

BRAIN HEALTH (Dementia, Alzheimer's)

The role of Infrared Sauna & Nitric Oxide production is Key

"Using infrared significantly alters the slope and course of dementia..."

--Dr. Berman

<https://www.todaysgeriatricmedicine.com/archive/012312p6.shtml>

SAVE YOUR BRAIN - Nitric Oxide Helps Our Cells Live Longer (ANTI-AGING)

"Nitric oxide plays a key role in communication among all our cells.

For example, it activates telomerase, the enzyme that promotes the growth of telomeres, the tiny cellular 'time clocks' that determine how long we will live.

In other words, **nitric oxide helps our cells (including blood cells) live longer.** And when nitric oxide production is slowed, inhibited or blocked, telomeres become shorter, and cells die earlier.

(<https://www.ahajournals.org/doi/10.1161/01.RES.87.7.540>)

As a dementia-fighter, nitric oxide causes blood vessels to dilate.

In the brain, these dilated blood vessels save cells from starving to death by delivering oxygen and nutrients. The blood vessels also help carry away toxic byproducts like ammonia."

--Dr. Al Sears, MD, CNS

<https://web.archive.org/web/20170313144326/http://www.alsearsmd.com/2015/05/save-your-brain/>

Sauna bathing is inversely associated with dementia and Alzheimer's disease in middle-aged Finnish men. "In this male population, moderate to high frequency of sauna bathing was associated with lowered risks of dementia and Alzheimer's disease."

<https://pubmed.ncbi.nlm.nih.gov/27932366/>

<https://academic.oup.com/ageing/article/46/2/245/2654230>

<https://www.sciencedaily.com/releases/2016/12/161216114143.htm>

<https://www.drnorthrup.com/infrared-sauna-sweat-toxins/>

Infrared Sauna & Nitric Oxide, the body's "Miracle Molecule"

Dr. Nathan S. Bryan, PhD

<https://www.youtube.com/watch?v=Bvb7tNSteh8>

Blood vessel/nitric oxide health may affect Alzheimer's risk

<http://archive.jsonline.com/blogs/news/111141534.html>

Nobel Prize Awarded for Nitric Oxide (NO) Discoveries

Nitric Oxide, Named the “Miracle Molecule” by Modern Science, Plays A Key Role With Alzheimer’s, Mental Disorders, Diabetes, Infections, Cancers, Pain, Healing, much more.

"From diabetes to hypertension, cancer to drug addiction, stroke to intestinal motility, mental, memory and learning disorders to septic shock, sunburn to anorexia, male impotence to tuberculosis, there is probably no pathological condition where nitric oxide does not play an important curative role.

*Only recently discovered (within the last 25 years) as a product of enzymatic synthesis in mammals, there are more than **114,000 scientific studies** dealing with this remarkable molecule with most of these published only within the last eight years." <http://nitricoxidesociety.org>*

Book: "NO More Heart Disease"

Dr. Louis J. Ignarro, Ph.D. author of the book titled, **NO More Heart Disease**, ("NO" for Nitric Oxide) was one of three scientists awarded a **Nobel Prize in Medicine for work with Nitric Oxide**. His book documents that Heart Disease can be prevented and reversed with increased production of Nitric Oxide.

<https://us.macmillan.com/books/9780312335823/no-more-heart-disease>

Alzheimer's plaques lead to loss of nitric oxide in brain

"Levels of nitric oxide (NO) -- a signaling molecule that helps regulate blood flow, immune and neurological processes -- are known to be low in the brains of people who have Alzheimer's disease... There is evidence that suggests enhancing NO levels can protect neurons from degenerating and dying."

<https://www.sciencedaily.com/releases/2011/01/110110103832.htm>

Endothelial nitric oxide deficiency promotes Alzheimer's disease pathology

<https://pubmed.ncbi.nlm.nih.gov/23745722/>

<https://onlinelibrary.wiley.com/doi/full/10.1111/jnc.12334>

Endothelial Nitric Oxide Modulates Expression and Processing of Amyloid Precursor Protein

<https://www.ahajournals.org/doi/10.1161/CIRCRESAHA.110.233080>

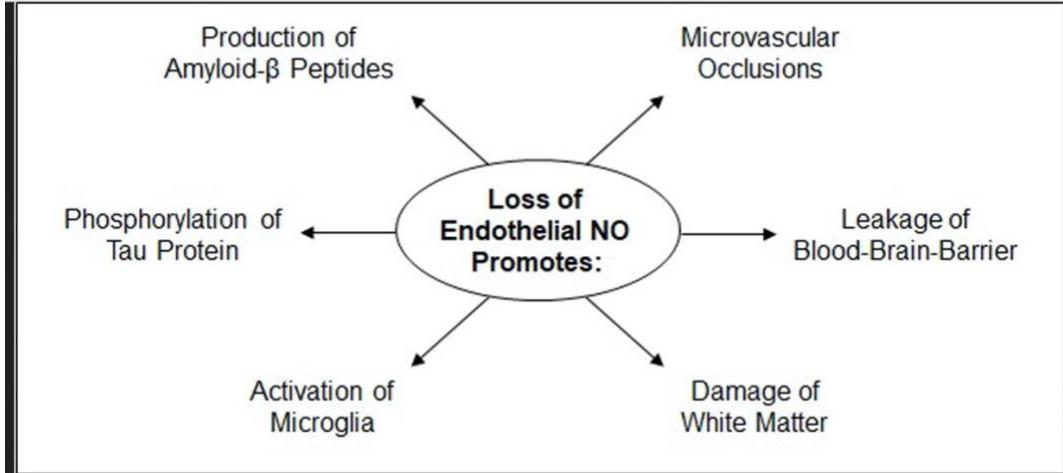
Nitric oxide might be an inducing factor in cognitive impairment in Alzheimer's disease via downregulating the monocarboxylate transporter 1

<https://www.sciencedirect.com/science/article/abs/pii/S1089860319300126>

Getting to NO Alzheimer's Disease: Neuroprotection versus Neurotoxicity Mediated by Nitric Oxide

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4677236/>

Emerging Roles of Endothelial Nitric Oxide in Preservation of Cognitive Health



Detrimental effects of endothelial nitric oxide (NO) deficiency contributing to impairment of cognitive function.

<https://www.ahajournals.org/doi/abs/10.1161/STROKEAHA.122.041444>

The role of the nitric oxide pathway in brain injury and its treatment

<https://www.sciencedirect.com/science/article/pii/S0014488614003537>

Involvement of nitric oxide in learning & memory processes

<https://pubmed.ncbi.nlm.nih.gov/21623030/>

Association Between Sauna Bathing and Fatal Cardiovascular and All-Cause Mortality Events: Increased frequency of sauna bathing is associated with a reduced risk of sudden cardiac death, chronic heart disease, cardiovascular disease, and all-cause mortality.

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2130724>

Infrared Is An Actual Physiological Intervention For Dementia
Professional Researcher Dr. Berman discovers:

"Infrared actually facilitates changes in basic molecular function and removal of toxic proteins and advances the promotion and regeneration of new cells. It's an actual physiological intervention." - Dr. Berman

"People are verifying things like, 'He hasn't done that in three years' or 'I have my husband back,'" Berman says.

"Using infrared significantly alters the slope and course of dementia, Parkinson's disease, and traumatic brain injury. We are seeing significant changes in the functional, behavioral, emotional, and cognitive behaviors of people after one six-minute treatment with infrared," Berman says.

"According to Dr. Berman, after intensive treatment people show significant reversals in their symptoms, lasting as long as they continue to receive the treatment."

Article: "Combating Dementia With Infrared?"
--by Maura Keller, *Aging Well*, Vol.5, No.1, P.6
<http://www.todaysgeriatricmedicine.com/archive/012312p6.shtml>

Super Sauna Encourages Body's Production of Nitric Oxide naturally

The rich production of Nitric Oxide naturally produced by the body from infrared energy from Super Sauna use improves circulation, oxygenation, and blood flow.

Improved circulation, oxygenation, and blood flow play a vital role for the body's healing and regeneration process.

<https://edskilling.com/Super-Sauna-Summary.pdf>

<https://edskilling.com/sauna-therapy-summary.pdf>

<http://www.NitricOxideEffects.com>

Call or email with questions.

Do Super, Feel Super, Be Super!

Best Regards,

Skilling Institute
877-777-4788
info@edskilling.com
www.EdSkilling.com
www.PhotonGenius.com
www.SuperSauna.com
www.NitricOxideEffects.com

"The only known 'cure' for anything is your own God-given immune system. All I did is figure out how to communicate with it and power it up." - Ed Skilling

Online Store: <https://www.edskilling.com/shop>

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