

New Study Demonstrates Potential Cognitive Improvements For Alzheimer's Patients

While Also Balancing Mood Swings and Addictive Behaviors

A new study published last month in Nature Magazine strongly suggests major benefits using the trace mineral lithium as a treatment for Alzheimer's disease. First published in 1869, Nature is probably the world's leading multidisciplinary science journal.

In the paper published by a team led by Dr. Bruce Yankner, a neuroscientist at Harvard Medical School, researchers report finding reduced lithium levels during postmortem examinations of the brains of people with Alzheimer's and even mild cognitive impairment which can precede the disease. They also found that a very inexpensive form of lithium improved memory when fed to mice with Alzheimer's-like symptoms. A low dose of lithium orotate (available over the counter) completely reversed memory loss in aging mice during object recognition and maze tasks - without evidence of the long-term kidney and thyroid toxicity known to be a side effect of the of the much larger doses of lithium that mainstream medical has historically used treating bi-polar disorder. Conversely, when the researchers put similar mice on a lithium-deficient diet, they saw more pronounced cognitive decline and more plaque buildup during aging than in mice with a normal diet - lithium levels mattered.

The paper is a "thorough and pioneering exploration" of lithium's role in the brain during cognitive decline, says Ashley Bush, a psychiatrist at the Florey Institute of Neuroscience and Mental Health who was not involved in the study. The work offers a new route forward for a field still eager to find new treatments probably because the recent highly controversial approval of a new Alzheimer's drug failed to demonstrate (despite its approval) conclusive improvements during clinical trials. For Bush, the paper offers "some of the most compelling data yet" that lithium is more than an irrelevant trace metal at its normal concentrations in the brain and does in fact play a role in key biological processes.



Optimizing lithium levels can affect brain health in all ages

The fascinating history of this lithium's relationship to brain health began in 1970. That was when the first report about naturally occurring lithium concentration levels in tap water and local state mental health hospital admissions were found to have an inverse correlation. As lithium exposure from groundwater increased, local mental hospital admissions were reduced. Over the ensuing decades, numerous research groups analyzed local water supplies and mental health outcomes, most often as suicide rates. A meta-analysis of this data was published in 2021, including 113 million individuals from 2678 regions around the world. The study found that higher naturally occurring lithium in groundwater was correlated with reduced suicide and mental hospital admissions. Since the meta-analysis, most of the additional studies have continued to confirm the relationship.

Dr James Greenblatt is the chief medical officer of Psychiatry

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Lithium Orotate



Local nutritionally oriented physicians and nurse practitioners often send their patients to Sunshine for lithium orotate.

Supplementing with lithium orotate has proven to be a safe, successful way to address chemical imbalances that can result in mood disorders and published studies are now showing it to have great potential for treating Alzheimer's as well.

Lithium is gentle and without the negative side effects often associated with prescription medications. It can begin working in the first few days of use and full results can be experienced by the third week.

It's well-known for helping with: depression, a bad temper or unexplained outbursts, sadness or uncontrollable crying, addictions, excessive sleeping or insomnia, menopause or PMS lows, migraines or frequent headaches and now, even improved cognition.

Lithium Orotate is natural, safe, non-addictive and non-toxic. The orotate form of lithium is absorbed so well it's effective in very low doses.



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The cake was *extraordinary!* If you missed it (and even if you got some), watch for announcements in the Sun Times in the coming months. We plan on having 2 more free-cake days during this, our 31st year.

Alzheimer's from page 1

Redefined, an online educational platform for integrative and functional psychiatry wrote: "From my own clinical experience, irritability often has roots in metabolic, environmental, and nutritional factors. While older studies on prison inmates suggest that lithium may have utility for decreasing anger and aggressive behaviors, in my experience, irritability is one of the most powerful indicators that a patient will benefit from low-dose or microdoses of lithium. For any patient struggling with irritability, especially **when there is a family history of addiction, bipolar disorder, or depression, elemental lithium between 2 and 10 mg, typically as lithium orotate, has often provided significant relief.** For children with Disruptive Mood Dysregulation Disorder (DMDD), lithium can sometimes provide profound benefits, helping to safely decrease symptoms even when used in these low doses." DMDD is a mental health condition characterized by persistent irritability and frequent, severe temper outbursts in children and adolescents. These outbursts often disrupt a child's ability to function at home, school, and in social settings.

Dr Yankner is excited stating that this study has only "scratched the surface" of lithium's capabilities. He suspects, for example, that lithium levels can modulate how neurons transmit information. It powers our phones, laptops, and electric vehicles," he says. "My guess is our brains might have naturally utilized this unique electrochemistry before we did." It appears this trace mineral is extremely important.

Improved Bladder Control

Kay's Success Story



81-year-old Kay Gray from Rogue River had struggled with bladder control for about 5 years. She bought Strength-24 a while ago, tried it for a few days, didn't notice much, and put it back in the cupboard. A few months ago Kay read another impressive success story in the Sun Times about Strength-24 and decided to try it again until she finished the bottle.

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