

## Alzheimer's Disease: Type 3 Diabetes

Diabetic Treatment Protects the Brain against Alzheimer's



**A**lzheimer's disease is actually a third form of diabetes. In other words, the same treatments used for diabetes can now be used for Alzheimer's.

Researchers have recently discovered that insulin shields the brain from toxic proteins associated with Alzheimer's disease, proving that Alzheimer's may be a third form of diabetes.

In Type 1 diabetes, the pancreas doesn't make insulin. Tissue problems weakening insulin receptors cause Type 2 diabetes. 'Type 3' diabetes happens when insulin resistance

happens in the brain. This resistance makes the brain more vulnerable to toxins that cause Alzheimer's – basically, diabetes takes over the brain.

Several studies have indicated that diabetic patients are 'highly' more prone to developing Alzheimer's disease; it has been reported that diabetic patients who take insulin run a lower risk of developing Alzheimer's. Preventative measures for diabetes, such as a healthy diet and exercise, are also important in avoiding Alzheimer's.

Renowned Alzheimer's disease researcher William L Klein states that treatments to enhance insulin sensitivity in the brain could open up new treatments for Alzheimer's disease. "Sensitivity to insulin can decline with aging, which presents a novel risk factor for Alzheimer's disease," he explained, adding that, "our results demonstrate that bolstering insulin signaling [which reduces insulin resistance] can protect neurons [brain cells] from harm".

According to Sergio T Ferreira, a professor of biochemistry, recognizing that Alzheimer's disease is a type of brain diabetes points the way to novel discoveries that may finally result in disease-modifying treatments for this devastating disease.

## How to prevent memory loss and How to get smarter as you grow older

**Dr. Youngsoo Kim**  
CEO, Eastwood Bio-Medical Research Inc.

**E**verybody is afraid of something. Some fear poverty, others premature deaths. Some fear painful long-term illnesses. Personally, I fear memory loss, dementia, or Alzheimer's. Several people dear to me suffered this dreadful disease. All the more tragic was that they all used to be very bright people with loving personalities until Alzheimer's gradually changed them into 'some people' totally different. More precisely, they turned into 'no people.' Their former 'precious' selves

were gone, yet they just managed to physically survive years – many, long years. That is what I fear.

More dreadful is the feeling of helplessness. Such hopelessness and helplessness engulf the patients themselves and those around them during the slow and deadly process of gradually losing so many precious memories and characteristics. Given the choice, I would rather have a shorter life of awareness, rather than a longer one with this disease. The disease is a nightmare: no memory of the past experiences that shaped and matured me, no inkling of all the things I strived to learn, and not even any recognition

► continued on page 2



# Insulin Resistance in Brain

Eleotin® Neuro Health a

## What is Alzheimer's?

Alzheimer's is the most common cause of dementia. It happens when plaque builds up in the brain, and kills brain cells.

So far, there is no known cure. You will eventually lose all your memories and personality, and inevitably become completely dependent on others. What's worse is that you can't do anything about it. You can neither reverse time, nor get new DNA.

But recently something exciting has happened in Alzheimer's research, which gives legitimate hope of staving off dementia and its debilitating consequences. It turns out that the key to preventing and alleviating Alzheimer's lies in treating 'insulin resistance.'

## What 'actually' causes Alzheimer's?

Insulin resistance. You've probably heard of the term before, but in a different context. People use the term to explain the cause of diabetes. Insulin resistance occurs when the body does not use the insulin produced by the pancreas. Scientists had noticed that diabetics had higher risks (almost double!) of developing Alzheimer's. Recent studies proved this connection. The study showed that insulin loss in the brain actually triggered the onset of Alzheimer's. In fact, insulin was the controlling factor in all features of Alzheimer's

er's disease. Alzheimer's is so strongly connected to insulin resistance that Alzheimer's can also be grouped as 'Type 3 diabetes.'

But, by the same token, existing treatments for insulin resistance can be used to prevent or alleviate Alzheimer's. The logic is simple. Keep your brain well supplied with insulin, it will be less insulin resistant, and your brain will be kept healthy.

## What can you do about Insulin Resistance?

Yes, there are a few pharmaceutical drugs that treat insulin resistance. But as diabetic patients know, there's a problem here. Pharmaceutical drugs used to treat insulin resistance can have deadly side effects, especially if taken over long periods of time. The value of taking such drugs over a long period of time is debatable even for people currently suffering from severe diabetes or Alzheimer's.

What you need is a 'natural' treatment that won't have

► from page 1

of the loved ones for whom I was ready to sacrifice so much. Sadly, many of us do not have a choice. With all of its remarkable advances, modern medical science still has no satisfactory solution. Not only do we have no cure for Alzheimer's, we do not really know how to prevent it. What's worse is that Alzheimer's is beginning to afflict more and more people, and at increasingly younger ages.

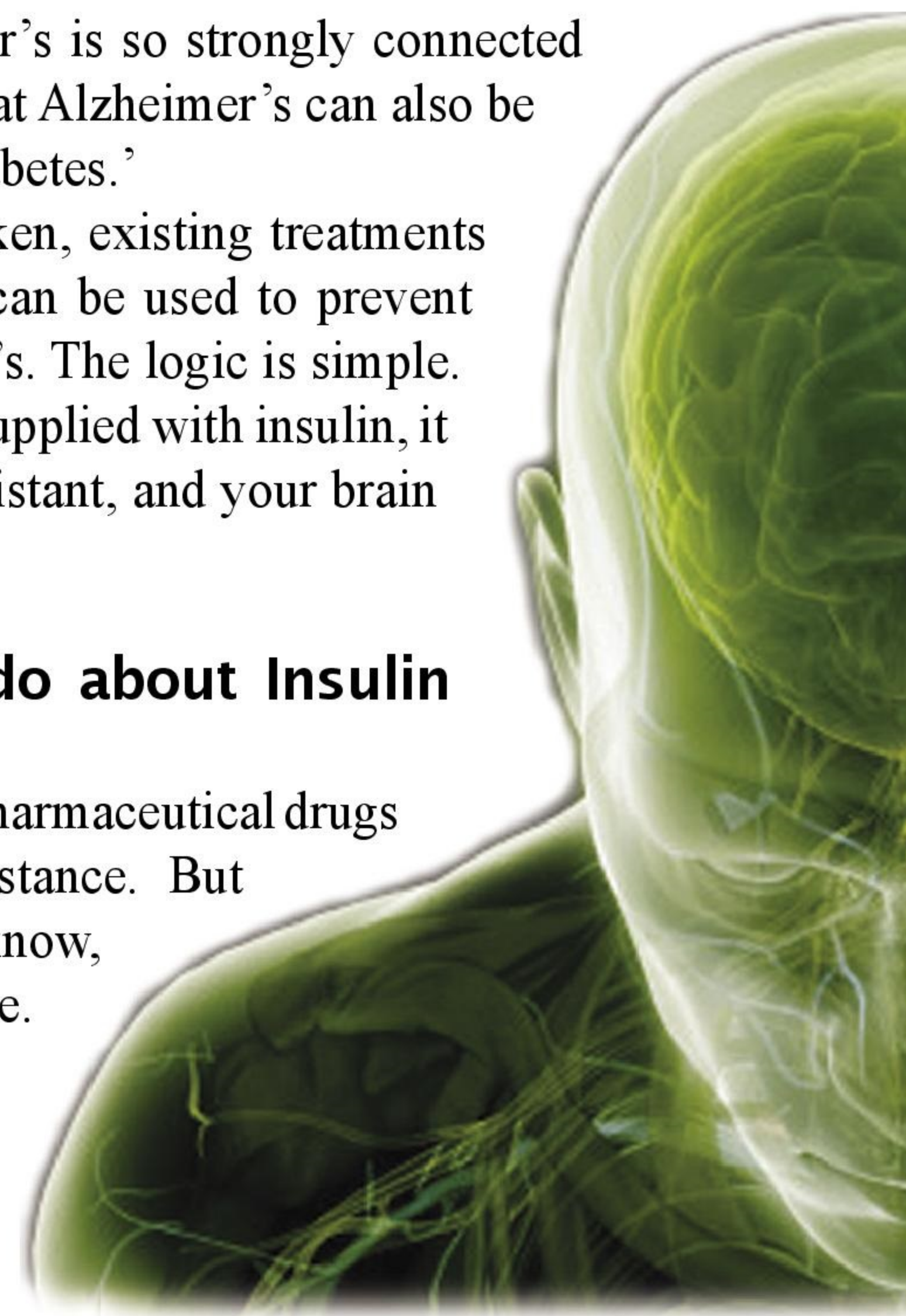
But, there is good news.

According to the recent discoveries, we can finally do something about Alzheimer's. It has been found that a significant portion of Alzheimer's cases, perhaps more than half, are linked to **insulin resistance**. **Insulin resistance** is our bodies' failure to use insulin efficiently. You've probably heard how it causes diabetes, obesity and hypertension.

It is actually the underlying root cause of most metabolism syndromes. Now, it is even linked to Alzheimer's disease. As insulin resistance is a common cause both for diabetes and Alzheimer, diabetes patients are exposed to higher risks of getting afflicted with this disease – so much so that Alzheimer's has even been called **Type 3 diabetes**.

I am excited to report in this newsletter, that we can do something about insulin resistance. This means we can do something about more than half the cases of all Alzheimer diseases. We can greatly improve the chances of preventing the diseases and we can improve the conditions of patients even if a disease was not completely prevented. Furthermore, we can do something to enhance the memory and other cognitive functions of ordinary adults.

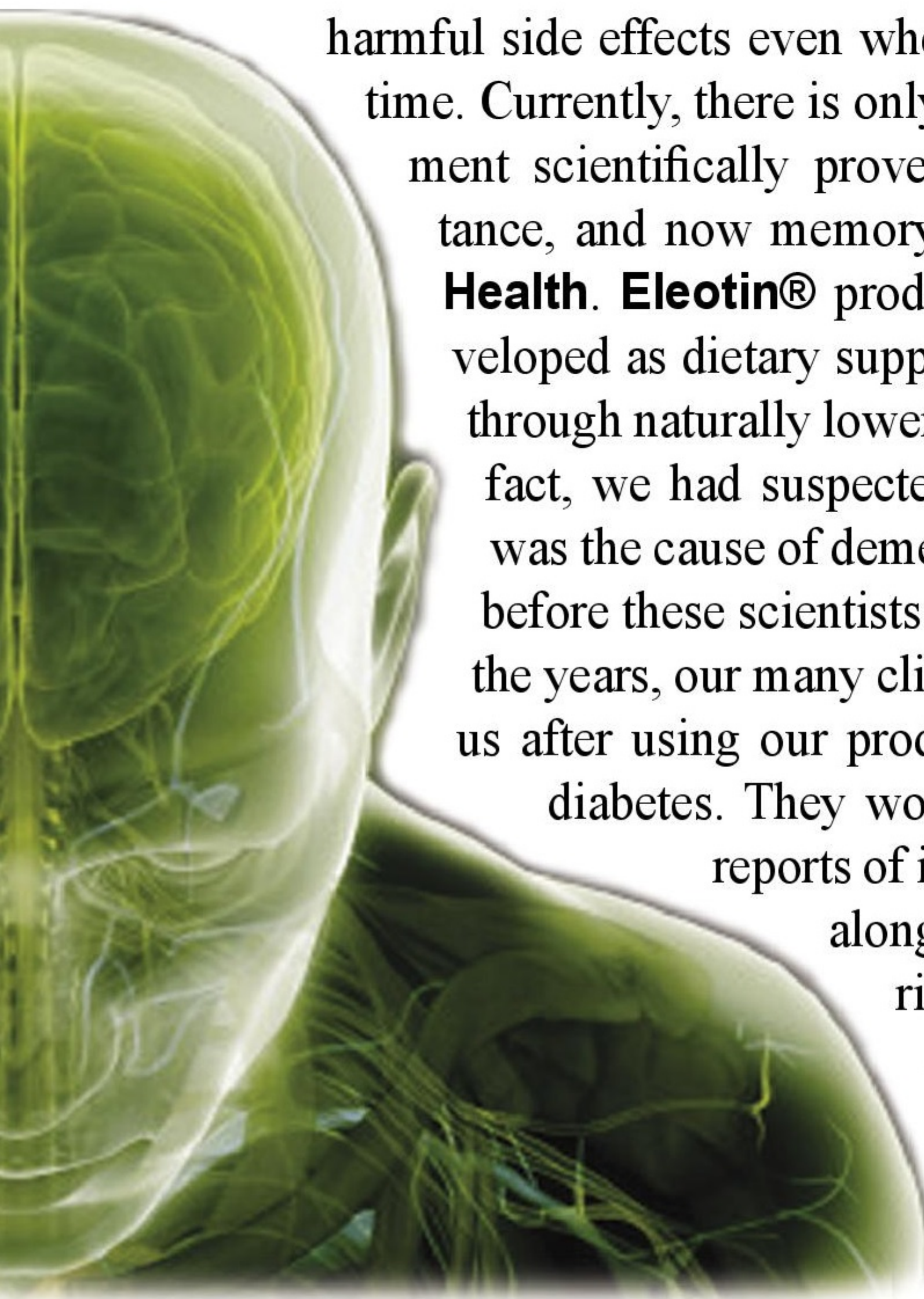
We can do something to prevent memory loss, and we can even do something to get smarter as we grow older.





# Causes Alzheimer's Disease

## Safe Solution for Alzheimer's



harmful side effects even when you take it for a long time. Currently, there is only one 'safe' natural treatment scientifically proven to treat insulin resistance, and now memory loss: **Eleotin® Neuro Health**. **Eleotin®** products were originally developed as dietary supplements to treat diabetes through naturally lowering insulin resistance. In fact, we had suspected that insulin resistance was the cause of dementia and Alzheimer long before these scientists found it to be true. Over the years, our many clients would come back to us after using our products originally for their diabetes. They would return with glowing reports of improved brain functions

along with their success stories of controlling their diabetes. We already knew that something was going on between insulin resistance and Alzheimer's. Recent

discoveries merely confirmed our suspicions.

**All Eleotin® products are 100% natural and 100% safe.** While other **Eleotin®** products address general metabolic problems, **Eleotin® Neuro Health** focuses specifically on improving neural health by restoring brain cells. The first effect is to treat insulin resistance, and normalize your body's blood flow. The second effect is to cleanse the plaque clogging your carotid artery, and smooth the circulation of blood in your brain. It's not only effective, but also safe. It is not a synthetic chemical as pharmaceutical drugs are. It is a safe food supplement that will improve your brain health when taken for a long time. There are many scientific proofs showing that **Eleotin®** reduces the insulin resistance, which researchers recently found as an important cause of Alzheimer's. Besides preventing Alzheimer's, memory and cognitive functions are also enhanced.

Here are other things you can do to strengthen your brain while taking **Eleotin® Neuro Health** to protect yourself from Alzheimer's.

### **1. Feed your brain, then fast a day.**

Your brain can be affected by diet just as much your other body parts. So it's important to find ways to put brain-healthy foods into your diet:

- almonds, walnuts, walnut oil ▪ blueberries, pears, apples, oranges, cantaloupe ▪ curry and red wine ▪ fish ▪ pork and peanuts ▪ broccoli ▪ top rolled oats ▪ cinnamon ▪ Chinese club moss ▪ Gotu Kola tea ▪ sodium-free salt

While eating healthy foods can improve your brain, eating nothing at all occasionally can also be good for it. Fasting one day a week, or one day a month helps your brain transmit information more efficiently. It is no wonder religions all over the world practice fasting.

- **Eleotin® Neuro Health** is one of those foods that improve brain health. It is not a drug. It is a safe food that is effective in making your brain healthier.

### **2. Move your body: walk, dance, and shake!**

Basic moving activities like walking can reduce your blood sugar. This increases the fresh blood flow to your brain, and enables you to think more clearly as a result. Learning to do things your body is not used to, like dancing, also helps your brain to form new neural connections – crucial to preventing Alzheimer's. You could also simply bounce your knees and shake your limbs to stimulate blood circulation.

### **3. Send your brain to boot camp.**

Push your brain to new frontiers. Prevent brain atrophy by forming new neural pathways. Challenge yourself by taking classes, learning new languages and musical instruments, and playing new videogames. Playing musical instruments in particular has been shown to lower dementia risks.

- **Eleotin® Neuro Health** focuses on improving the way your brain functions. You can expect a smooth restoration of your brain's overall health. By regularly using **Eleotin® Neuro Health**, you can improve both your body and brain activities in a balanced way.

### **4. Be as popular as you can & work to stay that way.**

Challenging oneself as well as others in a friendly manner can also be good for your brain. Debate (in a friendly way)



# Insulin Resistance in Brain Causes Alzheimer's Disease

## Eleotin® Neuro Health a Safe Solution for Alzheimer's

### What is Alzheimer's?

Alzheimer's is the most common cause of dementia. It happens when plaque builds up in the brain, and kills brain cells.

So far, there is no known cure. You will eventually lose all your memories and personality, and inevitably become completely dependent on others. What's worse is that you can't do anything about it. You can neither reverse time, nor get new DNA.

But recently something exciting has happened in Alzheimer's research, which gives legitimate hope of staving off dementia and its debilitating consequences. It turns out that the key to preventing and alleviating Alzheimer's lies in treating 'insulin resistance.'

### What 'actually' causes Alzheimer's?

Insulin resistance. You've probably heard of the term before, but in a different context. People use the term to explain the cause of diabetes. Insulin resistance occurs when the body does not use the insulin produced by the pancreas. Scientists had noticed that diabetics had higher risks (almost double!) of developing Alzheimer's. Recent studies proved this connection. The study showed that insulin loss in the brain actually triggered the onset of Alzheimer's. In fact, insulin was the controlling factor in all features of Alzheimer's disease.

Alzheimer's is so strongly connected to insulin resistance that Alzheimer's can also be grouped as 'Type 3 diabetes.'

But, by the same token, existing treatments for insulin resistance can be used to prevent or alleviate Alzheimer's. The logic is simple. Keep your brain well supplied with insulin, it will be less insulin resistant, and your brain will be kept healthy.

### What can you do about Insulin Resistance?

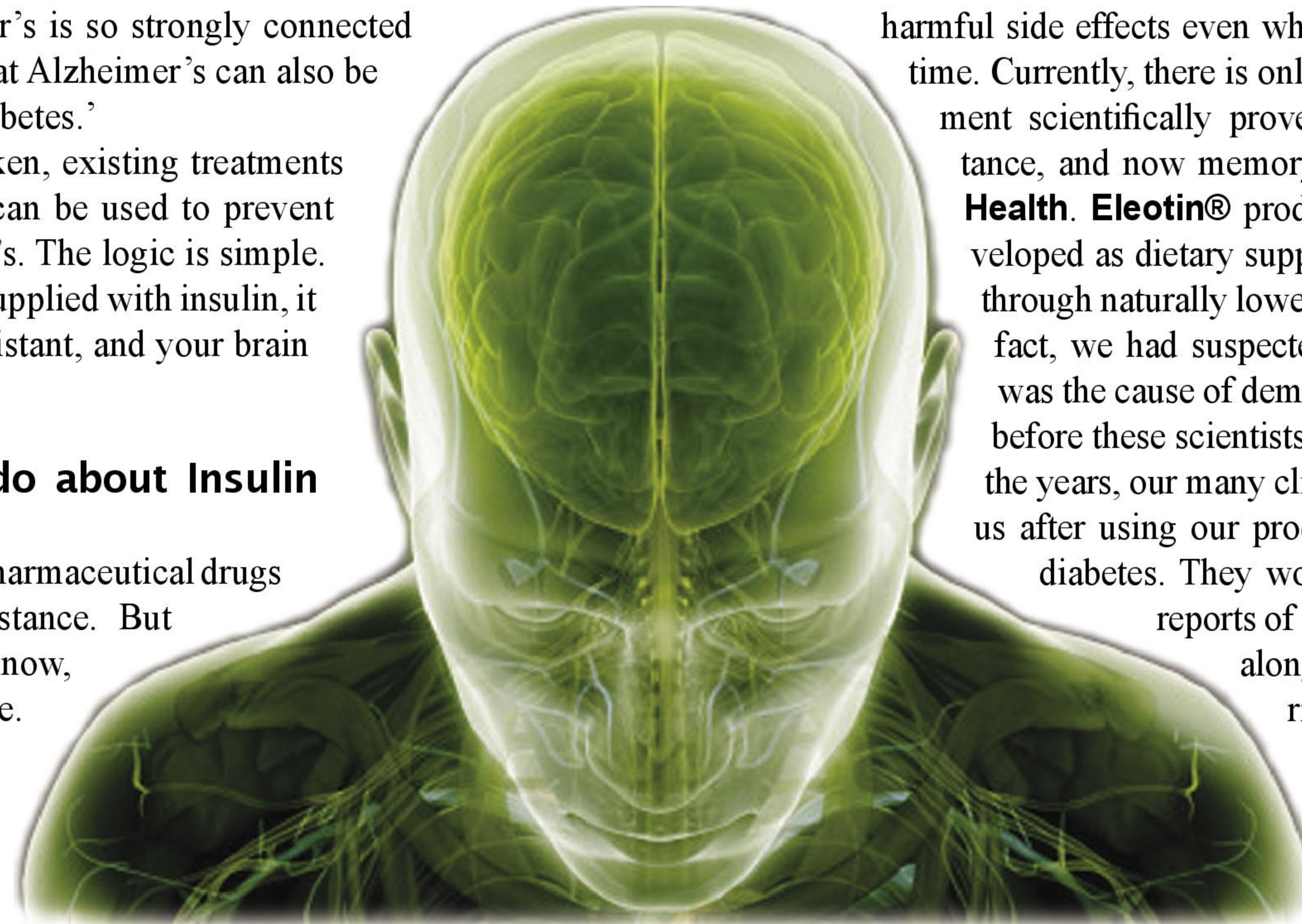
Yes, there are a few pharmaceutical drugs that treat insulin resistance. But as diabetic patients know, there's a problem here. Pharmaceutical drugs used to treat insulin resistance can have deadly side effects, especially if taken over long periods of time. The value of taking such drugs over a long period of time is debatable even for people currently suffering from severe diabetes or Alzheimer's.

What you need is a 'natural' treatment that won't have

It is actually the underlying root cause of most metabolism syndromes. Now, it is even linked to Alzheimer's disease. As insulin resistance is a common cause both for diabetes and Alzheimer, diabetes patients are exposed to higher risks of getting afflicted with this disease – so much so that Alzheimer's has even been called **Type 3 diabetes**.

I am excited to report in this newsletter, that we can do something about insulin resistance. This means we can do something about more than half the cases of all Alzheimer diseases. We can greatly improve the chances of preventing the diseases and we can improve the conditions of patients even if a disease was not completely prevented. Furthermore, we can do something to enhance the memory and other cognitive functions of ordinary adults.

We can do something to prevent memory loss, and we can even do something to get smarter as we grow older.



harmful side effects even when you take it for a long time. Currently, there is only one 'safe' natural treatment scientifically proven to treat insulin resistance, and now memory loss: **Eleotin® Neuro Health**. Eleotin® products were originally developed as dietary supplements to treat diabetes through naturally lowering insulin resistance. In fact, we had suspected that insulin resistance was the cause of dementia and Alzheimer long before these scientists found it to be true. Over the years, our many clients would come back to us after using our products originally for their diabetes. They would return with glowing reports of improved brain functions

along with their success stories of controlling their diabetes. We already knew that something was going on between insulin resistance and Alzheimer's. Recent discoveries merely confirmed our suspicions.

**All Eleotin® products are 100% natural and 100% safe.** While other Eleotin® products address general metabolic problems, **Eleotin® Neuro Health** focuses specifically on improving neural health by restoring brain cells. The first effect is to treat insulin resistance, and normalize your body's blood flow. The second effect is to cleanse the plaque clogging your carotid artery, and smooth the circulation of blood in your brain. It's not only effective, but also safe. It is not a synthetic chemical as pharmaceutical drugs are. It is a safe food supplement that will improve your brain health when taken for a long time. There are many scientific proofs showing that **Eleotin®** reduces the insulin resistance, which researchers recently found as an important cause of Alzheimer's. Besides preventing Alzheimer's, memory and cognitive functions are also enhanced.

Here are other things you can do to strengthen your brain while taking **Eleotin® Neuro Health** to protect yourself from Alzheimer's.

### 1. Feed your brain, then fast a day.

Your brain can be affected by diet just as much your other body parts. So it's important to find ways to put brain-healthy foods into your diet:

- almonds, walnuts, walnut oil • blueberries, pears, apples, oranges, cantaloupe • curry and red wine • fish • pork and peanuts • broccoli • top rolled oats • cinnamon • Chinese club moss • Gotu Kola tea • sodium-free salt

While eating healthy foods can improve your brain, eating nothing at all occasionally can also be good for it. Fasting one day a week, or one day a month helps your brain transmit information more efficiently. It is no wonder religions all over the world practice fasting.

• **Eleotin® Neuro Health** is one of those foods that improve brain health. It is not a drug. It is a safe food that is effective in making your brain healthier.

### 2. Move your body: walk, dance, and shake!

Basic moving activities like walking can reduce your blood sugar. This increases the fresh blood flow to your brain, and enables you to think more clearly as a result. Learning to do things your body is not used to, like dancing, also helps your brain to form new neural connections – crucial to preventing Alzheimer's. You could also simply bounce your knees and shake your limbs to stimulate blood circulation.

### 3. Send your brain to boot camp.

Push your brain to new frontiers. Prevent brain atrophy by forming new neural pathways. Challenge yourself by taking classes, learning new languages and musical instruments, and playing new videogames. Playing musical instruments in particular has been shown to lower dementia risks.

• **Eleotin® Neuro Health** focuses on improving the way your brain functions. You can expect a smooth restoration of your brain's overall health. By regularly using **Eleotin® Neuro Health**, you can improve both your body and brain activities in a balanced way.

### 4. Be as popular as you can & work to stay that way.

Challenging oneself as well as others in a friendly manner can also be good for your brain. Debate (in a friendly way)

► from page 1

of the loved ones for whom I was ready to sacrifice so much. Sadly, many of us do not have a choice. With all of its remarkable advances, modern medical science still has no satisfactory solution. Not only do we have no cure for Alzheimer's, we do not really know how to prevent it. What's worse is that Alzheimer's is beginning to afflict more and more people, and at increasingly younger ages.

But, there is good news.

According to the recent discoveries, we can finally do something about Alzheimer's. It has been found that a significant portion of Alzheimer's cases, perhaps more than half, are linked to **insulin resistance**. **Insulin resistance** is our bodies' failure to use insulin efficiently. You've probably heard how it causes diabetes, obesity and hypertension.



at.one

**ELEOTIN® Neuro-Health®**

Try **Eleotin® Neuro-Health®** to re-boost your memory and improve brain power. Recommended for general health improvement and for people who are concerned about the **memory** losses and **attention** deficits due to metabolism disorders. Always maintain healthy diet and active lifestyle.

*Memory Boost & Brain Power*

www.eastwoodcompanies.com  
MADE IN CANADA

current issues with friends and family, or join a book club. Interacting with other people intellectually can reduce stress and prevent memory depletion, and can also reduce depression, which affects memory.

- **‘Grumpy’** people who are overly argumentative, or get angry too easily because they can’t control their emotions may actually be suffering from insulin resistance. By treating insulin resistance, we can even expect **Eleotin® Neuro Health** to help restore a calm and stable personality. (For information on **Eleotin® Neuro Health**, visit [www.eastwoodcompanies.com](http://www.eastwoodcompanies.com) or call 1-888-669-4372, 1-604-247-2100)

### 5. Turn off the TV, turn on the radio.

Watching too much TV dulls the brain. You already knew that. But replacing TV programs with music can lower stress hormones, and increase feelings of well-being. This all improves memory and memory focus as well.

### 6. Sleep well.

Getting a good sleep is crucial for brain health. Sleep is when your brain consolidates memories, and even taking a 30 minute nap can boost your concentration and memory.

Good sleep is essential for a health brain. A healthy brain helps you get good sleep. An improvement in one will help the other. One of the herbs used in **Eleotin® Neuro Health** calms you down, and also enables you to sleep.

### 7. Check your neck.

Ask your doctor to check your carotid artery and your thyroid gland. Both are in your neck. A clot in the carotid artery can block blood and oxygen from reaching your brain, and can stunt your memory.

- Hormonal irregularities may be your body’s internal system reflection of its physical damage. **Eleotin® Neuro Health** improves your internal system’s metabolic functions. It can bring glands to secrete hormones properly, restoring the balanced hormonal state of your body.

### 8. Check your meds.

It could be your medications, not your brain health, that’s harming your memory. Certain anti-depressants, anti-diuretics, and antihistamines make brain chemicals less efficient. So ask your doctor about switching medications.

### 9. Join a book club.

Pick up a good book to cut down on brain-withering boredom. Frequent reading can reduce your risks of dementia. Meeting new people to discuss a book forces you to make new neural connections. Besides, you might enjoy the book.

### 10. Bear some weight.

Adding a little strength training to your daily walks can help protect brain cells from the damage inflicted by free radicals. The extra weights can also encourage new brain-cell growth. So strap on some weights to your ankles or wrists before you go for a walk.

### 11. Switch hands.

It may be uncomfortable, but writing or using computer mouse with your non-dominant hand activates parts of the brain that aren’t easily triggered. Anything that requires the brain to pay close attention to a formerly automatic behavior will stimulate brain-cell growth.

### 12. Have a chat.

A lack of activity can decrease brain-cell formation. So instead of popping in another movie rental, pick up the phone. Talking with someone else not only gets you out of your rut, but the socializing can also reduce potentially memory-sapping depression