



Health News

Bright Blue Berry Helps 82 Year Old Dementia Sufferer Get Her Memory Back



A healthy diet is vital for a healthy mind



Memory loss can be terrifying for both victims and their families. Thankfully, research is fast revealing what steps people can take to protect, or even repair, their brains as they age.

This includes an 82 year old lady who recovered from dementia after making a key change to her diet.

Mark Hatzer had been worried about the mental state of his mother, Sylvia, for some time¹. She regularly forgot birthdays and missed appointments with friends. Then one day she seemed to lose her mind altogether when she looked at Mark and couldn't recognize her own son.



Eventually, Mark felt he had no choice than to get her cared for in hospital. But poor Sylvia didn't understand what was happening. She thought she'd been kidnapped and phoned the police for help.



After this latest upset, Mark thought he'd lost the mother he knew forever. But then he made a miraculous discovery that changed both their lives.

The Link Between Diet and Our Minds



He started by researching which countries have the lowest rates of dementia². This led to him discovering breakthrough research into the **link between the diet of Mediterranean countries and the remarkable memories of their seniors³**.

After discovering this, Mark immediately switched his mother to a *Mediterranean diet* high in nuts, broccoli, fish and sunflower seeds.

He also encouraged her to eat bowlfuls of **blueberries**, after discovering they'd been found

to help **improve memory** by as much as 20 percent⁴.



It took a while for this dietary change to take effect.

But soon, Sylvia was well enough to leave hospital and live with her son again. In fact, her recovery has been so remarkable that the UK's Alzheimer's Society now actively promotes her diet for combating the deadly dementia disease.

"For an 82-year-old she does very well, she looks 10 years younger and if you met her you would not know she has gone through all this," said Mark.
"She had to have help with all sorts of things, now she is turning it round. We are living to the older age in this country - but we are not necessarily living healthier."

The Secret to Delaying Age Related Decline Revealed

Doctors may have been stunned by Sylvia's recovery. But for natural health researcher Samuel Grenville, her improvement isn't surprising at all.

Breakthrough studies have now revealed the exact biological process that causes memory loss and age related decline. And how the wrong foods or daily habits can cause it to accelerate.

Thankfully, it's also been discovered how to slow this process, or even **reverse** it altogether.



In a [special health alert video](#), Grenville reveals:

- The story of how another woman recovered from dementia with a single dietary change
- The shocking discovery of the root cause of ALL degenerative disease

- A home based protocol for flushing toxic cells - blamed for accelerated age related decline - from the body

[Click here](#) to learn more.

The Best Natural Solution To Boost Brain Health And Halt Degenerative Diseases
PainReliefSciences.com | 7.1 million views



References:

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4. <http://healthyeating.sfgate.com/benefits-blueberries-memory-5963.html>

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