

*Excerpt from Chapter One*  
**Expand Your MIND - Improve Your BRAIN**  
by J. C. Spencer

# 1

**You CAN expand your mind.  
You CAN improve your brain.**

**Y**ou are about to explore your own brain and venture to the edge of this new frontier of accelerated [knowledge](#). In Chapter 1 you will learn some practical ways for improving your own brain [function](#).

The mission statement that guides everything we do at The Endowment for Medical Research is: **Improving brain function in children and adults without drugs or harmful side effects**. That is not just a statement. We are beginning to achieve that objective.

**“Whatever works” is what the people want.**

**Expand Your Mind - Improve Your Brain** will be of special interest to the person that enjoys **thinking** and wishes his or her brain could **think** better. This series will also be of interest to those who have a **family** member with **mental** or motor challenges. There is mounting **evidence** that you can improve brain **function** in young children and even in aging **Alzheimer’s** patients.

In some of the chapters I will discuss how **nutrition** plays a contributing role in brain **function** or brain **malfunction**. Together, we will also explore ongoing research and pending research on brain **function** and how you may personally participate in some cutting-edge science integrated into our **Nutritional Pilot Surveys**. The addendum to our Mission Statement could be: **“Whatever works!”** Of course, we will still hold to our commitment of using no **drugs** or dangerous plants in the Clinical Studies or **Nutritional Pilot Surveys**.

**Improved brain function is the key to better use of knowledge.**

Improved brain **function** is the key to better use of **knowledge**. The key to improved brain **function** is improved perception. The key to improved perception is the ability to create redundant **memory storage** for quick retrieval.

You can plan more strategically with quicker response time in **thought** and physical activity. As the brain **functions** more efficiently, the motor **functions** in every part of the body may operate at a higher efficiency.

I will review how laboratory **mice** are made smarter and how those studies may apply to children and adult humans. I will discuss a number of integrative means for improving brain **function** and how different **approaches** may have synergistic possibilities.

Well over 700 scientists, researchers, and individuals are referenced or quoted. The [knowledge](#) of many MDs, PhDs, and authoritative [neurology](#) experts have made possible this book and my ongoing series of newsletters. These free newsletters will be available to those who wish to keep up with this expanding science.

To set the stage for this brain and [mental study](#), here is a quick review of the [Nutritional Pilot Surveys](#) we conducted with [Alzheimer's patients](#). Two papers were published in PROCEEDINGS of the Fisher Institute for Medical Research and are available in their entirety from them or from The Endowment for Medical Research.

**Two papers were published from the work we did with Alzheimer's patients.**

Our first published [Alzheimer's](#) paper was titled: ***A Prospective Open-label Pilot Survey in Patients with Alzheimer's and Vascular Dementia Provided Micronutrients Containing Dietary Supplements***. It was published in March, 2006. This study population consisted of 36 individuals (21 females and 15 males).

The average [age](#) was 75.8 years (73.3 for females and 76.3 for the males). Participants were from 22 states. The reported clinical improvements were statistically significant. The responses observed support a positive impression sufficient to justify a larger and more formal clinical study.

A follow-up paper was published in March, 2007, entitled: ***Alzheimer's Disease: Expanded Study with Micronutrient Supplementation***. This study population consisted of 48 individuals (22 females, 26 males). The average [age](#) was 77.5 years. Participants were from 27 states. The results are available in the published paper.

**Because of these two Alzheimer's Nutritional Pilot Surveys, a grant was given for a university study.**

Because of these two [nutritional pilot surveys](#), a grant was given for a [university](#) study. Additional funding to [neurodegenerative](#) research could help make medical history in [glycomics](#). We are seeking additional grants to cooperate with major universities in clinical studies using breakthrough technology

in improving brain [function](#).

I will outline some of the possible integrative means of improving brain [function](#). I encourage you to subscribe to my newsletter which will bring you a review of the latest in advancements in the field.

**The public is looking for evidence-based healthcare.**

There are other serious ways to improve body chemistry beyond good [nutrition](#). I will look at the possibility of [proliferating neurons](#), [stem cells](#), and possibly improving the [hippocampus](#) area of the brain. I will review ways to better [exercise](#) the brain and discuss what actually happens when you play these fun mind games.

The key for you to be able to ***Expand Your Mind - Improve Your Brain*** is hidden within the [evidence-based](#) improvement of the metabolic [function](#) of your brain.

I will explain why good [nutrition](#) in our protocol is key to improving your [blood](#) chemistry. You can take the first step toward better [nutrition](#) by cutting out [refined cane sugar](#) and replacing it with the [healthy sugar trehalose](#). You will learn about [bad sugar](#), [good sugar](#), and [super sugars](#). I will explore the role of other [sugars](#). You will see how better [oxygenation](#) of your [cells](#) is an important factor in improving your brain [function](#). I will explore different ways to make that happen.

**You can take the first step into the system for improved brain function.**

Tell your friends that they also have the opportunity to subscribe to my free newsletter. I believe this will be mind expanding in a fun way that will contribute to a better life for all who participate. Here is the link for the newsletter.

<http://keepyourbrainyoung.com/>