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The LongLife911 Health Bulletin by Curt Hendrix, M.S., C.C.N., C.N.S.

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The Tony O'Donnell Show of 05-22-2016 featuring Curt Hendrix, M.S., C.C.N., C.N.S.

Subject: Memory and Stress

Tony: Welcome back to the program. I hope you're having a fabulous Sunday. I hope you're enjoying this show. Thank you for tuning in, 1-800-449-8255, or you can e-mail me doctony2014@gmail.com. Well, welcome back a regular guest with us on the broadcast, he's a chemist with a master's degree in clinical nutrition, he's also certified both as a clinical nutritionist, and a clinical nutrition specialist. He's a very smart man, he gets an unbelievable response on our program. We're certainly glad to have him. We're talking about memory and stress, boy, put those two together and you have a real story. Curt Hendrix joins us. Hello Curt, welcome to the program.

Curt: Good morning Tony. Thanks and it's good to be here again.

Tony: Thanks. What effect does stress have on memory or vice versa?

Curt: Yes. I think that's a good place to start, and just before that, I thought it would be interesting to define and differentiate between stress and anxiety, because I think they're often confused. I think a good, working definition of stress is a state of mental, emotional, or physical strain or tension resulting from adverse or demanding circumstances. On the other hand, anxiety is the phenomenon where we continue to feel stressed even though the stressful events have stopped. In some ways, I think anxiety is a learned behavior and stress in our bodies and the reaction to it are very necessary. The things that happen in our body help us to amp up so that we can protect ourselves, run or fight if we have to protect ourselves or stay up and meet an important work deadline, or deal with financial and emotional or health issues. The problem is that in order to do that, our adrenal glands release a stress hormone called cortisol, which is helpful. The problem is, sometimes if the stress is continuing, the cortisol levels don't go back to normal when they should, and that can lead to some dangerous and unhealthy circumstances.

Tony: Yes. So you say and you just said something that was very poignant, that anxiety is a learned character trait?

Curt: I think it is. I perceived it as that because it's really the feeling of symptoms when the cause of the symptoms isn't there anymore. So nervousness, anxiety could be looked at that way, and I'm not sure that that's an official definition, but I certainly perceived it that way in the work we've done in this area.

Tony: Yes. We are talking about the effects of stress on memory, so talk about what actually happens biologically, chemically, physically, emotionally, when we're excessively stressed. What does that do to our mind? What does that do to our cognition? What does that do to our functionality?

Curt: Yes. I think that's the important point here is that for varying reasons, some of us have more stress than others, or react more negatively to it. And continued stress can lead to obesity, heart disease, diabetes, there's an Alzheimer's connection, depression can occur, certainly GI problems, and premature deaths. But for today's show, we want to talk about how it actually affects your brain, and cognitive function, and your day-to-day memory.

Tony: Right, and so our memory obviously declines significantly as we get older. Can we reverse the effects of memory decline by obviously, by reducing our stress? Is there something that we can take nutritionally? Is there exercises that we can do? Is there meditation that we can do? Is there yoga that we can do? Is there mindful behaviors that we can participate or partake in that will reduce the incidence of memory loss, particularly as it relates to short-term, long-term memory or Alzheimer's?

Curt: Absolutely. And then the answer is pretty much yes to all of the above. Just some really simple things, it's amazing how many of us, when we're in a stressful situation, forget to breathe deeply. Well for that matter, how many of us really breathe deeply? When we get stressed, we tend to shorten our breaths, and we deprive our body of oxygen, and that leads to a whole spiral of things that we don't want to have happen. So one very simple thing is, make it a habit to breathe in through your nose and not fill up your chest so much, but fill up your belly, and then slowly let that air out through your mouth. When you're feeling stressed, if you do that 10 or 15 times, it's pretty incredible how that can help you to feel better. The second area is to move. You mentioned exercise, Doctor Tony, and it's been shown that as little as 10 minutes of aerobic exercise when you're stressed, coupled with deep breathing can really help on the spot. And thirdly, an area that a lot of us have issues with is sleep. Sleep is very restorative and healing, helps the body to reset and regenerate its systems. I suggest for those who are having troubles with sleep, I've seen this combination of ingredients work very well in a large percentage of people. If they were to take a thousand milligrams of L-tryptophan, which is an amino acid, just one milligram of melatonin, you don't need more, and 400 milligrams of valerian extract an hour before you sleep. I've seen people who had real real sleep issues do much better just using those three very affordable, over-the-counter dietary supplements.

Tony: Wow. That's fantastic. I'm reading here on the internet as you're speaking, that roughly 7 million adults a year suffer from what's called, GAD or general anxiety disorder. And some of the things they recommend are what you just suggested, nutrition, sleep, meditation, breathing, exercise, yoga, pilates, anything that you can do to move your body and expel the feelings that are coming up. And you mentioned that it's a learned character trait, and I believe that it's true. Talk us through that for a moment, or what people can do particularly those of us who are college students, or studying. Have our heads in books on a continuous basis, or worried about the future, worried about finances, relationships not working out, what can they do?

Curt: I think you really brought up an important issue Doctor Tony, and that's the fact that stress just doesn't happen to us at middle age because we have a bunch of kids, and financial issues, and job issues. Stress impacts the performance even of teenagers and young college students. When they are overly stressed, their ability to either recall information that they learned, or recall newly learned information decreases, so they as well can benefit from things like the following. Again, stress, to a

pretty important degree, comes about when elevated cortisol levels, which is the adrenal hormone I mentioned, that we need to perform on the spot, to do whatever we have to get done, do not adjust to normal. And actually, that's a test that your doctor or even certain well-known and respected online labs can do, where you test your cortisol a few times during the day, and it should be high in the morning to get you ready to do what you got to do, and then at the end of the night, it should be dropped down to a much lower level. And often in people who are stressed, those things get reversed and cortisol is too high or for that matter, too low if it's been an ongoing situation, so that you can't respond to these stressful situations. With that in mind, I'd like to discuss about three or four different ingredients that actually help maintain healthy cortisol levels, and at the same time, other ingredients that have been shown to really sort of supercharge your brain so that your memory doesn't suffer during prolonged periods of stress.

Tony: Well let's talk about that to when we come back after the break. Our special guest is Curt Hendrix. He's a chemist, and he's clinical certified nutritionist. His newsletter is called LongLife911.com LongLife911.com. Curt Hendrix is our guest, we love having him on our program. We're going to take a break and Curt will be back to tell us how to super charge our brain in just a minute. You're listening to the Doctor Tony Show, nationwide on talk radio network, all about health. We'll be right back in just a moment.

[Part 2]

Tony: Welcome back to the program. You're listening to the Dr. Tony O'Donnell Show on Talk Radio Network, all about health, Sunday Nationwide. My special guest is Curt Hendrix, LongLife911.com is his wonderful newsletter. Don't forget to pick up and request a copy of that LongLife911.com. You can email and pick up a copy. Curt you're talking about supercharging our memory, how do we do that?

Curt: Okay. I have three or four ingredients that I'd like to tell the listeners about. I think it's important for them to know that anytime I mention an ingredient it is based on the fact that there are human studies done at very reputable research locations that support the safe and effective benefits I am mentioning. These are not based on animal studies and they're certainly not based on hyperbolized advertising, so they can get some comfort out of knowing that these were really looked at by independent scientists who are not involved with the ingredients other than to find out if they worked and they were safe.

So with that in mind, in order to control cortisol levels, which are the, I'll mention again, the adrenal hormones that help us deal with stress that don't reset themselves and drop back to lower levels in some of us, I have seen tremendous research and personal benefit from taking Ashwagandha extract. Ashwagandha is an Ayurvedic herb, it's a main stay of a lot of Ayurvedic pharmaceutical research. But it exists as a natural extract here in the United States as a dietary supplement, and adding about 600mg a day really helps people to reduce cortisol levels and just feel calm and focused.

From a brain function level, as we can all imagine, the arteries in our brain have to stay supple and dilated appropriately so that we can get enough blood, which thereby allows enough oxygen, which is critical to its function.

There is an ingredient called Vinpocetine that has been shown in clinical studies, not only to help maintain excellent cerebral perfusion, which is blood flow, and oxygen usage, but it also has been shown to be of significant benefit in day-to-day memory performance.

I have also found that adding to that another herb called Huperzine, that's H-U-P-E-R-Z-I-N-E -A, in a small dose - 200 micrograms, which is a very tiny amount - a microgram is a millionth of a gram. It helps the nerves in our brains to work efficiently because it allows the neuro-transmitters that allow one nerve to communicate with another nerve not to be destroyed, and that's important, if they're destroyed it's sort of like cutting the bridge down that allows the end of one nerve to communicate with the beginning of another one.

The human studies on Huperzine-A are very impressive and they show that it helps people to recall facts, figures and names, and now there's significant human research showing that it helps Alzheimer's patients improve on mental testing where their test results actually get better. And a secondary benefit is that it seems in some preliminary human research to be suggestive that it might even reduce the risk of developing Alzheimer's disease.

Tony: Yeah, let's talk about that more when we take this short break. We're talking with Curt Hendrix, Chemist and certified Nutritionist. LongLife911.com is his newsletter, we're coming back to talk more about these super foods and how to supercharge your brain, reduce your stress and stay healthy and have a long, beautiful, magnificent life. You're listening to the Dr. Tony Show, time for a break, more in just a moment.

[Part 3]

Tony: Welcome back to the program. We're speaking with Curt Hendrix. LongLife911.com is his newsletter. We're talking about herbs that can enhance the memory, ashwagandha, vinpocetine and huperzine. You say, Curt, we should use about 200 micrograms of huperzine. What else can we take to help enhance our memory and reduce stress at the same time?

Curt: Well, the three that I mentioned are excellent. There are other sources of choline, and there are two or three different sources of choline that I don't know if we'll have time to discuss on today's show but that also have been shown to be helpful. There's something called CDP choline, and then there's something called GPC choline which also have shown to be of benefit in helping people's memory just be sharper. It makes sense because acetylcholine is a neurotransmitter that allows an impulse, or one of the neurotransmitters, that allows an impulse from the ending of one nerve to jump to space, which is called a synapse, to the next one. So if that acetylcholine is not there in sufficient amounts or being degraded, which was the benefit of the huperzine, it could affect memory. So those are other things that listeners can check into as well.

One interesting thing is that being a chemist, you're just responsible to have in your memory, 8, 10, 12 syllable words which are terrible to have to say. So we come up with acronyms, you know, AMPK, whatever. So I must know hundreds of them, and I've noticed over time that sometimes I recall them better than others. So I started taking some of these ingredients and what I found is two things. One, my focus and my state of being calm just was noticeably better in a week or two. I was driving and, people cut you off and do silly things, nothing impacted me. Then a few weeks later, I was giving a talk to some physicians -- you know, when sometimes you recall your words better or choose your words better, and

in that particular speech, I said, "Well, I'm speaking well today and I really feel like my computer's been rebooted." So a lot of those acronyms came to me at my fingertips. What I also noticed was when I couldn't recall one, it came to me in five minutes instead of two days later.

Tony: Are you talking about ashwagandha, vinpocetine, choline, huperzine, the combination?

Curt: The combination, actually.

Tony: That's really cool. Did you take it in liquid form or capsule form?

Curt: I took it in capsule form. I'm not aware where you can get them all together in one liquid form.

Tony: That's fantastic that you noticed that because you're the smartest guy I know, that's why I have you on the program. LongLife911.com. You're very interesting, people really respond to what you have to say because it makes a lot of sense. Memory decline and obviously stress, is a huge issue not only in our youth but also particularly those of us who are studious. I'm a readaholic, I love to read. I know you are a chemist so you obviously are into research papers, you're a scientist. And then of course the elderly. What can they do right away to avoid taking copious amounts of medication as it relates to their memory?

Curt: Well, if you recall, I mentioned that the huperzine is really being looked at for its benefits with Alzheimer's, and it's pretty sure to translate to developing dementia or even mild cognitive decline. That, in addition to the keep moving -- I live here in Malibu and there was a wonderful statement that I read in a magazine as to how Dick Van Dyke just stays so young and healthy and just vibrant. His main piece of advice at age 90 was move.

Tony: Yes, his book is called Keep Moving. In fact, I just interviewed him, not on this program but I interviewed him for my cable show a couple of weeks ago and he just did not want to quit, he didn't want to leave. I didn't want to leave. It was unbelievable. Hey Curt, thanks for being with us on the broadcast. LongLife911.com. When you come back, we want you to come back. Come up with more story ideas to help our listeners stay educated. We appreciate you so much for being with us on the broadcast. Enjoy this beautiful Malibu day. Enjoy the sunshine, go surfing for us and give us a report back in a couple of weeks. Curt Hendrix, chemist and certified nutrition specialist. His wonderful newsletter is called LongLife911.com. Thanks so much Curt. Have a blessed and most beautiful afternoon. Enjoy your weekend.

Curt: You too. Thanks so much. Bye.

Tony: You're listening to the Doctor Tony Show. Time for a break. Back with more in just a moment. We'll be right back.

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