



Is It Alzheimer's? -- Or Is it Just Brain Fog?

**Decipher the Hidden Clues and Take Action
For Clear Thinking and Razor-Sharp Memory ...
*For the Rest of Your Life!***

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Table of Contents

| | |
|--|----|
| Is It Alzheimer’s? -- Or Is it Just Brain Fog? | 3 |
| <i>How Is Your Brain Right Now?</i> | 3 |
| <i>Not All Brain Fog Is Alzheimer’s!</i> | 4 |
| <i>So What’s Causing Your Brain Fog?</i> | 5 |
| Stress – The Leading Cause of Brain Fog | 5 |
| <i>All Stressed Up and Nowhere to Run!</i> | 5 |
| <i>How Long-Term Stress Creates Brain Fog</i> | 6 |
| Protect Your Brain Power! | 6 |
| The Basics of Keeping Your Brain Healthy | 7 |
| <i>Feed Your Brain</i> | 7 |
| <i>Move Your Body</i> | 7 |
| <i>Rest Well</i> | 8 |
| <i>Socialize!</i> | 8 |
| Simple Ways to Prevent Brain Fog Now | 8 |
| <i>Managing Your Stress</i> | 8 |
| <i>Exercising Your Brain</i> | 8 |
| Stop Brain Fog from Worsening and Regain Your Brain Power | 9 |
| Protect Yourself from the Risk of Alzheimer’s Dementia | 9 |
| <i>If You Are at Extremely High Risk of Alzheimer’s</i> | 10 |
| Putting It All Together | 10 |
| A Final Thought: What Determines Your Quality of Life? | 10 |
| Protect Your Most Important Asset | 11 |
| To Hear Dr. Rothstein In Person | 11 |

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Congratulations! By taking the Brain Fog Quiz, you've taken your first step to achieving the sharp, clear thinking that you need for personal and professional success and happiness. Whether you've noticed yourself forgetting names lately, or you're experiencing confusion in the midst of a conversation, or you can't recall the topic of the last two-hour staff meeting you attended, ***you can take control and rejuvenate your brain!***

You've already received the score from your quiz, but I'm sure you're asking – *What does that number mean?*

Just take a look below to understand your score:

How Is Your Brain Right Now?

| <i>Your Score</i> | <i>Your Brain's Condition</i> |
|--------------------------|--|
| <u>30 or less</u> | Your brain is in great shape -- just keep doing what you're doing and let me know what it is! To prevent brain fog from developing, check out <i>The Basics of Keeping Your Brain Healthy</i> on page 7 of this report. |
| <u>30-60</u> | You're normal, don't worry so much! Be proactive and do the basics...follow the instructions in <i>Simple Ways to Prevent Brain Fog Now</i> on page 8 of this report to keep your brain in top shape. |
| <u>61-80</u> | You're developing Brain Fog; start taking action to protect your brain function before it is too late! See <i>Stop Brain Fog from Worsening and Regain Your Brain Power</i> on page 9 of this report for steps to start clearing the fog today. For a complete strategy to regain and maintain your brain function, you'll need my book, For a complete strategy to regain and maintain your brain function, you'll need my book, <i>Brain Fog</i> (http://tinyurl.com/2sufqa) or CD, <i>Actualizing Your Brain's Potential</i> (http://tinyurl.com/2qcjh3) <i>Please don't wait to give your brain the care it needs!</i> |

| Your Score | Your Brain's Condition |
|-------------------|---|
| <u>81-90</u> | WARNING: SERIOUS BRAIN FOG! You are at risk of developing Alzheimer's Dementia. See your doctor immediately! In the meantime, start the advanced program immediately. The steps outlined in <i>Protect Yourself from the Risk of Alzheimer's Dementia</i> on page 9 of this report will get you started, but this report can't give the complete strategy you need. Buy the book or listen to the CD and <i>take this information to your physician!</i> Do not try to do this alone – get your doctor's help! |
| <u>91-100</u> | CRITICAL BRAIN FOG!!! You are in severe danger of significant brain malfunction; you are a candidate for Alzheimer's Dementia. See your doctor immediately! Get help, have someone help you with <u>all</u> of the processes in the book. This report can't give the level of information you need - buy the book and get a second one for your doctor, or listen to the CD and take this information to your physician! |

Not All Brain Fog Is Alzheimer's!

This is the most important thing for you to know! *Not everyone that has brain fog will progress to Alzheimer's -- but everyone with Alzheimer's at one time had brain fog.*

If you've been noticing your thinking getting fuzzy and your memory lapsing here and there, this doesn't necessarily mean you're on the road to Alzheimer's Dementia.-To help you to recognize and better understand the important differences between Alzheimer's and ordinary brain fog, here's a comparison chart:-

| Someone with Alzheimer's Dementia | Someone with Brain Fog |
|--|---|
| Loses memories entirely and cannot retrieve them | Forgets part of an experience but can be reminded |
| Forgets with no awareness of forgetting; memories do not reappear with time | Can retrieve memories, though it may take some time |
| Is gradually unable to follow written/spoken directions | Is usually able to follow written/spoken directions |
| Is gradually unable to use notes as reminders | Is able to use notes as reminders and when reminded realizes an error |
| Is gradually unable to care for self and is incapable of taking responsibility | Is able to care for self and take responsibility |
| Cannot do certain tasks that require mathematical processing, e.g. balancing a checkbook | May resist doing tasks that require mathematical processing, e.g. balancing a checkbook, but can be prompted to do so |

Bottom line? If you can recover the information you've forgotten – whether it's a couple of minutes later or at 3:00 the next morning, out of a sound sleep– you probably *are not* suffering from Alzheimer's.

So What's Causing Your Brain Fog?

This is a simple question that may have some very complicated answers. Brain fog may be caused by a series of factors, some environmental, some physical...many more factors than I can adequately discuss in this report. They include:

- Stress
- Toxins
- Hormonal changes
- Nutritional deficiencies
- Infections
- Fatigue
- Hypothyroidism
- Depression
- Trauma, e.g. concussion
- Metabolic factors

You can find a complete description of these causes in my book, ***Brain Fog*** (<http://tinyurl.com/2sufqa>) or CD, ***Actualizing Your Brain's Potential*** (<http://tinyurl.com/2qcjh3>). Interestingly, these same factors are involved in Alzheimer's.

Do not try to diagnose yourself! Although many of these conditions are easily self diagnosed, you need to keep your doctor abreast of your progress. Some conditions require more advanced testing. Your doctor can order tests to determine the exact nature of your problem. Because many doctors are not aware of these causes of brain fog, however, you may need to be proactive in recognizing the problem and seeking treatment from other sources. Better yet, have your doctor read ***Brain Fog*** and begin the learning process.

While there can be many causes of brain fog, there is one factor that **affects nearly everybody**, man, woman and child. This factor not only causes brain fog, but it can lead to physical conditions affecting *every part of the body*.

Stress – The Leading Cause of Brain Fog

Nearly 20 years ago, TIME Magazine identified stress as the Number One health problem in the United States. So it's no surprise that this is by far the most common cause of brain fog! Over time, continued stress can affect the functioning of your body and mind. Here's how it works...

All Stressed Up and Nowhere to Run!

When we feel stressed, scared, or threatened, our cerebral cortex sends a stress signal to the hypothalamus (a switch in the midbrain controlling the stress response).

In response, the hypothalamus signals the sympathetic nervous system to release adrenaline-like hormones and prepare the body to fight or run away:

- Heartbeat, blood volume and blood pressure increase
- The heart sends blood to the large muscles to get ready for action
- Sweat glands release perspiration
- Pupils dilate to sharpen vision
- Hearing becomes more acute

Is It Alzheimer's? Or Is It Just Brain Fog?

Once the danger or worry passes, the hypothalamus gives the “all clear” to the sympathetic nervous system, and your body returns to a normal resting condition.

Projects, deadlines, reports, family worries, the budget, the taxes, all of these stressors persist over time, and your brain continually signals for stress hormones to be released. Your body never seems to get the “all clear” to calm down the stress signal and relax.

How Long-Term Stress Creates Brain Fog

When your body is all keyed up with stress, two types of hormones are responsible:

- Adrenaline-type hormones
- Steroid-type hormones

Both of these have a very particular purpose in your body's normal functioning. However, when you are under constant stress, they lead to a number of problems including cognitive dysfunction and memory impairment. The result? Foggy thinking and gaps in your recall.

Of course, this isn't the only way stress can create brain fog...

- Stress disrupts your sleep cycle, resulting in brain dysfunction
- Your thyroid reacts very strongly to stress. At first it goes into overdrive then it fatigues and slows down your metabolism to conserve energy. The end result is weight gain, mood changes and severe brain fog.
- When you are under stress, your body secretes cortisol which, over time, critically affects your brain. Cortisol keeps you awake, puts you on hyper alert, distorts logical thinking, inhibits learning, makes you irritable and agitated, and overall ages your brain.

Again, stress is just one of the many factors that can cause brain fog...for a description of the others, please order my book, ***Brain Fog*** (<http://tinyurl.com/2sufqa>) or CD, ***Actualizing Your Brain's Potential*** (<http://tinyurl.com/2qcjh3>). Whatever the condition of your brain, you can enhance your clear thinking, memory, and quality of life using a series of simple steps. *You can take back control of your brain!*

Protect Your Brain Power!

A healthy brain is a blessing...and just like any other organ of your body, your brain can't work well without care. Unlike other organs, however, your brain can't be replaced or transplanted!

You are the only person who can take care of your brain. You don't need to be fanatical about it, but you do need to be responsible. Here's the good news - just like a well-designed exercise program for your body, caring for your brain can be fun. In fact, it *should* be fun – you can't fight the effects of stress by adding more stress!

My book, ***Brain Fog***, gives a complete program for keeping your brain healthy – or regaining your healthy brain function if you are already experiencing brain fog.

If you do nothing other than reduce your stress level (*see chapter 3*) and detoxify your body (*see chapter 10*), you'll be well on the way to eliminating brain fog from your life *and* protecting your brain from Alzheimer's!

The Basics of Keeping Your Brain Healthy

Whether you scored 10 or 100 in the Brain Fog Quiz, the basic requirements for brain health are very simple:

- Good nutrition
- Physical exercise
- Sleep
- Healthy relationships

No matter how old you are, or whether or not you are experiencing brain fog now, you need to take good care of yourself in these areas for your brain to remain healthy.

Why? Here are the key points you need to know. For more information, see my book, ***Brain Fog*** (<http://tinyurl.com/2sufqa>), or CD, ***Actualizing Your Brain's Potential*** (<http://tinyurl.com/2qcjh3>).

Feed Your Brain

Good nutrition is essential for a healthy brain—and once you understand it, it becomes intuitive. Basically, you need to be sure your diet includes:

- Mostly vegetables
- Enough water so that your urine turns clear
- No junk food
- Whole grains (no processed grains)
- No alcohol after 6 pm
- No coffee after 2 pm – preferably, switch from coffee to green tea
- A good multi vitamin (men should not take iron)

The Basic American Diet (a.k.a. B.A.D.) can cause your body to develop deficiencies and conditions due to nutritional imbalances and poor quality. Chapters 6, 7, and 8 of ***Brain Fog*** offer solutions for some of these conditions:

- If you get shaky, irritable or sleepy when you haven't eaten, *check out Chapter 6 on Hypoglycemia.*
- If you experience confusion, inability to concentrate, anxiety, depression, irritability or other symptoms after eating certain foods, *read Chapter 7 on Food Allergies.*
- If you experience long-term depression, attention deficit, muscle and joint pains, and chronic fatigue, *check out Chapter 8 on Nutritional and Metabolic Deficiencies.*

Move Your Body

Just as exercise helps every other part of your body, it also helps your brain – whether you're doing high impact aerobics, weight training or just walking around the block. To keep your brain healthy, you need to exercise 3-4 times a week; the more vigorously you exercise, the better.

Take a look at Chapter 3 of ***Brain Fog*** to discover how exercise actually breaks the downward spiral of stress and helps your brain to repair itself.

Rest Well

You may not be aware of it, but while you sleep, your brain is busily restoring and maintaining your body's systems. For a healthy brain, it's critical that you get enough good quality rest so that when you wake up in the morning you feel refreshed.

See Chapter 3 for an explanation of what's going on behind your closed eyelids, and why sleep is so absolutely necessary for the health of your brain and body.

Socialize!

Finally, you need to have fun and seek to develop loving relationships! Humans are social beings – our brains thrive on company. So connect with other people and boost your own enthusiasm by joining my regular webinars (<http://tinyurl.com/38bvus>) ...then join or start a support group, or work together with a friend to help each other stay on track.

Simple Ways to Prevent Brain Fog Now

If you scored from 30 to 60 on the Brain Fog Quiz, you need to follow all the basic steps listed above to take care of your brain function. In addition, you need to take further steps now to protect your brain's health and prevent brain fog:

- Learn to manage your stress
- Exercise your brain

Managing Your Stress

You'll find that following the four basic steps for brain health (feed your brain, move your body, rest well and socialize) will reduce your stress considerably. However, if you are experiencing severe or long-term stress, you can use additional tools like these, which are described in detail in Chapter 3 of **Brain Fog**:

- Acupuncture
- Neurochemical balancing
- Herbs
- Aromatherapy
- Vacations
- GH-3 (*see page 197 of Brain Fog*),
- Homeopathy
- Amino Acids
- Yoga
- Music
- Pregnenolone (*see page 199 of Brain Fog*)
- Western medical approaches (pharmaceuticals)

Exercising Your Brain

We've all heard the phrase "Use it or lose it" regarding physical strength and muscle mass. Well, the same principle applies to brain power! The more you make your brain work, the better and longer it will continue to function.

So make it a point every day to learn new things and challenge yourself regularly, even in little everyday things. For example, try to put your keys into your front door with your eyes closed, or do math in your head rather than use a calculator. Read mysteries, do crossword puzzles or Sudoku, or join a reading club. The point is to keep your brain working!

Stop Brain Fog from Worsening and Regain Your Brain Power

*If you scored from 61 to 80 on the Brain Fog Quiz, **do not try to resolve your brain fog alone!** You need the support of your doctor to identify the cause of the problem and help you on the road to recovery. Because many doctors are not aware of these causes of brain fog, however, you may need to be proactive in recognizing the problem and seeking treatment from other sources. Better yet, give your doctor a copy of **Brain Fog** (<http://tinyurl.com/2sufqa>), or CD, **Actualizing Your Brain's Potential** (<http://tinyurl.com/2qcjh3>) and ask him/her to help you.*

In the meantime, follow all the Basic and Preventative steps that I've listed above, and add these steps to help your body to detoxify and begin to heal:

- To detoxify your brain, start with N-Acetyl Cysteine. *See pages 166-171 of **Brain Fog** to learn how much to take and when. You will also learn how toxins damage your brain's ability to function.*
- To detoxify your body, take fiber for better bowel movements. Regular oatmeal, not the instant kind, is a great source of fiber. *See page 166.*
- Take a high-quality multivitamin
- Take a fish oil supplement daily for Omega 3 Fatty Acids. *See pages 123-131 of **Brain Fog** to learn everything you need to know about how much to take and the best time to take them.*
- Begin a vigorous daily exercise program – it is best to have a personal trainer at this stage to focus your exercise plan on detoxifying your body, building up circulation, improving digestion, and balancing hormones.
- Get plenty of good quality, uninterrupted sleep. Sleep deprivation can damage your health and mental functions – *even endanger your life!* *Check out pages 23-26 of **Brain Fog** to learn what you can take to get the best sleep ever!*

Protect Yourself from the Risk of Alzheimer's Dementia

*If you scored from 81 to 90 on the Brain Fog Quiz, you are at risk of developing Alzheimer's Dementia, **See your doctor immediately!***

In the meantime, start the *Ultimate Detox Program* on the BrainFogNoMore.com website immediately ([link](#)), and ask your doctor to help you in following these steps for comprehensive treatment:

- Begin to detoxify your body and brain (*see pages 165-172 of **Brain Fog***)
- Start to take anti-oxidants such Alpha Lipoic Acid immediately (*see pages 23 and 146*)
- Get your hormones checked (*see chapter 5*);
- Check for underlying infections (*see chapter 9*)
- Take a good high potency multivitamin every day
- Exercise vigorously daily with a personal trainer
- Take saunas to help you sweat out toxins
- Exercise your brain every day by challenging it with puzzles, Sudoku, strategy games like chess or Go, computer games, anything to make your brain work
- Eliminate stress in your life as best you can (*see chapter 3*).

Your situation is very serious, get as much help and support as you possibly can!

If You Are at Extremely High Risk of Alzheimer's

If you scored from 91 to 100 on the Brain Fog Quiz, you are at extremely high risk of developing Alzheimer's Dementia. **See your doctor immediately!** This report can't give the kind of information you need - buy the book (<http://tinyurl.com/2sufqa>), or CD, **Actualizing Your Brain's Potential** (<http://tinyurl.com/2qcjh3>) and get your doctor's support in following *all* of the steps described in the advanced program for healing.

Putting It All Together

The table below gives a birds-eye view of your basic plan to regain or maintain your brain health, based on your score in the Brain Fog Quiz. *This is a starting point!* For more complete information on all of these steps, see the references I've listed:

BF for my book **Brain Fog**

WS for articles on my website

| Use These Tools for a Healthy Brain | See | If You Scored... | | | | |
|-------------------------------------|-------------------|------------------|-------|-------|-------|--------|
| | | 0-30 | 30-60 | 61-80 | 81-90 | 91-100 |
| Develop a Healthy Diet | BF 77-134 | ✓ | ✓ | ✓ | ✓ | ✓ |
| Exercise Your Body | BF 27-29 | ✓ | ✓ | ✓ | ✓ | ✓ |
| Sleep | BF 23-26 | ✓ | ✓ | ✓ | ✓ | ✓ |
| Socialize | WS | ✓ | ✓ | ✓ | ✓ | ✓ |
| Learn to Manage Stress | BF 22-40 | ✓ | ✓ | ✓ | ✓ | ✓ |
| Exercise Your Brain | WS | ✓ | ✓ | ✓ | ✓ | ✓ |
| Detox Your Brain | BF 166-171 | | | ✓ | ✓ | ✓ |
| Detox Your Body | BF 166 | | | ✓ | ✓ | ✓ |
| Use a Good Multivitamin | WS | | | ✓ | ✓ | ✓ |
| Use Fish Oil Supplements | BF 123-131 | | | ✓ | ✓ | ✓ |
| Vigorous Exercise with Trainer | WS | | | ✓ | ✓ | ✓ |
| Antioxidants (Alpha Lipoic Acid) | BF 23, 146 | | | | ✓ | ✓ |
| Check Hormonal Balance | BF 57-76 | | | | ✓ | ✓ |
| Check for Infection | BF 134-155 | | | | ✓ | ✓ |
| Use Saunas to Detox | WS | | | | ✓ | ✓ |
| Eliminate Stress | BF 16-40 | | | | ✓ | ✓ |

A Final Thought: What Determines Your Quality of Life?

I often tell this story when I give motivational talks to schools, corporations, religious organizations and civic groups:

Professor Melamud, who lives in Israel, was diagnosed with Lou Gehrig's disease. Now, the average life expectancy after diagnosis is 2 years, and Professor Melamud was diagnosed *over 13 yrs ago*.

Is It Alzheimer's? Or Is It Just Brain Fog?

His devoted students watched helplessly as the disease paralyzed every muscle of his body. He was unable to walk, use his hands, talk, breathe or even swallow. He lost the use of every voluntary muscle in his body except for one. The only muscles he could control were his eyes.

So his students hooked up a laser to his eyes and networked it with a computer so that he would be able to communicate, letter by letter. He spent several months mastering the skill and began to communicate...*by blinking his eyes.*

Since that time, blink by blink, word by word, *he has written 7 books.* He answers his own emails every day, and people come from all over to consult with him. He feels that these are the most productive years of his life. He has a loving family, children and grandchildren that have adapted to his style of communication and he feels fulfilled.

Protect Your Most Important Asset

As I tell my audiences, "When your mind is sharp you can communicate -- you can laugh, cry, be creative and productive. *Our most important asset is our brain!*"

The brain is an organ of flesh and blood just like any other organ of the body. And just like any other organ of the body it can become diseased, tired, stressed, infected, toxic, inflamed, deficient and traumatized. But if you care for your brain, if you make it work, it will work and keep on working.

If your brain is healthy, *no matter how disabled your body is,* you can create a complete, full, and productive life. The choice is yours.

To Hear Dr. Rothstein In Person

If this information has helped you, please consider sharing it with your friends, family, and community. Dr. Binyamin Rothstein is happy to offer presentations, keynote speeches, and workshops to a wide variety of audiences. For more information, contact him by email at drben@BrainFogNoMore.com, or by telephone at 410.358.2826