

Data From Families Using Longvida Curcumin

Report 1:

Male, 14 months old, 24 lbs

Started using LC at 9-10 months old

Dose: 1,000mg/day given at night before dinner.

Used 500mg/day for a few months, then increased to 1,000mg/day at 1 year old.

Changes: "We have been using "Your baby can read" program since 9 months old. At 10 months he demonstrated his first sight word recognition with "wave" (we showed the word and he did the action). At 14 months old now he can demonstrate about 25-30 sight words. (clap, arms up/down, reach, wave, nose, tongue etc.). He can respond to simple question with a nod or shake of the head. ex. "do you want to eat/ take a bath etc." He can say a few words..... mama, dada, more, all done, bye-bye, no. He can make animal sounds when reading....cow "moooo", lion "roar", dog "bark", cat "meow" etc. He can point to most body parts when asked or reading sight words ...nose, mouth, hair, ears, etc. He can follow and do the actions to simple songs....itsy bitsy spider, I'm a little tea cup etc. He has what I would consider a magnificent attention span....he will sit with you and attend to book reading for 45 minutes at a time and ask for "more" at the end of every book."

Note: *Are these all direct changes or just simple maturing at his young age? Hard to say, but according to his mother, speech was definitely affected.*

Report 2:

Female, 22 months old, 24 lbs

Started using LC on 10/21/09

Dose: 1,000mg/day, given at night.

Started at 500mg/day for 1 week and then increased to 1,000mg/day.

Changes: "Vocabulary has increased..... paired with signings. Transfer of words, dog in book, our pet dog, flash card dog, and stuffed animal dog... Babbles more with intonation . . . More attentive with focus... can watch signing times and tries new signs as they go as well as anticipates"

Report 3:

Male, 7 years old, 55 lbs

Started giving it in late 2009, then had some medical problems arise, so restarted it January 2010.

Dose: 2,000mg/day

Changes: Auditory sequence went from 1.5 to 3. Speech has increased.

Report 4:

Male, almost 8 years old, 53 lbs

Started using LC on 9/21/09

Dose: 2,000mg/day before bed

Started with 500mg/day and increased 500mg every week until 2,000mg on 10/12/09.

Changes: "By 7 weeks from starting we saw more depth of language, making use of others language (using what others say in his own communications), longer sentences, as of late asked Why?."

. . . He is having better interactions in play with his brother. They are playing together more and in a different way. . .

I see more awareness too. He asked if what his brother brought home today was his present and said how he wanted to unwrap it. He would have been oblivious in the past."

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Report 5:

Female, 10 ½ months old, 16 ½ lbs.

Has occasionally been giving LC since September '09, but regularly giving it since November '09.

Dose: 2,000mg on most days – 4 days a week. Stayed at 1,000mg for about 3 months and then increased to 2,000mg.

Changes: “right away, . . . I noticed subtle changes (more babbling in the front, not just gggghhh sounds when younger, and longer attention span/ eye contact)”

Report 6:

Female, 5 years old, 33 lbs
Started giving LC in Mid-October '09

Dose: 2,000mg/day at night, before bed. Every 4 weeks the dose is bumped up to 5,000mg/day for a week.

Changes: “Her processing went from 3 step to a solid 4 and bridging to 5. She sleeps better.”

Report 7:

Male, 10 years old, 112 lbs approx.
Started LC July 16, 2009

Dose: 4,000mg/day. Over a few weeks, increased in increments of 500mg until reaching 4,000mg/day.

Changes: “Began to see changes at 3000mg, mostly though at 3500mg ,

Increased sensitivity to pain heat and cold
Reaction time to verbal instruction improved.
Ability to understand more complex verbal instruction,
Begun to understand math, using fingers for simple addition and subtraction.

General improvements in comprehension.
Increased bravery, now not afraid of animals probably due to increased comprehension.

Less need for sleep and appetite has decreased generally .”

“At one stage I had to drop the dosage to 2000mg due to money issues and during the 3 weeks did not see any slip in skills.”

Report 8:

Male, 2 years old, 26 lbs.
Started using LC in September 2009

Dose: 2,000mg/day before bed.
Started at 500mg/day and within two weeks was at 2,000mg/day.

Changes: “It is tough to know whether the changes are from the LC but he is definitely more talkative and started with some full words which are not fully clearly spoken, but not bad (dad, stop, more, no, up, down, cheese, tchu-tchu for train, etc). . . We noticed him more talkative pretty much right away. And the words started just about two weeks ago.”

Report 9:

Female, 16 months old, 21 lbs.
Been giving LC since October 16, 2009

Dose: 1,000mg/day given with dinner.
Started at 500mg/day and within a week increased to 1,000mg/day.

Changes: “Specifically, when we started Curcumin (it was the final supplement we added to her regimen) we noticed an increase in her babbling. She also started signing "hi" and "bye" more that second week.”

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Report 10:

Male, 5 years old, 35 lbs approx.

Started LC on May 4, 2009.

Dose: 2,000mg/day given in the evening.

Started at 500mg/day for one week. Increased to 1000mg/day for 7 weeks. Went to 1500mg/day for a week and finally increased to 2,000mg/day on July 7, 2009.

Changes: Massive improvement in speech. Started saying new words all the time and putting several words together. He speaks in 3-4 word sentences all the time now. He needs more clarity in his speech, but his brain is ready to go when it comes to speech.

More aware and in tune to what is going on around him or just in the room.

His thought process has started to work more. Asking questions very regularly. Why? What? How? What Can I Do? What Are You Doing? Etc.

People outside of our family have noticed the changes also. His speech therapy evaluation which he had almost 5 months (Oct. 09) after starting LC he tested at age 6.5. He went through the whole book. Previously, in February '09 he was testing at age 3.5-4.0.

There are a lot more families using Longvida Curcumin. Some of them have just started, so they are keeping records on what they may see.

I know about 50 families who are using this. Dr. Leichtman is recommending this for all people with Down syndrome. He is using it in his practice and at the moment has about 200 patients using it.