

## Healthy Dozen for Defeating Dementia

Dr. Dale Bredeesen at UCLA and others have had unprecedented success treating dementia. Dr. Bredeesen likens it to patching a roof with 36 holes. Each patient has a unique mix of many potential causes of disease, like many holes in a roof. The goal is to patch as many holes as possible—fix as many treatable causes as we can—to make patients better. Below are a Healthy Dozen Steps that are universally helpful in dementia *and* generally healthy for all of us. If you are concerned about dementia, discuss with your physician how best to defeat it. But don't wait to start these twelve healthy steps.

Dr. Bredeesen's regimen includes another two dozen measures helpful to some patients with neurodegenerative diseases. Evaluate supplements with your doctor based on your specific health status and test results. For more info or an appointment, call at 920-433-3486.

### Lifestyle Foundation

#### Exercise

Get 30-60 minutes of aerobic exercise at least 4 days / week. Strengthening (resistance or weights) is great and counts as aerobic if your heart rate stays up. Breathe hard and sweat. Sweating eliminates toxins that can damage nerve connections. So shower off right away.

#### Diet

Avoids carbs that rapidly increase blood sugar, relying on healthy fats and proteins for energy needs. Totally avoid gluten and minimize other grains. This (and fasting) can create a ketogenic diet, which has broad benefits for brain, cardiovascular and overall health. Eat a wide variety of colorful vegetables and some fruit for fiber and other nutrients. Go for fresh, organic, non-GMO foods whenever possible. Avoid sugars and artificial sweeteners.

#### Fasting

Fast 3 hours before sleep each night and a total of at least 12 hours from supper until breakfast the next morning.

#### Sleep

Try to get 8 hours of sleep each night. Treat obstructive sleep apnea and restless legs syndrome, and modify medication and supplement schedules if needed to improve sleep.

#### Stress

Enjoy solid relationships, passions and interests. Create with music, writing and art. Relax with music, reading, outdoor exercise, yoga. Belong to something bigger with spirituality, causes, ideas and connecting with others.

### Seven Supplements

(with reliable *brands in italics*, available on-line, eg Amazon.com)

#### Probiotic

Gut microbiome is hugely important for brain health. *Prescript-Assist* great for starting. *RenewLife Ultimate Flora* and *Garden of Life* products also good.

#### Vitamin D3/K2.

Best form of vitamin D is with K2, which enhances D's effects on bones and brains. Dose according to vitamin D 5000 U / day with meal, preferably breakfast. *Thorne Research* 10 drops / day.

### **Omega-3 fats**

Famous for cardiovascular health, essential for optimal brain function. Best options: Cod liver oil by *Dropsi*, krill oil by *Jarrow Formulas*, once / day.

### **Ubiquinol**

The most reduced, most beneficial form of CoQ10, important in cellular energy and as antioxidant, 200 – 300 mg / day. *Jarrow Formulas*.

### **Curcumin**

Well tolerated, inexpensive anti-inflammatory for brain 250 - 350 mg twice / day. *VRP Longvida Optimized*, and *Seeking Health Optimized*.

### **Magnesium (Mg)**

Essential nutrient with many roles in neuron function. Mg malate (*Seeking Health*) or threonate (*Jarrow Formulas MagMind*) best, Mg citrate (*Thorne*) best for those with constipation; 500 – 1000 mg / day.

### **Medium Chain Triglycerides (MCT)**

MCT oil (supplement) or coconut oil (great for cooking, salads) take metabolic shortcut to brain for healthy energy source. *Bulletproof Brain Octane* 1 TBS once / day at first, slowly increasing as tolerated to 4 TBS / day to avoid GI distress. *Fuel for Thought* drink one bottle / day.