



## THE MIND IS A TERRIBLE THING TO WASTE BUT A WORSE THING TO LOSE



SUBMITTED BY:  
MARK JAMES BARTISS, M.D.  
INSTITUTE FOR COMPLEMENTARY  
AND ALTERNATIVE MEDICINE

**T**hroughout my youth and adult life, I was flooded by commercials and "lectures" from my teachers and professors (as well as my parents) instilling in me that the mind is a terrible thing to waste.

As a physician and a man in my fifties, I realize that memory (AS WELL AS OTHER IMPORTANT BODY PARTS) weaken during the aging process.

Recent statistics are showing that memory loss leading to dementia and Alzheimer's Disease (AD) is actually on the rise. This could be explained, in part, by the fact that as a whole, Americans are now living longer; therefore risks of developing AD will increase with age.

As baby boomers get older, simple percentage risks will heavily impact the population of individuals who will develop dementia ranging from Age Related Memory Decline (ARMD) to full blown AD. It is therefore imperative, as this genre of people reach their sixties and seventies, we must practice **prevention rather** than await devastation.

The old adage "An Ounce of Prevention is Worth a Pound of Cure" could not be more appropriate when talking about dementia. At present, there is no cure in sight for AD so **PREVENTION IS KEY.**

### So How then do we Prevent such a Catastrophe?

The expression, "use it or lose it" is true for the mind as well as the body. Learning to play a musical instrument, playing word or card games or any activity outside ones "normal" daily routine will surely help delay or avoid the processes involved in dementia.

**Often our memory is not as bad as we think** and is rather a lack of motivation to remember something. This is something every man every day is (blamed) guilty of by our female counterparts and that is "Selective Memory".

Beneficial natural preventive as well as therapeutic interventions can be found through the use of various herbs, minerals and vitamins and hormonal optimization and balancing. When taken regularly and in sufficient amounts (doses), these interventions have shown to be effective in both prevention and treatment of dementia when used as a nutritional supplement to mental exercise. These two simple yet nearly always under

utilized interventions, could make the difference between functionality and oblivion in terms of your aging years.

### HERE IS WHAT YOU CAN DO

- 1 Perform mental exercises daily for at least 60 to 90 minutes. (More may be better but less is not beneficial).
- 2 Avoid toxic substances and heavy metal exposure.
- 3 Get adequate healthy sleep.
- 4 Physical exercise at least 30 minutes three times a week to increase blood and nutrient circulation to the brain.
- 5 Discuss current medication as a possible source of memory decline (i.e. beta-blockers, sedatives, pain meds, and antihistamines, etc.).
- 6 Decrease stress.
- 7 Treat depression if present. This and medication along with lack of sleep are the most common causes of non-pathologic dementia.

8 Deep breathing exercises have shown to increase mental alertness by improving the circulation and oxygen delivery to the brain.

9 Laugh More and Love More.

10 Consider adopting a pet.

11 Consider testing for heavy metals and chelation therapy (or other form of IV/oral plaque reducer) if indicated.

12 Balance your sex hormones, thyroid and adrenal hormones. Testosterone is probably the most effective of the sex hormones in memory restoration.

13 Improve your diet—raw foods, brown rice, fish, blueberries, brewers yeast, and spinach.

14 Check to see if any current medications that you are on are affecting your memory.

15 Take suggested minerals, vitamins and supplements.

16 If all these fail try conventional therapies (including medication, biofeedback, surgical intervention—either alone or in tandem with appropriate OTC supplementation.

17 Find a practitioner like Dr. Bartiss who is knowledgeable in this field.

Dr. Bartiss has experience in memory and cognitive disorders as well as expanding upon one's current memory and brainpower. Several students and adults (including highly functional professionals) have taken advantage of his techniques and protocols and have increased their recall and improved upon their study skills. **Regardless of your age or current mental abilities (within reason), Dr. Bartiss can increase your mental capabilities far beyond that of what you ever had.**

**REMEMBER: YOUR Brain is a Terrible Thing to Waste, but a Heck of a Lot Worse Thing to Lose!**

### Client Testimonial ...

I felt as though my life was over. My husband and children hated me and I thought that I was losing my friends, my job and my mind. After receiving hormone therapy, my children love me again, I got promoted at work, my friends no longer avoid me and I am once again the woman my husband fell in love with. In fact, he cannot keep up with me in the bedroom so I sent HIM to Dr. Bartiss." - J.M.

Dr. Bartiss is a medical writer, lecturer and author and has keen interest in Women's Health issues. Whether you are feeling ill or think you are well, Dr. Bartiss offers therapies that will keep you healthy and set back your biologic (aging) clock ten to fifteen years. Hundreds of patients have already utilized his services and have found internal peace with their newly gained health and youth. You too can recapture this dream and live a healthier, happier and more fulfilling life with minimal effort by following his protocols.

For those interested in inquiring about lectures for your group/organization, or for information about ICAM and Dr. Bartiss, contact our office, or visit our website: [www.icambartissmd.com](http://www.icambartissmd.com)

## Institute For Complementary & Alternative Medicine

### Mark James Bartiss, MD

Welcomes you to his Alternative Medical practice, specializing in the following:



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- Fibromyalgia
- Anti-Aging Medicine
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24 Nautilus Drive, Suite 5 • Manahawkin, NJ 08050 • 609-978-9002  
504 Hamburg Tpk, Suite 205 • Wayne, NJ 07470 • 973-790-6363  
[www.icambartissmd.com](http://www.icambartissmd.com)