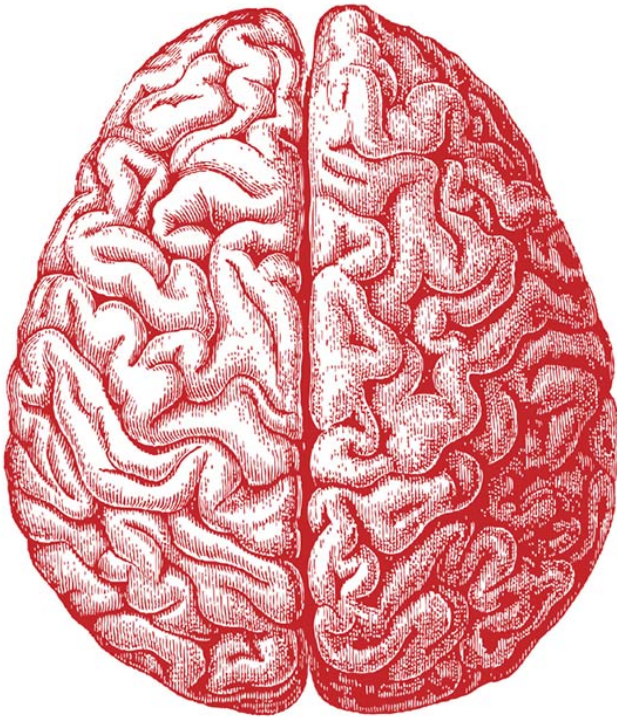


# Alzheimer's Patients

March 29, 2015



## Tumeric's neuroprotective powers



By Sayer Ji • Originally posted on [Greenmedinfo.com](http://www.greenmedinfo.com)

(<http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-in-alzheimers-patients?page=2>).

***Turmeric has been used in India for over 5,000 years, which is likely why still today both rural and urban populations have some of the lowest prevalence rates of Alzheimer's disease (AD) in the world. A recent study on patients with AD found that less than a gram of turmeric daily, taken for three months, resulted in 'remarkable improvements.'*** [https://letreach.com/?revolution.org&utm\\_medium=NotificationBranding&utm\\_campaign=NotificationBranding](https://letreach.com/?revolution.org&utm_medium=NotificationBranding&utm_campaign=NotificationBranding))

### **Alzheimer's Disease: A Disturbingly Common Modern Rite of Passage**

A diagnosis of Alzheimer's disease (AD), sadly, has become a rite of passage in so-called developed countries. AD is considered the most common form of dementia, which is defined as a serious loss of cognitive function in previously unimpaired persons, beyond what is expected from normal aging.

A 2006 study estimated that 26 million people throughout the world suffer from this condition, and that by 2050, the prevalence will quadruple, by which time 1 in 85 persons worldwide will be afflicted with the disease.[1]

(<http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-in-alzheimers-patients?page=2>)

[alzheimers-patients?page=2#\\_ftn1](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-in-alzheimers-patients?page=2#_ftn1)).

Given the global extent of the problem, interest in safe and effective preventive and therapeutic interventions within the conventional medical and alternative professions alike are growing.

Unfortunately, conventional drug-based approaches amount to declaring chemical war upon the problem, a mistake which **we have documented elsewhere** (<http://www.greenmedinfo.com/blog/declaring-chemical-warfare-against-alzheimers1>), and which can result in serious neurological harm, as evidenced by the fact that this drug class carries an alarmingly high risk for seizures, according to World Health Organization post-marketing surveillance statistics.[i] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-in-alzheimers-patients?page=2#\\_edn1](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-in-alzheimers-patients?page=2#_edn1))[2] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-in-alzheimers-patients?page=2#\\_ftn2](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-in-alzheimers-patients?page=2#_ftn2)).

What the general public is therefore growing most responsive to is using time-tested, safe, natural and otherwise more effective therapies that rely on foods, spices (<http://www.greenmedinfo.com/substance/culinary-herbs-and-spices>) and familiar culinary ingredients.

### **Remarkable Recoveries Reported after Administration of Turmeric**

Late last year, a remarkable study was published in the journal *Ayu* titled “Effects of turmeric on Alzheimer’s disease with behavioral and psychological symptoms of dementia (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3665200/>).” [ii] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-in-alzheimers-patients?page=2#\\_edn2](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-in-alzheimers-patients?page=2#_edn2)). Researchers described three patients with Alzheimer’s disease whose behavioral symptoms were “improved remarkably” as a result of consuming 1.5 grams of turmeric (**curcumin** (<http://www.greenmedinfo.com/substance/curcumin>)) 100 mg/day (12 weeks). According to the study:

“All three patients exhibited irritability, agitation, anxiety, and apathy, two patients suffer from urinary incontinence and wanderings. They were prescribed turmeric powder capsules and started recovering from these symptoms without any adverse reaction in the clinical symptom and laboratory data.”

After only 3 months of treatment, both the patients’ symptoms and the burden on their caregivers were significantly decreased.

The report describes the improvements thusly:

“In one case, the Mini-Mental State Examination (MMSE) score was up five points, from 12/30 to 17/30. In the other two cases, no significant change was seen in the MMSE; however, **they came to recognize their family within 1 year treatment.** All cases have been taking turmeric for more than 1 year, re-exacerbation of BPSD was not seen.”

This study illustrates just how powerful a simple natural intervention using a time-tested culinary herb can be. Given that turmeric has been used medicinally and as a culinary ingredient for over 5,000 years in Indian culture, even attaining the status of a **'Golden Goddess'** (<http://www.greenmedinfo.com/blog/turmeric-return-golden-goddess>), we should not be surprised at this result. Indeed, epidemiological studies of Indian populations reveal that they have a remarkably lower prevalence of Alzheimer's disease relative to Western nations, [3] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn3](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn3)) and this is true for both rural and more “Westernized” urban areas of India.[4] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn4](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn4)).

Could turmeric be a major reason for this?

### **Turmeric's Anti-Alzheimer's Properties.**

The **GreenMedInfo.com database** (<http://greenmedinfo.com/>) now contains a broad range of published studies on the value of turmeric, and its primary polyphenol curcumin (which gives it its golden hue), for Alzheimer's disease prevention and treatment.\*

While there are 114 studies on our **Turmeric research** (<http://www.greenmedinfo.com/substance/turmeric>) page indicating turmeric has a neuroprotective set of physiological actions, [5] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn5](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn5)) 30 of these studies are directly connected to Brannigan's anti-Alzheimer's disease properties.\*\*

Two of these studies are particularly promising, as they reveal that curcumin is capable of enhancing the clearance of the pathological amyloid-beta plaque in Alzheimer's disease patients,[6] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn6](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn6)) and that in combination with vitamin D3 the neurorestorative process is further enhanced.[7] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn7](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn7)) Additional preclinical research indicates curcumin (and its analogs) has inhibitory and protective effects against Alzheimer's disease

associated  $\beta$ -amyloid proteins.[8] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn8](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn8)) [9] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn9](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn9)) [10] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn10](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn10))

### Other Documented Anti-Alzheimer's Mechanisms Include:

- **Anti-inflammatory:** Curcumin has been found to play a protective role against  $\beta$ -amyloid protein associated inflammation.[11] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn11](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn11))
- **Anti-oxidative:** Curcumin may reduce damage via antioxidant properties.[12] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn12](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn12))
- **Anti-cytotoxic:** Curcumin appears to protect against the cell-damaging effects of  $\beta$ -amyloid proteins.[13] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn13](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn13)) [14] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn14](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn14))
- **Anti-amyloidogenic:** Turmeric contains a variety of compounds (curcumin, tetrahydrocurcumin, demethoxycurcumin and bisdemethoxycurcumin) which may strike to the root pathological cause of Alzheimer's disease by preventing  $\beta$ -amyloid protein formation.[15] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn15](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn15))[16] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn16](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn16)) [17] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn17](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn17)) [18] ([https://letreach.com/?http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn18](https://letreach.com/?http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn18)) (NotificationBranding&utm\_campaign=NotificationBranding)
- **Neurorestorative:** Curcuminoids appear to rescue long-term potentiation (an indication of functional memory) impaired by amyloid peptide, and may reverse physiological damage by restoring distorted neurites and disrupting existing plaques. [19] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn19](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn19)) [20] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn20](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn20))
- **Metal-chelating properties:** Curcumin has a higher binding affinity for iron and copper rather than zinc, which may contribute to its protective effect in Alzheimer's

disease, as iron-mediated damage may play a pathological role.[21]

([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn21](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn21)) [22]

([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn22](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn22))

## Just The Tip of the Medicine Spice Cabinet

The modern kitchen pantry contains a broad range of anti-Alzheimer's disease items, which plenty of science now confirms. Our Alzheimer's research page contains research on **97 natural substances of interest** (<http://www.greenmedinfo.com/disease/alzheimers-disease?ed=169>). Top on the list, of course, is curcumin. Others include:

- **Coconut Oil:** This remarkable substance contains approximately 66% **medium chain triglycerides** (<http://www.greenmedinfo.com/substance/medium-chain-triglycerides>) by weight, and is capable of **improving symptoms of cognitive decline** (<http://www.greenmedinfo.com/blog/mct-fats-found-coconut-oil-boost-brain-function-only-one-dose>) in those suffering from dementia by increasing brain-boosing ketone bodies, and perhaps more remarkably, *within only one dose, and within only two hours.*[23] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn23](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn23))
- **Cocoa:** A 2009 study found that cocoa procyanidins may protect against lipid peroxidation associated with neuronal cell death in a manner relevant to Alzheimer's disease.[24] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn24](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn24))
- **Sage:** A 2003 study found that sage extract has therapeutic value in patients with mild to moderate Alzheimer's disease.[25] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn25](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn25))
- **Folic acid:** While most of the **positive research on this B vitamin** (<http://www.greenmedinfo.com/disease/alzheimers-disease?ed=169>) has been performed on the semi-synthetic version, which may have unintended, adverse health effects, the ideal source for this B vitamin is *foliage*, i.e. green leafy vegetables, as only foods provide *folate*. Also, the entire B group of vitamins, especially including the homocysteine-modulating B6 and B12,[26] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn26](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn26)) may have the most value in Alzheimer's disease prevention and treatment.
- **Resveratrol:** this compound is mainly found in the Western diet in grapes, wine, peanuts and chocolate. There are 16 articles on our website indicating it has anti-

Alzheimer's properties.[27] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn27](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn27))

### Other potent natural therapies include:

- **Ginkgo biloba:** is one of the few herbs proven to be at least as effective as the pharmaceutical drug **Aricept** (<http://www.greenmedinfo.com/toxic-ingredient/donepezil-trade-name-aricept>) in treating and improving symptoms of Alzheimer's disease.[28] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn28](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn28)) [29] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn29](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn29))
- **Melissa officinalis:** this herb, also known as Lemon Balm, has been found to have therapeutic effect in patients with mild to moderate Alzheimer's disease.[30] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn30](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn30))
- **Saffron:** this herb compares favorably to the drug donepezil in the treatment of mild-to-moderate Alzheimer's disease.[31] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#\\_ftn31](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-alzheimers-patients?page=2#_ftn31))

As always, the important thing to remember is that it is our diet and environmental exposures that largely determine our risk of accelerated brain aging and associated dementia. Prevention is an infinitely better strategy, especially considering many of the therapeutic items mentioned above can be used in foods as spices. Try incorporating small, high-quality culinary doses of spices like turmeric into your dietary pattern, remembering that 'adding it to taste,' in a way that is truly enjoyable, may be the ultimate standard for determining what a 'healthy dose' is *for you*.

### From Ocean Robbins, Food Revolution Network CEO:

[http://www.oceanrobbins.com/food-revolution-org&utm\\_medium=NotificationBranding&utm\\_campaign=NotificationBranding](http://www.oceanrobbins.com/food-revolution-org&utm_medium=NotificationBranding&utm_campaign=NotificationBranding))

Many of our members have been asking how much curcumin to take, how to take it in a bioavailable form, and where to get curcumin from a source they can trust. The challenge with taking full advantage of the curcumin in turmeric is low bioavailability. Personally, I love mixing fresh and dried turmeric into all sorts of foods – and I always try to include black pepper with it, because studies show that piperine (found in black pepper) helps to increase absorbability. But now PuraTHRIVE has developed a curcumin supplement that utilizes a cutting-edge micelle liposomal delivery mechanism that's been found to increase bioavailability by up to 185 times. Their formula also contains ginger oil, vegan DHA fatty acids from algae, and beneficial phospholipids. The product is 100% vegan, organic, soy-free, and non-GMO. And if you get it from this link, they'll contribute a portion of the

proceeds to the work of the Food Revolution Network. [Click here \(http://turmeric4health.com\)](http://turmeric4health.com) if you'd like to find out more.

### ***Important Note About Lead in Turmeric:***

Investigators believe that in some countries, turmeric may be intentionally contaminated with lead to enhance its weight, color, or both. Lead-contaminated turmeric has repeatedly been found (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5415259/>) in India and Bangladesh, and it may be a concern in the United States, as well.

The FDA has not (<http://www.astaspice.org/the-american-spice-trade-associations-statement-on-lead-in-turmeric/>) set maximum permissible levels of lead in spices. As a result, the agency does not regulate lead levels in turmeric. If you want to protect yourself and your family from possible lead contamination, the best option is to buy fresh turmeric root or to buy organic turmeric and curcumin products. You can also contact manufacturers to ask if they test for lead and other metals.

We asked PuraTHRIVE about their products and lead, and they told us they run ICPMS (the highest standard for heavy metal testing) on every batch of Curcumin Gold. They test internally and also hire a third party for independent verification. The test results show there is no lead in their products. They report that they are also fully compliant with California's Prop 65. [See more about Curcumin Gold here \(https://foodrevolution.org/turmeric4health\)](https://foodrevolution.org/turmeric4health).

### **Notes:**

\*This statement is not meant to be used to prevent, diagnosis, treat, or cure a disease; rather, it is a statement of fact: the research indexed on our database indicates it

is indexed by LetReach: ([https://letreach.com/?revolution.org&utm\\_medium=NotificationBranding&utm\\_campaign=NotificationBranding](https://letreach.com/?revolution.org&utm_medium=NotificationBranding&utm_campaign=NotificationBranding))  
 Open this list on the top of the [Turmeric Research](http://www.greenmedinfo.com/substance/turmeric)

(<http://www.greenmedinfo.com/substance/turmeric>) page and after clicking the function "Sort Quick Summaries by Title Alphabetically" under "Available Sorting Options" they can quickly retrieve an alphabetical list of all 613 diseases relevant to the Turmeric research, and then choosing the "Focus" articles selection to the right of the "Alzheimer's disease" heading to see only the 30 study abstracts relevant to the topic.

### **Resources**

[1] ([http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-in-alzheimers-patients?page=1#\\_ftnref1](http://www.greenmedinfo.com/blog/turmeric-produces-remarkable-recovery-in-alzheimers-patients?page=1#_ftnref1)) Ron Brookmeyer Elizabeth Johnson Kathryn

~~www.greenmedinfo.com/page=1# ftncite1, www.greenmedinfo.com/page=1# ftncite2, www.greenmedinfo.com/page=1# ftncite3, www.greenmedinfo.com/page=1# ftncite4, www.greenmedinfo.com/page=1# ftncite5, www.greenmedinfo.com/page=1# ftncite6, www.greenmedinfo.com/page=1# ftncite7, www.greenmedinfo.com/page=1# ftncite8, www.greenmedinfo.com/page=1# ftncite9, www.greenmedinfo.com/page=1# ftncite10, www.greenmedinfo.com/page=1# ftncite11, www.greenmedinfo.com/page=1# ftncite12, www.greenmedinfo.com/page=1# ftncite13, www.greenmedinfo.com/page=1# ftncite14, www.greenmedinfo.com/page=1# ftncite15, www.greenmedinfo.com/page=1# ftncite16, www.greenmedinfo.com/page=1# ftncite17, www.greenmedinfo.com/page=1# ftncite18, www.greenmedinfo.com/page=1# ftncite19, www.greenmedinfo.com/page=1# ftncite20, www.greenmedinfo.com/page=1# ftncite21, www.greenmedinfo.com/page=1# ftncite22, www.greenmedinfo.com/page=1# ftncite23, www.greenmedinfo.com/page=1# ftncite24, www.greenmedinfo.com/page=1# ftncite25, www.greenmedinfo.com/page=1# ftncite26, www.greenmedinfo.com/page=1# ftncite27, www.greenmedinfo.com/page=1# ftncite28, www.greenmedinfo.com/page=1# ftncite29, www.greenmedinfo.com/page=1# ftncite30, www.greenmedinfo.com/page=1# ftncite31, www.greenmedinfo.com/page=1# ftncite32, www.greenmedinfo.com/page=1# ftncite33, www.greenmedinfo.com/page=1# ftncite34, www.greenmedinfo.com/page=1# ftncite35, www.greenmedinfo.com/page=1# ftncite36, www.greenmedinfo.com/page=1# ftncite37, www.greenmedinfo.com/page=1# ftncite38, www.greenmedinfo.com/page=1# ftncite39, www.greenmedinfo.com/page=1# ftncite40, www.greenmedinfo.com/page=1# ftncite41, www.greenmedinfo.com/page=1# ftncite42, www.greenmedinfo.com/page=1# ftncite43, www.greenmedinfo.com/page=1# ftncite44, www.greenmedinfo.com/page=1# ftncite45, www.greenmedinfo.com/page=1# ftncite46, www.greenmedinfo.com/page=1# ftncite47, www.greenmedinfo.com/page=1# ftncite48, www.greenmedinfo.com/page=1# ftncite49, www.greenmedinfo.com/page=1# ftncite50, www.greenmedinfo.com/page=1# ftncite51, www.greenmedinfo.com/page=1# ftncite52, www.greenmedinfo.com/page=1# ftncite53, www.greenmedinfo.com/page=1# ftncite54, www.greenmedinfo.com/page=1# ftncite55, www.greenmedinfo.com/page=1# ftncite56, www.greenmedinfo.com/page=1# ftncite57, www.greenmedinfo.com/page=1# ftncite58, www.greenmedinfo.com/page=1# ftncite59, www.greenmedinfo.com/page=1# ftncite60, www.greenmedinfo.com/page=1# ftncite61, www.greenmedinfo.com/page=1# ftncite62, www.greenmedinfo.com/page=1# ftncite63, www.greenmedinfo.com/page=1# ftncite64, www.greenmedinfo.com/page=1# ftncite65, www.greenmedinfo.com/page=1# ftncite66, www.greenmedinfo.com/page=1# ftncite67, www.greenmedinfo.com/page=1# ftncite68, www.greenmedinfo.com/page=1# ftncite69, www.greenmedinfo.com/page=1# ftncite70, www.greenmedinfo.com/page=1# ftncite71, www.greenmedinfo.com/page=1# ftncite72, www.greenmedinfo.com/page=1# ftncite73, www.greenmedinfo.com/page=1# ftncite74, www.greenmedinfo.com/page=1# ftncite75, www.greenmedinfo.com/page=1# ftncite76, www.greenmedinfo.com/page=1# ftncite77, www.greenmedinfo.com/page=1# ftncite78, www.greenmedinfo.com/page=1# ftncite79, www.greenmedinfo.com/page=1# ftncite80, www.greenmedinfo.com/page=1# ftncite81, www.greenmedinfo.com/page=1# ftncite82, www.greenmedinfo.com/page=1# ftncite83, www.greenmedinfo.com/page=1# ftncite84, www.greenmedinfo.com/page=1# ftncite85, www.greenmedinfo.com/page=1# ftncite86, www.greenmedinfo.com/page=1# ftncite87, www.greenmedinfo.com/page=1# ftncite88, www.greenmedinfo.com/page=1# ftncite89, www.greenmedinfo.com/page=1# ftncite90, www.greenmedinfo.com/page=1# ftncite91, www.greenmedinfo.com/page=1# ftncite92, www.greenmedinfo.com/page=1# ftncite93, www.greenmedinfo.com/page=1# ftncite94, www.greenmedinfo.com/page=1# ftncite95, www.greenmedinfo.com/page=1# ftncite96, www.greenmedinfo.com/page=1# ftncite97, www.greenmedinfo.com/page=1# ftncite98, www.greenmedinfo.com/page=1# ftncite99, www.greenmedinfo.com/page=1# ftncite100~~

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Sayer Ji is an author and educator, a Board of Governor for the National Health Federation, Steering Committee Member of the Global GMO Free Coalition (GGFC), and founder of Greenmedinfo.com. Join their free newsletter here.

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