

Improve Cognitive Function and Memory with Royal Jelly

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(NaturalNews) Royal jelly is one of the most nutritionally complex foods on the planet with the ability to shore up many nutritional deficiencies and help people quickly overcome conditions they may have been dealing with for years. Royal jelly is also highly regarded for its brain-boosting capabilities. Whether you are a young student looking for an edge on an exam, a CEO with tremendous demands on your time, or have received the devastating diagnosis of Alzheimer's disease, royal jelly may be able to deliver radical results that will astonish you.

Royal Jelly and the Acetylcholine Connection

Royal jelly is a creamy substance produced by the common worker bee for the purpose of developing and nourishing the queen bee. On this diet of royal jelly, the queen bee will typically grow to be 40 percent larger and live 40 times longer than the worker bee. Royal jelly isn't just food for the queen bee, it's her longevity strategy.

Royal jelly's structure and composition is so unique that it cannot be replicated by man in any lab. The only lab capable of producing such an extraordinary substance is the bee hive. This superfood is rich in protein, loaded with B vitamins, and contains many other minerals and nutrients. One of the key ingredients in royal jelly that may have profound implications for improving memory and invigorating mental acuity is acetylcholine.

Acetylcholine was the first neurotransmitter ever discovered. It is found in the brain, spinal cord, and throughout areas of the nervous system. It regulates memory and is needed to transmit nerve messages from cell to cell. Interestingly, royal jelly is the only natural source of pure acetylcholine. Optimal levels of acetylcholine in the brain are associated with improved memory, fluidity of thought, and enhanced cognitive function.

Implications for Alzheimer's Disease

Part of the wonderful symmetry of nature is its ability to deliver a formidable solution equivalent to virtually any problem you encounter. Though conventional medicine declares that there is no cure for Alzheimer's disease, royal jelly may offer substantial benefits. Alzheimer's disease is a progressive, degenerative, neurological disease that is thought to be irreversible. It usually afflicts people after the age of 65 and is the fourth leading cause of death among adults. The pathology of Alzheimer's disease includes the presence of extracellular plaques (clusters of dead and dying nerve cells) and intracellular "neurofibrillary tangles" (twisted fragments of protein within nerve cells). These plaques and fibrous entanglements in the brain disrupt lines of

communication and inhibit the production of acetylcholine. This leads to loss of memory, anxiety, irritability, and difficulty in expressing thoughts.

Most traditional treatments pursued by Western medicine try to increase levels of acetylcholine in the brain of the Alzheimer`s patient. These drugs attempt to artificially raise the levels of acetylcholine by inhibiting the enzymes that lead to the breakdown or degradation of acetylcholine. Royal jelly, however, can *naturally* raise levels of acetylcholine without the side effects often associated with the use of pharmaceutical medications, such as nausea and liver toxicity.

Initially when looking at royal jelly as a brain-boosting strategy, it may appear cost prohibitive. Keep in mind that this gift from the hive is truly one of the elite superfoods available anywhere. It is also highly potent and concentrated, so a little goes a long way. It can be found in its traditional, jelly-like form and ingested directly. Also, modern advances in formulation technology have made it available now in a freeze dried, powdered form that is perfect for mixing with smoothies or adding to a homemade sports drink.

About the author

William Rudolph is a natural health enthusiast who enjoys researching and learning about natural health approaches and strategies, longevity techniques, and natural ways of achieving peak performance.