as a topic?

Yeah, absolutely. And, Doctor Jones, it's such an honor to be here with you as I, I so appreciate the work that you're doing in helping so many different people with, with the science and helping people live happier, healthier, longer lives.

And so it's it's, it's an honor to be here with you. So I got into this because my family and like you, I really care about and love my family. When I was growing up, I had a grandfather who had Alzheimer's disease.

And I watched him slowly die and a washed out painful that was on my parents. And my father particularly, was his father. And then as a teenager, I watched my other grandfather get dementia.

So my mother's father, I watched him slowly die and about, just about six years ago, I came home to my parents house in Cincinnati, Ohio, to, basically stay with my parents to help my mother as she recovered from back surgery.

And it was at this time that I know it's my parents memory was really bad. I became very concerned because they both have a family history of this. And so I sat down and started doing the research, and I learned this actually, there's actually a lot of things you can do that are supported by science to help prevent Alzheimer's disease.

And so at the time, I was working with children, adults with attention deficit disorder, and I switched my focus then to to Alzheimer's prevention. And I started as my parents.

And so I went through their closet or I went through the pantry, got rid of as much sugar as I could wrestle away from them. I changed their chocolate to healthy chocolate.

I started started cooking more meals at home for them, and got them on some. They got some healthy supplements. They're doing much better. But it started with my parents and start because of the what I.

What I've seen dementia do to a family I had. It happened twice to both parents and good. It's it's devastating. And just for my for one grandfather I where I where his I where his ring.

He was a dry cleaner. He, he had to start taking care of his family when his dad left home with. He was about 12. We think the dry cleaning chemicals kind of cause it for him, but he got dementia, in part because he had a fall later in life.

He was selling vacuums door to door. Later in life. He's in his 70s. He loved. He liked working. He was a great man. Really honest salesman. People let people call my grandmother's house ten years after my grandfather died.

Family History and Motivation

Say it. Is Ray there? I want it service on my back. You people loved him so much. He was just such an honest man. And he had a fall. And after the fall, you can guess what happened.

He then had been had cancer. And then after the cancer, then came the dementia. So his body was able to fight these diseases until this fall. And then he had to repair himself.

And then the cancer came up. And then and then the dementia came up. And so one thing I want people to really know is prevent falls. Falls can, can trigger falls, can take a lot of resources, and then they can make us vulnerable to underlying issues like cancer, like dementia, not only our falls, you know, we can hit our head and have traumatic brain injury, hurt a hip.

And that, you know, if you if you break a hip. Goodness gracious. That's very dangerous but just falls in general, I want people to be careful around the house.

And, and that's, that's like one of the correct me if I'm wrong, but this is one of the biggest issues with aging. Typically it's a fall that then triggers rapid aging, correct?

Yes, it certainly can be. And almost everyone knows someone who had a fall and they weren't the same again, it's or times it can be surgery if they have anesthesia.

A lot of people have anesthesia and they're not the same again. But, I can say this because we're this is a private video. There's a supplement you can take after anesthesia to help brain recovery.

It's called antiracism spelled and I rectum. I recently published an article in the Journal of Alzheimer's Disease about the benefits of interactive bottom, for the brain, in particular for Alzheimer's disease.

But basically, it can help, recovery of the brain after surgery. It also helps recovery of the brain after traumatic brain injury. And so, not after surgery, after anesthesia specifically.

So that's about a and, rectum. It's not FDA approved. It is a pharmaceutical, but it's legal to buy. It's legal to sell. It's legal to possess. But you can't I can't sell it and say this helps with, recovery after traumatic brain disorder, because it's not it's not FDA approved for those things.

It's just a pharmaceutical that's available in other countries. It's available without a prescription. And so I've got actually gotten in trouble talking about this because the FDA and the FTC don't like people talking about it because it's not FDA approved, but it's very safe.

It's very effective. I wrote a paper on it. If you search interest, damn Journal of Alzheimer's disease, you can read all about it. But that's that's something people can take.

After a fall, if I, if I were going skiing, I would take it the day of skiing just in case I fell in. Hurt my head. I would I want that money system. I think football players should take it.

But yes, falls and falls are a darn big deal. And I love what you're doing. Doctor Jones, I love that you're exercising while we're doing this. Exercise is a great way to prevent frailty, right?

You know, right now, 50% of people who reach age 80 will have some form of dementia, 50% of people age 85 who have Alzheimer's disease. Now, I don't like those numbers at all.

The stronger you are, the less frail you are, the higher your quality of life. And also you can prevent yourself from falling. Specifically hand strength.

You can catch yourself, right? So hand strength and leg strength are the two of the biggest things to help prevent

falls. Absolutely. Wow. That's that's amazing. Yeah. And and the, that the strength typically decreases with age.

So another thing that you want to upregulate is your, your strength. And keep your strength as much as you can. Yesterday I was, you know, interviewing sat doctor Sachin Patel.

And he was talking about how, in the, Framingham study, that lung capacity is the number one indicator of aging, according to the study. And that that decreased lung capacity increases your, you know, the the carbon dioxide in your body and, and and creates a number of different things in your body.

So there's things that you can do, you know, to increase lung capacity, increase the strength. I bought my mom, this board, I'll show you if it's around.

It should be right here because I use it all the time. Here it is. This is not it. But this is the brand. And I've got her a board. It's a balance board.

So that she, you know, can her.

Falls, Surgery, and Brain Recovery

And my dad can use this every day while they're watching TV or whatever, just to work on balance. And, and then there's, there's a bunch of different things that, that, that you can use for, for strengthening your hands.

Right. So this is a grip strength device. Excellent. You've got this, and then you also have this, where you can. So that's for when you're squeezing down.

Then you have this little device. Oh, you had to. Yes. To go to go now so you can strengthen your hands this way. And then I got them. One other I'll put links below, but I got them one other, device is called an exerciser to keep them.

Yeah. They're balance. Good. Because it's a it's a hit training device. But it keeps them, you know, their hormones healthy and their blood flowing. But it only takes them a couple minutes of exercise a day.

But I love that. I love that that you're into that. And, is there not a natural supplement as well that helps with, the impact of, of anesthesia on the body because this is one of the biggest challenges, anesthesia, you know, a lot of people don't realize is directly linked to a lot of a lot of brain based issues.

Absolutely. And so I had a girlfriend who had it was rather sick, and she had a number of different surgeries. She said she felt a part of her memory go away after every surgery.

That that was her. And she did not have a good memory, together. And so, yeah, there's there's really and she's young. She's my age. She's I mean, she was 35 at the time.

And so it's not just older people in particular. If you're older, if you're over 50, anesthesia could be very dangerous for your memory. And even younger people as well.

So I'm going to give you, the supplements that I know they're really good for traumatic brain injury and are likely helpful with anesthesia. So I don't I know this is helpful for traumatic brain injury.

So if you, if you had a head injury and these are likely helpful for anesthesia because, they work on the same systems. So number one is fish oil. You can take up to three grams a day.

Fish oil is high in omega three fatty acids specifically for our brain. Outside of water is made primarily of fat. And so if you repair your brain or grow new brain cells, that's right.

You can grow new brain cells. That's the current science. I know we learn different in high school. Doctor Elizabeth

Gould at Princeton, a neuroscientist at Princeton.

She discovered that, we can, mammals can grow new brain cells in the hippocampus, the memory center of our brain, basically every mammal. But bats. I don't know why bats are unique.

We can all grow new brain cells even into our 90s. So healthy fats are helpful. You take up to three grams a day of, of of of fish oil. I like, natural force, pure omegas.

I'm not sponsored by them, but they're an inexpensive liquid. That tastes pretty good. Tastes like lemon cake. I really like that. Nordic Naturals is a good one if you're gonna do the pills.

So a lot of fish oil. Ceylon cinnamon, spelt. Ceylon cinnamon. That's shown to be helpful as well. You take about 1000mg of that a day. Curcumin is terrific for the brain.

It's both neuroprotective. It actually helps reduce the amount of, the accumulation of amyloid plaque in the brain. It lowers inflammation. That's another really great one.

About 1000mg a day. Black pepper is really good. My favorite is fusion three formulas. They are sponsor of my show, but they do a really good job of sourcing high quality curcumin. You want curcumin, not just turmeric.

Curcumin is 95% more powerful than turmeric. Basically, curcumin is the 5% that's really powerful in turmeric. So you want the curcumin thousand milligrams black pepper taken with some fat quercetin.

We heard about quercetin with Covid. Kristen's really good for information. The lungs are also really good for recovery from traumatic brain injury and likely recovery from, from anesthesia again.

So 1000mg of that a day and then lion's mane. Lion's mane is miso mushroom. Use an ancient Chinese medicine. And here's just some of the benefits of lion's mane.

It improves memory in both human and animal studies. It improves sleep, which is so important for for repairing your brain. If you're not sleeping, you're you're not going to have new memories.

And sleep is when your brain cleanses itself with the lymphatic system. That's like the lymphatic system for the brain. So lion's mane helps with sleep.

Lion's mane reduces stress, anxiety. There's a great study with lion's mane cookies. They gave women either a cookie with lion's mane or a placebo cookie for 30 days.

Those who took the lion's mane cookie had less depression and anxiety, so it reduces depression and anxiety. It's good for your immune system. It also protects the brain from Alzheimer's disease by lowering inflammation.

Exercise, Strength, and Balance

And then the reason this is really good for traumatic brain injury and for, anesthesia, it increases growth factors in the brain, specifically brain derived neurotrophic factor, BDF.

That's a growth factor that facilitates the growth of new brain cells and new neural connections. And so by increasing Bdnf and then you got your fish oil, to get that healthy fat in your brain, you now have the stimulation to grow new brain cells.

And then the raw materials to grow new brain cells. By the way, I have a lion's mane supplement, so I'm very, I'm financially, I don't say attached, but I, I make money from lion's mane.

Just just so you're aware. So I just want people to know that I'm biased as far as the benefits of lion's mane. And then another supplement that goes really well with the with the fish oil is.

Just on that, like you are a researcher. I mean, you you've gone deep into this, you know, it's not like you're somebody that's toting something that, you know, doesn't work just to make a buck like you.

You have a high level of integrity around, look, I want to help people. I've looked in the research. Lion's mane helps people like it's it's it's it's it's black and white.

So why why not help get it out there more. Which is what I love that that you're doing. So. Yeah. Continue I love I love what we're talking about here.

Thank you. And then the last one is a b-complex vitamin. Research from Doctor David Smith at Oxford found that those who take a b-complex vitamin with fish oil, I take both of them, have a 30% reduction in the risk of Alzheimer's disease.

So fish oil with a methylated b-complex that helps reduce homocysteine, high levels of homocysteine increase the risk of heart disease, as well as Alzheimer's disease.

And b-complex vitamins are necessary to make neurotransmitters the way a lot of anesthesia works. Is it basically reduces acetylcholine cytokines, a neurotransmitter involved in memory.

By the way, Benadryl blocks acetylcholine, so I don't recommend taking Benadryl long term if you take it, you know, once a month because you need it for sleep.

Probably not a bad thing or probably not too bad. Taking it every day chronically really dangerous. There's a, study out of Harvard. There's an article from from Harvard Medical School talking about how Benadryl increases the risk of dementia.

I think if you take it for six months or more, I think it increased the risk by about 40%. I don't know that it was high. It was hot. And so Benadryl blocks acetylcholine basically.

And if you're on any prescription drugs, if you don't know what they do, please ask your pharmacist, do any of these drugs block acetylcholine? Acetylcholine is a is a neurotransmitter involved in memory.

If you're taking a drug that blocks acetylcholine long term, that can increase your risk of Alzheimer's disease, I'd love to name them. There's too many to name.

A lot of them are bladder control drugs. But just if you don't know what a drug does that you're taking, please ask your your pharmacist. Your doctors are harder to contact pharmacy.

Just go to target and say, look, does this drug that I'm taking, does it affect acetylcholine. How so? And then if you want something different ask your doctor what options do you have that don't block acetylcholine?

Of course I'm not a medical doctor. I'm not going to give medical advice, but I want you to know this because this is really important because a lot of medical doctors will prescribe what's most effective to treat the symptom, but it may have side effects that you don't want.

So they generally think, okay, what's going to be most effective to help with bladder control without thinking okay. What's also going to affect the brain.

Not not everybody thinks in the systems approach. They don't they don't have that that biological systems approach and holistic fatalistic approach to, you know, to health, which is really what I believe the future of health is.

And like the foundation of long gravity isn't just, you know, us thinking about taking nw16 or, you know, you know, getting on a product like this, you know, new supplement that just came into, you know, came to, to my house today.

Supplements for Brain Protection

It's it's like, what can we do to create a movement around understanding that one thing affects the other, affects the other. And there's like a systems biological systems approach to to health care.

And, you know, longevity is, is is unfortunately, this whole category is so focused on just the one thing that you can do and, you know, the one supplement you can take and as your, as you're talking, you're like talking about multiple products that have many different benefits in different ways.

Right? And there's, there's, there's even synergistic, you know, elements that we probably don't even know that we don't know of these, you know, that that you know, the how they work in the body.

But continue. This is get. Absolutely. And so I love what you shared. I just learned something really scary yesterday that I'd love to share with you.

It's it's one of these things where you learn and you can't unlearn it. And my hope is that when people learn this, they, they really think hard about what we're doing in society.

So I didn't know this, but some of the largest food companies in the United States are owned by cigaret companies. Yeah, Kraft Foods and Nabisco are owned by cigaret companies.

One was, one was bought by R. J. Reynolds, which is camel, and then the other was bought by Philip Morris, which is Marlboro and all their subsidiaries.

And so my understanding of cigaret companies is that they're perfectly fine killing their customers. They're okay with that. And we know that. We absolutely know that they're willing to kill their customers because because they do.

And and they're fine with that. And, you know, great. I can put you in the category if you're willing to kill your customers. Fine. You want to smoke.

That is your choice. But you know who you're dealing with now. They're involved in our food. And if they're willing to kill their customers, if we know that, and I think most of us would agree with that, if they're willing to kill their customers and they now are in our food supply, what does that mean?

It means that our food may not be safe. And it doesn't take a genius to say that, seven out of ten Americans are overweight or obese. I think that number now, now might be 7.4.

Out of ten Americans are overweight or obese. Half of children are diabetic or pre-diabetic. Just crazy numbers. Crazy, especially compared to 1970s and 1980s, by the way, cigaret companies.

But I think the first was 1985. They bought Nabisco aircraft. I think it was Kraft. Wow. Who used to be so healthy in the 70s. And just. Did I think it was juvenile was was, was was adult onset.

Now kids are getting it. Yeah. It's crazy. I mean, it is if you really want to get into longevity, start with the children, right. You got to change your own life and upgrade your own health.

But man has is what you're saying so true? And it is very sad. You look at, you know, 30 years ago, the autistic rates were one in every 10,000 kids, you know, 40 years ago.

But now it's it's one in every 36 children, one in every 22 boys. Right. It's it's so crazy. But one of the things I will say, I took Robert out to Doctor Love, out to, dinner the other day, and it was so funny.

As we were ordering our menu, look how many changes we had to make to an already like, fancy restaurant. And they ended up, you know, you know, cutting out the dairy and not bringing any gluten and then cutting out the

things that had toxins or chemicals in it, making sure it wasn't cooked in vegetable oil and it was cooking.

That's something I had to ask him for. Olive oil is there is there canola oil in it? In the United States, it's legal to sell olive oil at a restaurant and have it be 49% canola oil.

That's that's crazy because you're not buying olive oil. You're buying canola oil plus your olive oil plus canola oil. So you have to ask why. And so or you can bring your own.

I learned that from Doctor David Perlmutter who wrote brain. Brain. Really great neurologist. Yeah, yeah. It's come to the point where we need to bring our own olive oil and our own dressings to restaurants, craft foods makes a lot of, a lot of dressings.

But does that mean it means they're willing to put in stuff that's addictive and not good for you into their salad dressings? Because they're to buy cigaret companies and they're willing to kill you.

So, it's it's it's we're now we're not really playing defense. I have great sympathy for parents. I'm glad I'm not a parent right now because you got to navigate the social media, keep your kids off of that.

There's there's so many different issues around gender identity that are difficult for parents to, to navigate. They don't know what to do, and they got to protect their kid from the pornography, which is really dangerous to children.

Dangerous to your brain. It's so bad. All you gotta do is. Yeah. Yes. I'm 18. It's we have terrible laws with protecting children from pornography. And then there's the food issue.

And then, you know, you go to school on the there, you garbage food there and go to the grocery store. There's just garbage everywhere that your kid could eat.

We don't know what it does to their brains and their hormones. There's glyphosate in drinking water. It's so difficult to be a parent. And so I, I have great sympathy.

I understand it's really difficult to do these things. Do you know. What I do as a parent of four kids? No, no social media. Actually. Everything we do is, is is from our garden outside at our house.

Right. And then and then we we obviously we're not trying to shelter our children. We want them to be exposed to. And we actually have conversations about all these interesting topics.

But we, you know, we we we are consistently being involved in our kids lives. We homeschool, you know, so it's it's it's really good. And to socialize them, obviously we've got them in co-ops, we've got lots of friend groups or whatever.

But it is it's unfortunately a different day and age and that we have to even be thinking about that. And I, you know, my son went to a camp and I and he's like, I want to go to this camp. I'm like, are there going to be any cell phones?

He's like, cell phones are not allowed at the camp. Are there going to be any computers? Computers are not allowed at this camp. I'm like, how many, how many, how many adults are going to be there to supervise?

There's going to be one adult for every two kids. I'm like, I'm like, amazing, right? So then I was I looked at everything and I just made sure because I'm like, I'm not going to let my kid go to a camp and be exposed to the things that I got exposed to as a kid that I was just sideswiped by when my kids were just like, you know, this is this is, you know, something that, that, that, that their, their dads found was fine or normal or whatever that I know my dad would not want me to be exposed to.

You know what I'm saying?

Food Industry, Toxins, and Childrenu2019s Health

So it's it's it's important, I think, more now than ever to get our kids off of, social media and to really protect, our children's brains, for sure. So thank you for sharing that.

Absolutely. And I'm sorry, who makes it? Makes a living on social media. I have almost 5 million followers across all social media platforms. I advocate for turning off the television, computer, cell phone 1 to 2 hours before bed.

Please don't give your children cell phones. My kids are getting cell phones. I, whatever their friends do it. Like. Look, they might have to watch where I can track you, and I can say, hey, come home for dinner, but I don't need to.

My kid does not need to call me at all times. I don't need to call time of time. I just, you know, say, come home for dinner, and then if you're late, you might not get dinner.

You don't eat your dinner. You're not getting desserts, right? If you don't, if you don't eat your vegetables, if you don't eat your your your grass fed steak, you'll eat your sardines.

No, you don't get desserts. If you're hungry. That welcome to the human experience. Humans are hungry. Humans are upset. Humans are bored. It doesn't mean you get, your cell phone to entertain yourself just because we're waiting for, for a bus or for an airplane.

You know, we've been babying children too long, and I'm sure you've seen this. Children are driving. Parents. You know, parents. I've seen parents give their crying kid a cell phone or a tablet at a dinner table.

Well, you've just rewarded that child for bad behavior. That's what you've done. You've rewarded Roy the child with a screen time for bad behavior. You're conditioned the child to behave poorly.

Exactly. You don't want to do that. You want do the opposite of not behaving well. Say, listen, you don't get to come out to dinner with us again and you're not getting dessert and you don't get TV tomorrow.

You the people are doing things in the opposite direction. And. So. For our future, especially our our future, our children's future. I mean, children behaving poorly because they're bad food and they're not healthy.

This is like, one of the reasons why we have Alzheimer's is because of of these these issues. And, you know, 40% of, of of teenagers having mental disorders.

And you imagine that's it's half your classroom, half your classroom is mentally sick. That's insane. And then. You know, that is that is insane. So what is it that causes Alzheimer's disease in your estimation?

You know, is it the glyphosate? Is it the atrazine in the water? Is it the you know, that the all that all the heavy metals in the fish, is it the the the vegetable oil, like what would you say is as the main it's a great question.

So according to David Reticent, who I believe will go down in history as the person who cracked the code of Alzheimer's disease, he's a medical doctor from UCLA, the Institute of Aging.

He's a personal hero of mine. He shared that there are, 44 different risk factors, of Alzheimer's disease. We're still learning more. But here, you're here, the biggest here are the major ones.

First one is inflammation. Inflammation. And so, inflammation damages our tissues and organs. Inflammation also can damage the brain. So inflammation is one of the a number the other risk factors increase inflammation.

For example, heavy metals, heavy metals increase inflammation. So that's number one. Number two is type two diabetes. If you have type two diabetes, number one that increases inflammation.

And number two type two diabetes means you're not using energy effectively. And so if your brain's not using energy effectively this can lead to brain fog.

I'm sure we've all had low energy brains from time to time. And then if that continues chronically, that now becomes mild cognitive impairment. And so if your brain doesn't have good energy and that continues to be a chronic issue, that mild Covid period is basically pre Alzheimer's disease.

There's nothing mild about it. It's early stage dementia. And so so type two diabetes is a major risk factor for traumatic brain injury. We touched on that earlier.

You hit your head. You've actually damaged your brain. And if that's not repaired that is a major risk factor. And then there's environmental toxins. Environmental toxins.

There could be things like brain parasites. So parasites in our food, can often cross the blood brain barrier and cause damage to the damage to the brain.

This is a I don't eat sushi anymore. Because of the the dangers of. Plants, I love sushi. I love sushi, too. And so what's what's in the sushi? Because I, I ended up going to Japan.

I went to all these Michelin star sushi restaurants, which were just absolutely incredible. It was like I went recently. It's was a great time to go to Japan because our money was really strong.

Is and I will say like it was just unbelievable. But I came back and I had a liver fluke and my and I think it's from the, the food that I ate there. And so and so I'm, I'm actually in the middle of a parasite cleanse right now in phase three of my parasite cleanse.

But yeah, I mean, it's a real thing, but it's like the toro is just so good, man. I don't know. I know, I hear you, I was eating, I did a lot of sushi.

I love the conveyor belt sushi that they have there. There's a better name for it, but, you know, the sushi that comes on a conveyor belt, you just take it.

I ate all cooked sushi. One, because it's healthier. Number two, I've taken a pretty public stance that I'm not eating sushi because I want to reduce the risk of parasites.

I think there's a study out of New York. You can look this up that found that those who eat sushi once or twice a week, I think maybe 10% of them had a parasite.

It was a substantial portion. It was is another that you could say, wow, that's that's intense. So, so and then there's this article my, my partner, doctor Josh Helman, a medical doctor from Harvard.

He sent this to me today and said, you're, you know, people who have cats can have this certain parasites from handling kitty litter. And this, this parasite can increase anxiety.

A lot of people, talk with this, doctor Jason Morris is someone, you, you know, well, I interviewed him. You mentioned mold can often trigger anxiety because the.

So mold is another risk factor, by the way, mold and environmental toxins, called mycotoxins. And this can create inflammation and harm the brain. He found that people who have mold exposure often get anxiety because the anxiety is a way for the brain to tell you something's wrong, right?

The brain isn't able to say mold. The brain could just say something's wrong. And so people are getting anxiety when they live in a moldy house because that's the brain's way of saying something's wrong.

You got to fix this. And so that's happening with this. This cat parasite is, I can look up the name if you like. It's

somewhere on my phone. And basically, people are having a higher level of anxiety illness, so parasites is is one, environmental toxins is one.

And then there's also heavy metals, which is another environmental toxin. I drink distilled water or reverse osmosis water. The reason being glyphosate is in our rainwater.

It's been in our rainwater since 2011. I learned about it a year ago, but 2007, there's an EPA article saying glyphosate is in our rainwater, and this means it's likely going to be spread throughout our environment, but it's in our rainwater. It's basically everywhere.

It means you can get our, well water, you can get in any field, it can get in organic fields. So glyphosate is pretty much everywhere, at least in the United States.

That should be illegal. I that should be completely illegal. I mean, that is terrible. Forever chemical that's now in our rain water. You know, I've got a pristine pool in the backyard.

And I'm just thinking like, that's a lot of that's rainwater from just the rain over the years. Okay. Life over there. That's crazy. All right. It's it's ridiculous.

So, for those interested in public policy, there's about 10,000, chemicals that can be added to our food, that are approved in Europe. There are 410,400.

Glyphosate is not allowed in Europe. And so the Europeans are doing food much, more intelligently than us.

Major Causes of Alzheimeru2019s Disease

And again, they don't. So cigaret companies just to tip my hat to them are very smart. They're very, very, very, very smart. They're clever. They are ruthless.

They they know what they can get away with. They know how to lobby. They have know how to lobby. That's the key right there. They know how to lobby. And I just want that whole system ripped down because, I mean, you think about it, it's just when they won the lawsuit on how cigarets cause cancer and then they started putting up all these images of people with cancer.

And the truth about smoking, it was, it was so, like, jarring to a lot of people. But like, that is exactly what is happening with chemicals right now that are owned by some of these same companies.

Right. It's crazy. It's it's crazy. So they're very smart in getting the laws passed. Also laws that protect them. Right? They're trying to get laws that say you can't sue companies if, if you get poisoned by pesticides.

So they're they're extremely smart, they're extremely ruthless and they're really good at what they do, which is making money for themselves at the expense of our health.

So distilled water, I drink distilled water, then I add my minerals back and my magnesium, my selenium, my zinc. I add those back in. I like trace minerals.

That's the company I use. Excuse me for, for for the minerals that I add back in. So I recommend, especially if you have growing children distilled or reverse osmosis water because you also don't want the floor.

I get in there. I've been talking about fluoride for over a decade and it's dangerous to the brain. Recent articles are coming out now about, about fluoride is dangerous for the brain.

And the people. This this is hilarious. Doctor Jones, as someone who appreciates science and a scientist, you'll love this. So that that in the article, they say, you know, studies show that, fluoride exposure reduces IQ.

And then someone from the Fluoride Council says, quote, just because new studies show XYZ does not mean does not overturn decades of research showing water fluoridation is safe and effective.

And I said, actually, that's exactly what these studies do. That's exactly what they do. That's what new science does. New science can overturn previous conclusions.

So this person is not science. They don't understand what science is. Science is updated with the new research. New research shows water fluoride in your water is bad for your child's brain.

Period. Whether it's lunch deal stays in China or in the US, it is bad for their brain. It doesn't matter what the data said before, then it's bad for their brains.

Not to mention they have to fluoride we drink stays in our body. The other half gets excreted through our urine, so half of it stays in your kid's body and their tissues, their organs and their their, bones.

You don't want light in your bones. It's a bad deal. So please drink reverse osmosis or distilled water. That's one of the best ways you can protect yourself from environmental toxins.

And then, you know, so when you introduce me to Warren, nontoxic dad on Instagram, you know, he's, he's walking the talk for reducing toxins. He's. I went to his, hotel room to do an interview.

He's got a giant air filter. He's got he's got two of these giant air filters in there. So get a Hepa filter. Air filter? I had to get some for my parents because they didn't get them on their own.

But put it in your office. He came. He came down to my hotel room to get adjusted at like 10:00 at night. But I mean, yeah, he's my brother in law. Live.

You married my sister, and, I've I've been in this whole nontoxic world for a very long time. I, I had mold toxicity. I had mercury fillings throughout my entire mouth.

Had to get them properly removed by. I am an EMT, dentist, and international Academy of Oral medicine Toxicology. And, I mean, your brain just turns back on me.

You get Mercury out of your body, right? When you get rid of the mold and all the things that you're talking about. I'm like, man, I loved you before, Doctor Robert, but, doctor love.

But, man, I love you even more now. So that's good. Yeah, but, but but yeah, these are, these are serious things. And and, it continue if you want to, you know, those.

Are the major causes of Alzheimer's to wrap up. So that information we're giving, so we got so, so here are the major causes of Alzheimer's disease. Two major risk factors.

Inflammation, type two diabetes. Traumatic brain injury. Yeah. Heavy metal exposure. Then and then mold and and environmental toxins. Those are some of the major things.

And then lack of nutrition, lack of nutrition. If your brain has to have the resources to repair itself. We talked about diet. If your brain is not getting enough healthy fats, if you're not getting enough vitamins and minerals, if you're not getting B vitamins, if you're not getting vitamin D through either sun exposure or supplementation, these are all risk factors.

So nutrition really matters. And what we oh and lastly is blood flow. For cardiac health for cardiovascular health. Very bad for the brain. This is one reason why exercise is so good for your brain.

Exercise is medicine for your brain. Exercise gets fresh blood and nutrients into your brain. Your brain is, you know, it's only a couple pounds, but it uses 20 to 30% of your energy and your oxygen.

And so if you're not, if you don't have good blood flow, then your brain isn't getting the nutrients it needs. And that's that's a real problem. And so, those are the major risk factors, for, for mental.

And so broadly speaking, you really want to just be super healthy if you do things that are good for your heart health, are good for your brain, what's good for your gut is good for your brain.

It's good for your overall health, is good for your brain. So good sleep. I'm sorry I forgot to mention poor sleep. Poor sleep is a major risk factor. This is how we.

This is how we prevent Alzheimer's. Yeah. Is that right? Okay. Yes. Yeah. This is good bye. Bye. Being really healthy is how you prevent Alzheimer's. Get good sleep, get good exercise, eat a diet that's primarily organic fruits and vegetables and healthy protein.

You basically avoid grains and processed foods and refined sugar. But organic fruits, organic vegetables, healthy for protein, whatever that is for you.

And ideally some healthy fatty fish in there. And a good sleep exercise spend, spend time learning and then, you know, avoid toxins by, by filtering your air and drinking distilled water.

And then, you spend time doing what you love and spend time with people that you love. There's a great Harvard study where it's Harvard Longitudinal Study, where they followed people into their 90s.

Prevention Strategies and Relationships

So people in Harvard sign up for this long term study. They interview them once every five years. They, you know, they look at their blood flow levels and so forth.

What they found is the number one thing that affects their health. It's not income. And it is not satisfaction with life. It's not to make children. They have it is basically the quality of their marriage, relationships, relationships are if you get if you only get one factor.

The quality of your relationships is the biggest factor in determining your health. Overall health is the biggest factor determining your risk of Alzheimer's disease.

So if if we only get one thing to do, you know, have wonderful relationships, love the people you love, let them know that you love them. And I love that about you, doctor Jones.

You're very, you're very, very heart centered. And you tell people that you love them and you tell people that you care about them, and you make it clear that you're a human, you're a person, and I value you.

You're a divine creation of something much greater than us. And I love you. And by and by having that. Yeah, by having that love. By radiant. Radiant that love. That's just a beautiful thing for the world.

And so please, please, please get your daily hugs, tell people you love them and spend time with them and prioritize your relationships, because that is the most important thing that's going to affect your health and your risk of Alzheimer's disease.

You probably get told you you're you're loved more than anybody else because your last name is love. That helps. If you watch my. Videos and I love you.

I love how you show up. I love how you're just, you know, completely, you know, aligned to telling the truth to people. Even if it even if it hurts, even if it puts you at risk.

I'm in this in the same category as you, and, I just want truth to be told. And and for people that transform their health and vitality, it's just it's so powerful.

So where can they go to learn more about you and, and, and and connect with you even more? Absolutely. So, so thank you for having me on this is this is a lot of fun.

And I'm so glad to share this information with people. If you'd like to find me, I'm on TikTok and on Instagram, on Facebook, just search Robert Love.

You'll find me. My official handle is Robert W. B. love. All those accounts have over a million followers on them, so some people have copied my account in my face.

They've even put up videos of me. So the one that's officially me are the ones with over a million followers on them on TikTok, Instagram and, Facebook.

I post most on TikTok, and second most on Instagram. So you can check those out. And then, I have some free resources for people. I have something called the Six Steps to Reversing Alzheimer's that I wrote with my business partner, doctor Josh.

He and I have a medical clinic here in Florida where we're actually reversing Alzheimer's. We're part of an FDA clinical trial, with with a new drug that's doing great things.

We're combining the drug with, exercise, diet and lifestyle. And so if you'd like that free e-book, six Steps to Reverse an Alzheimer's, you get that at Robert Love net.

So just my name net. And then you can get that free e-book there and, Yeah, it's just it's it's honor being here with you.

Where to Find Robert Love

Doctor Jones. Thank you for having me. Well, thank you so much for your time, Doctor Love. And, yeah, thank you for sharing such beautiful information to help so many people that want to optimize their brain health.

And, and one thing I'll say is that I believe this is accurate. One. And if every four people by age 60 get Alzheimer's and one in every two people by age 85 get Alzheimer's, is that accurate?

I the second number I know is correct. I don't know about the earlier one. That may be correct. 60 seems a bit early for one out of four I yeah, I would, I would want to confirm that I don't know that number.

I would I don't think that's correct. I could be wrong. I don't know what the number is for 60. It's like this is this is important for longevity. Even if you're 50% of people by 85, if you want to, you know.

Longevity for us means 90, 95, 100. And so if you're going to make it to 90, you got you got to not get Alzheimer's at 85 because five years is not going to be fun.

So you got you got if you're going to if you're going to do the longevity game, which I think most of us are into, you really want to prevent Alzheimer's disease because that is one of the biggest risk factors.

Once we get up to 75, 80, 85. So good, Robert, thank you so much, Doctor Love. Have an incredible day. And again, appreciate your time today. Thank you so much. Love and blessings to you, Doctor Jones.

Thank you so much.