

# Presentation by Adele Gunn

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# Overview

- Part 1 – Where aluminium may be found
- Part 2 – 2 cases studies and therapies associated with them
- Part 3 – A time strap of nutritional events + mini case study, fats in a healthy diet to help mitigate the effects of neurological diseases
- Part 4 – Summary

# Aluminium may be found everywhere

architecture as siding and roofing;  
airplanes;

trains;

automobiles;

minute quantities are in the air we breathe.

its architectural use is probably the least of  
the health worries

# Aluminium may be found everywhere

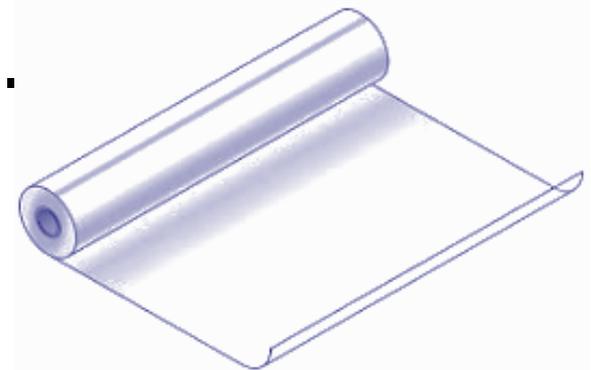
aluminium may be in water, if it is added to  
the treatment process

in certain types of aluminium-containing  
water softeners

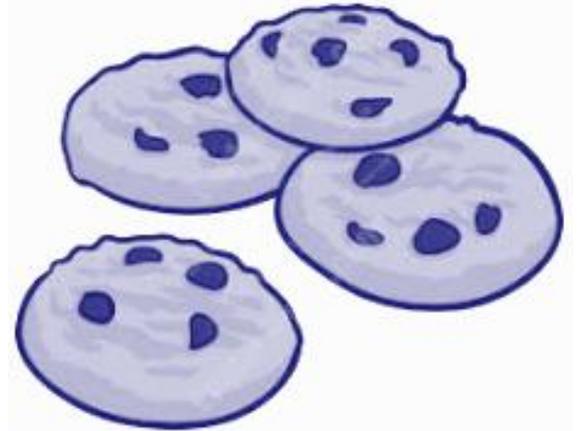
# Aluminium may be found everywhere

presence of aluminium in food is either primary or secondary

aluminium pots and pans or wrapping food in aluminium foil - aluminium leaches into the food and, heating, salt and acidic foods, increase this effect.



# Aluminium may be found everywhere



Aluminium may be found  
everywhere

## **Vaccines**

It is a primary component of many vaccines where it serves as an 'adjuvant' to artificially stimulate the immune system into action

# Case Study No. 1

- 52 year old (we will call him John)
- October 2014
- Neurofibrillary tangles and senile plaques
  - Made of the protein beta-amyloid in his brain

# Nutrition

## Mitochondria

the powerhouses, or energy factories, of the cell

- acts like a cellular digestive system
- it takes in nutrients, breaks them down and creates energy that the cell needs to function – adenosine triphosphate (ATP)

# Nutrition

- The brain can run on an alternate fuel – the liver metabolizes fat – ketosis – ketone bodies
- Ketone bodies are good for brain function
- Consuming medium-chain triglycerides (MCTS) fat which the liver converts to ketones
- Coconut oil is rich in sources of MCT

# Nutrition - Turmeric



- Anti-inflammatory, Antioxidant,
- Migraine preventative, Cardioprotective,
- Anti-cancer preventative,
- Liver-protective, Anti-arthritic,
- Amongst other things

# 2<sup>nd</sup> case study - **Bredesen**

- **Bredesen's Three main types of Alzheimer's disease model**
- each type with relatively distinct symptoms:
- Type 1 – primarily inflammatory, from a fired-up immune system;
- Type 2 – primarily deficient in key nutrients like vitamins, minerals and hormones that support brain health; and
- Type 3 – primarily toxic, reacting to foreign substances like metals or biotoxins such as mould.

Wan-Tao Ying proposed a multiple-factor theory that AD develops from the interplay of :

- (1) imbalances in amyloid precursor protein (APP);
- (2) calcium;
- (3) free-radical damage; and
- (4) energy deficit.

Ying's research suggests each factor reinforces, and is reinforced by, each of the other factors.

It may be argued that AD is not a disease, but a symptom of slow-motion poisoning from such as viruses, bacteria (example gum disease, herpes), heavy metals/aluminium/mercury from amalgam fillings, and head traumas.

Several studies have focussed on APoE4 allele as a genetic risk factor for Alzheimer's.

APoE4 allele is associated with a greatly increased risk of Alzheimer's disease.

APoE4 Strongly promotes beta-amyloid deposition in the brain
APoE3 Considered “neutral” form relating to Alzheimer's risk
APoE2 Considered the protective form – decreases the build up

- There's an APP for that - focused on the amyloid precursor protein (APP),
- it acts as a switch which sends one of two signals to neurons in the brain:
- “stay healthy” which nourishes the neurons and maintains the connections between them; or
- “suicide” that kicks off chemical events telling the cell to die, which in turn begins to build up the Alzheimer's progression

- the flip of the APP switch from “stay healthy” to “die”, could occur from a list of critical influences rather than one critical factor. Bredensen cut the list down to 36 influencers
- how the APP mechanism is tripped depends on the ratio of factors that favour health or degeneration.

The ReCODE treatment incorporates the following to influence key cellular mechanisms:

- Diet
- Lifestyle
- Detoxing
- Addressing nutritional deficiencies and hormonal imbalances

- The ReCODE protocol overlaps and draws from:
- integrative and functional medicine;
- Chinese and Ayurvedic practices; and
- Other fields.

# **Cognoscopy tests**

**Genetics** - The test for the APoE4 gene allele

**Hormones** - Pregnenolone is a master steroid hormone

**Thyroid** - Mainstream doctors often only test for thyroid stimulating hormone (TSH) and not other thyroid hormone levels

**Magnesium levels** - The most accurate test is the red blood cell magnesium level

**Brain volumes** - MRI scans can identify areas of shrinkage

**Cognitive assessment tests** - To score brain's function at various tasks

The '12/3' in the Ketoflex diet refers to 12 hours left between the last meal at the end of one day, and the first snack/meal at the beginning of the next day (commonly known as breakfast) With three hours that should be maintained between the last meal and going to bed

Example - eat at 19.00 hours – bed at 22.00 hours, breakfast 07.00 hours.

<b>Vitamin B1 (50 mg)</b>	Important in memory formation
<b>Pantothenic acid (100-200 mg)</b>	For Alertness
<b>Vitamin B6/B12/folate combination Vitamin D (2,500 IU per day until optimal levels are reached)</b>	For Alertness
<b>Vitamin K2 as MK7 (100 mcg), Citicoline (250 mg twice a day)</b>	For Synapse growth and repair
<b>Ubiquinol, or coenzyme Q10 (100 mg)</b>	For mitochondria (the cells' powerhouses)

<b>Ashwagandha, sometimes called Indian ginseng</b>	A traditional Ayurvedic nerve “tonic” to reduce amyloid and combat stress
<b>Gotu kola</b>	Can promote wound healing, help with venous insufficiency – where blood pools in the veins rather than flowing through them – as well as increase alertness and focus
<b>Rhodolia extract</b>	Has been shown to be effective at reducing anxiety and stress

- **Cognitive assessment tests** To score brain's function at various tasks  
Go to The Montreal Cognitive Assessment (MoCA) is free online ([www.mocatest.org](http://www.mocatest.org)) and takes under 10 minutes to do
- **Brain training** - The ReCODE protocol has teamed up with neuroscientist Michael Merzenich, founder of Posit Science, which makes Brain HQ ([www.brainhq.com](http://www.brainhq.com)). The online system uses games like Double Decision and Hawkeye, which are designed to improve brain processing time by practicing 10 to 20 minutes a day or 30 minutes three times a week.

# **Cognoscopy tests**

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# Time Strap Recommendations

1961 swapping from animal fat to vegetable oils

1970 eating less meat to lower rates of heart disease

1970 arguments that sugar was the real culprit

1977 healthy diet was 60% carbohydrates and 40% fats

# Time Strap



- Between 1909 – 1999
- Rise in Omega-6 consumption due to the use of soybean oil.
- Consumption of soybean oil increased 1000% from 1909 to 1999.
- Early 1900s diets contain equal amounts of Omega-6 and Omega-3

# Time Strap

2004 – 1977 diet considered weak (60% Carbs, 40% Fats)

Rising rates of:

Obesity, type-2 diabetes, and cardiovascular disease

2004 – 40% cancers caused by poor lifestyle and diet – changes in diet could reduce the rates of breast, colorectal, prostate and lung cancers

# Time Strap

2008 – Working for a healthier tomorrow:

Health professionals need appropriate skills to meet current and future needs

Healthcare professionals need to adapt the advice they give to patients

Individuals should take personal responsibility

Trades unions should champion health and well-being in the workplace

# Time Strap

2012 outlined

Omega-3 fed the mind

Too much Omega 6 affects the effects of Omega-3

2017 Dr. Rupy Aujla – mini case study – lifestyle and diet changes

2017 a JAMA study found that common diseases were attributed to not eating enough nuts, seeds and omega-3 fatty acids from seafood and consumption of too much salt (sodium) and processed meats

# Time Strap

A 2017 paper discussed -  
Mitochondrial nutrients include:  
Omega 3 fatty acids;  
antioxidants (vitamin C and zinc);  
members of the vitamin B family  
(Vitamin B12 and folic acid);  
and magnesium.

# Time Strap

2018 AHA commissioned a panel to find out why there were increasing rates in:

Diabetes, obesity, high blood pressure and other chronic diseases – findings:

Medical doctors – educational gap

2018 – BBC March survey

2018 – CMAJ survey

2019 – Lancet report

# Omega-3 – fat subtypes

- Alpha-Linolenic acid (ALA)
- Is often referred to as the parent omega-3.
- Because the body can convert ALA into
- Eicosapentaenoic acid (EPA) and
- Docosahexaenoic acid (DHA), however -
- With the exception of women of reproductive age, humans are only able to convert about 5 percent of ALA to EPA and just 0.5 percent of DHA

# Omega-3 – fat subtypes

- ALA is an essential fat, meaning that the body cannot make it, so it must be obtained from diet. ALA is found mostly in fish, vegetables – especially green leafy ones, nuts and seeds (such as flax and chia seeds)

# Omega-3 – fat subtypes

- EPA and DHA
- Primarily found in fatty fish, shellfish and krill,
- Present at lower levels in the fat of grass-fed ruminant animals - cattle, sheep, goats, deer and
- in egg yolks, especially if the hens' feed includes fishmeal, flax or chia seeds.

# Omega-3

DHA (Omega-3) in a cell messages the body  
If not enough DHA, communication doesn't happen.

This allows the cell to leak more toxic molecules into neighbouring cells.

Studies found too much Omega-6 in the brain thwarted the communication to the body.

# Omega-3

- Certain health conditions result in a reduction/increase in the activity of one of the key conversion enzymes. This may result in an impairment of either DHA or EPA

- A major part of fats that we have in our bodies are gained from those that we cook with.
- Let's look at good and bad fats and oils that we use in our cooking.

- Crude olive oil may be used for edible purposes without refining.
- Most vegetable oils contain impurities which affect flavour, odour and clarity.
  - The refining process is carried out over a number of stage.

- Seed oils are high in Omega-6
  - May be degraded during processing, storage and food preparation
  - By heat, light and damage

# Good and Bad Fats for Cooking

- Fats good for cooking
  - All rendered animal fats (beef, duck, chicken, lard), plus coconut and palm oils (these are all saturated fats).
  - Olive oil (the number of double bonds determines how “fragile” and easily damaged a fatty acid is, and monounsaturated fats like olive oil have just one double bond).

# Good and Bad Fats for Cooking

- Fats bad for cooking
  - All vegetable oils (known as industrial seed oils – these are polyunsaturated and easily degraded).

# "and in summary:

- The three case studies have a link to nutritional therapy;
- Bredesen and Aujla stepped out of mainstream medicine for their solutions;
- Western medicine is looking towards putting an emphasis on nutritional therapies?;
- Omega-3 plays an important role in nutritional therapy;
- A major part of fats that we have in our bodies are gained from those that we cook with;
- and
- There are good and bad cooking fats"

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