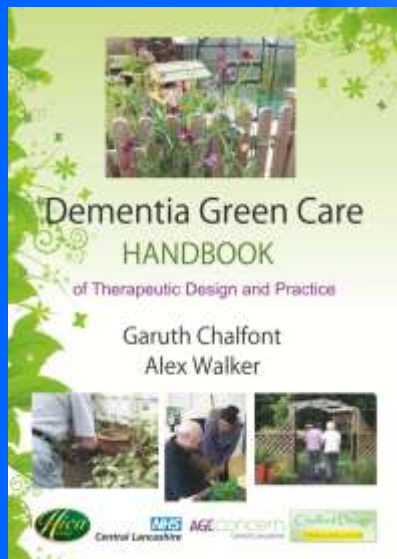


EMPOWERING BRAIN HEALTH

Community Assembly of the British Isles

7pm Wednesday Nov 9th, 2022



TOPICS TO BE COVERED

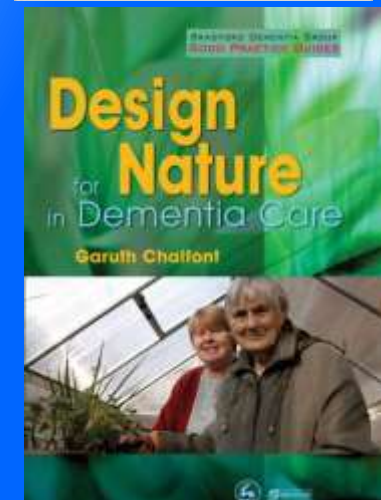
- BREATHING & SLEEP
- NATURE, LIGHT & GROUNDING
- NUTRITION & GUT-BRAIN CONNECTION
- STRESS REDUCTION
- MOVEMENT & EXERCISE
- COGNITIVE STIMULATION
- DETOX – DENTAL, MOULD and METALS



➤ **DEMENTIA REVERSAL**

shown in CLINICAL TRIAL SUCCESS

Questions? dementiapioneers@gmail.com



Garuth Chalfont, PhD Health Researcher

Back on Track

Don't give up, sharpen up!

<https://dementiapioneers.uk/>

My Path...

- UK/US music, geography, landscape architecture design & build, mother & a gardening client with dementia, reality of nursing homes in America
- Design & Staff training - Sheffield Architecture PhD, landscape design & research in dementia care homes & day centres



Chalfont Design
Taking care outside



Therapeutic Nature Designs

My Path...



My awakening - Dementia prevention/reversal
(Landmark papers beginning in 2014)

Reversal of Cognitive Decline: A novel therapeutic program

Dale E. Bredeisen - Aging, Sept. **2014**,
Vol 6 No 9

36 Metabolic Factors

INTERVENTION

- Comprehensive, personalized program to enhance the metabolism with multiple modalities to achieve Metabolic Enhancement for Neurodegeneration (MEND)
- Patients had memory loss associated with AD or cognitive impairment

Goal
↓ Aβ production (net)
↑ Aβ degradation
↓ Aβ oligomerization
↑ BDNF
↑ NGF
↑ G-CSF
↑ ADNP
↓ p-tau
↓ homocysteine
Build synapses
↓ 4/2
↑ Aβ breakdown
↑ A/G ratio
↓ inflammation
Inhibit NFκB
↑ GSH
↑ antioxidants
↓ Fe (↓ Cu ↑ Zn?) Target is Zn:fCu of 100:10-15.

↑ antioxidants
↓ Fe (↓ Cu ↑ Zn?) Target is Zn:fCu of 100:10-15.
↑ CBF
↑ ACh
↑ α7 signaling
↑ Aβ transport
↑ Aβ clearance
↓ ApoE4 effect
↑ GABA
↓ NMDA
Optimize hormones
↑ vitamin D
↓ pro-NGF
↓ caspase-6
↓ N-APP
↑ memory
↑ Energy
↑ Mitochondrial function
↑ Mitochondrial protection

RESULTS

- 9 out of 10 patients improved beginning within 3 months
- 6 of the patients who had stopped working or were struggling at work have gone back to work or are continuing without difficulty



I met Dr. Bredesen at this Complementary and Alternative Medicine conference in London in April 2015



Dale Bredesen

- Improvements have been sustained
- Longest follow-up in 2015 was 2.5 years... now it is 9.5 years!

Dementia Beat Camp™

Social
Interaction



Reducing
stress and
blood pressure

Singing,
Music and
Dancing



Preventing,
Delaying onset or
Slowing decline

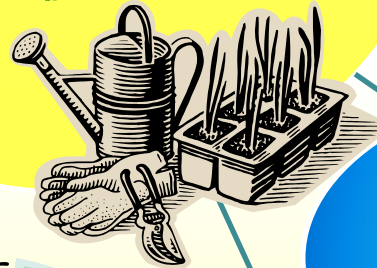
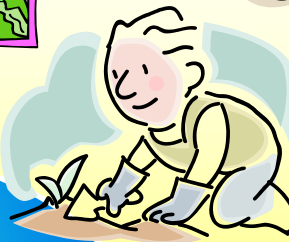


Brain Training
(Cognitive
Stimulation)

DIET - Broccoli,
Spinach, Beetroot,
Berries, Green Tea,
Cocoa, Coffee,
Salmon, Red Wine...



Walking, Aerobic
Exercise, Gardening,
Resistance Training



Antioxidants,
Vitamins D, B6,
B12, Folic Acid,
Quit smoking

Genetics
(load the gun, but....)

My Path...

- Research post in the Faculty of Health & Medicine, LU 2015



- Began Dementia Pioneers



- Initial funding: Aim Foundation
- Clinical trial proposed in two Memory Services but failed to initiate *due to lack of funding*

Meanwhile in the USA in 2018:
 “Reversal of Cognitive Decline: 100 patients”
 from 15 practitioners!

Empowering Brain Health



Reversal of Cognitive Decline: 100 Patients

Dale E Bredesen¹, Kenneth Sharlin², David Jenkins³, Miki Okuno⁴, Wes Youngberg⁵, Sharon Hausman Cohen⁶, Anne Stefan⁷, Ronald L Brown⁸, Seth Conner⁹, Craig Tanis¹⁰, Ann Hathaway¹¹, Mikhail Kogan¹², David Hagedorn¹³, Edwin Amos¹⁴, Amylee Amos¹⁵, Nathaniel Bergman¹⁶, Carol Diamond¹⁷, Jean Lawrence¹⁸, Rene Naomi Rusk¹⁹, Patricia Henry²⁰ and Mary Braud²¹

¹Department of Molecular and Medical Pharmacology, David Geffen School of Medicine, University of California, Los Angeles, Los Angeles, CA, USA

²Shorin Health and Neurology/Functional Medicine, Ozark, MO, USA

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⁴Youngberg Lifestyle Medicine Clinic, Temecula, CA, USA

⁵Resilient Health, Austin, TX, USA

⁶Caroline Healthspan Institute, Charlotte, NC, USA

⁷ReLife Health, Hollywood, FL, USA

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¹¹Department of Neurology, University of California, Los Angeles, Los Angeles, CA, USA

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¹⁴Mount Sinai Hospital, New York, NY, USA

¹⁵Leurence Health and Wellness, Toccoa, GA, USA

¹⁶Brain and Behavior Clinic, Boulder, CO, USA

Abstract

The first examples of reversal of cognitive decline in Alzheimer's disease and the pre-Alzheimer's disease conditions MCI (Mild Cognitive Impairment) and SCI (Subjective Cognitive Impairment) have recently been published. These two publications described a total of 19 patients showing sustained subjective and objective improvement in cognition, using a comprehensive, precision medicine approach that involves determining the potential contributors to the cognitive decline (e.g., activation of the innate immune system by pathogens or intestinal permeability, reduction in trophic or hormonal support, specific toxin exposure, or other contributors), using a computer-based algorithm to determine subtype and then addressing each contributor using a personalized, targeted, multi-factorial approach dubbed ReCODE for reversal of cognitive decline.

An obvious criticism of the initial studies is the small number of patients reported. Therefore, we report here 100 patients, treated by several different physicians, with documented improvement in cognition, in some cases with documentation of improvement in electrophysiology or imaging, as well. This additional report provides further support for a randomized, controlled clinical trial of the protocol and the overall approach.

Keywords: Alzheimer's; Mild cognitive impairment; Programmatic; ReCODE; Precision medicine; Amyloid precursor protein; Synaptoblastic; Synaptodlastic

Introduction

Alzheimer's disease is now the third leading cause of death in the United States [1-6], and the development of effective treatment and prevention is a major healthcare goal. However, clinical trials of drug candidates for Alzheimer's disease treatment have been almost uniformly unsuccessful. There may be several reasons for such repeated failure: (1) given the long pre-symptomatic period, treatment is typically initiated late in the pathophysiological process; (2) what is referred to as Alzheimer's disease is not a single disease, but rather exhibits several different subtypes [3,4]; (3) just as for other complex chronic illnesses such as cardiovascular disease, there may be many potential contributors to Alzheimer's disease, such as inflammation, various chronic pathogens, trophic withdrawal, insulin resistance, vascular compromise, trauma, and exposure to specific toxins. Therefore, a monotherapeutic, monophasic approach is likely to be suboptimal, and personalized, multiphasic programs based on each individual's genetics and biochemistry may be preferable. Indeed, such personalized programs may offer advantages in future clinical trials of drug candidates. (4) The model of Alzheimer's disease on which the drug targets (e.g., amyloid- β peptide) have been based may be an inaccurate or incomplete model of the disease.

We have argued for a fundamentally different view of Alzheimer's

disease [1,2,3,7] in which APP, the amyloid precursor protein, functions as a molecular switch due to its activity as an integrating dependence receptor [8-10]: in the presence of sufficient support from trophic signaling, APP is cleaved at the alpha site, leading to the production of two synaptoblastic peptides, sAPP α and α CTF. In contrast, in the absence of sufficient support from trophic signaling, APP is cleaved at the beta, gamma, and caspase sites, leading to the production of four synaptodlastic peptides, sAPP β , A β , Icaap, and C31. In this model, inflammation exerts an anti-trophic effect on APP signaling, at least in part via the NF- κ B (nuclear factor κ -light chain enhancer of B cells) induction of BACE (beta-amyloid cleaving enzyme) and gamma-secretase activity. Similarly, toxins such as divalent metals (e.g., mercury) also exert an anti-trophic effect on APP signaling, since these lead to a net increased production of the toxin-binding peptide, A β . This

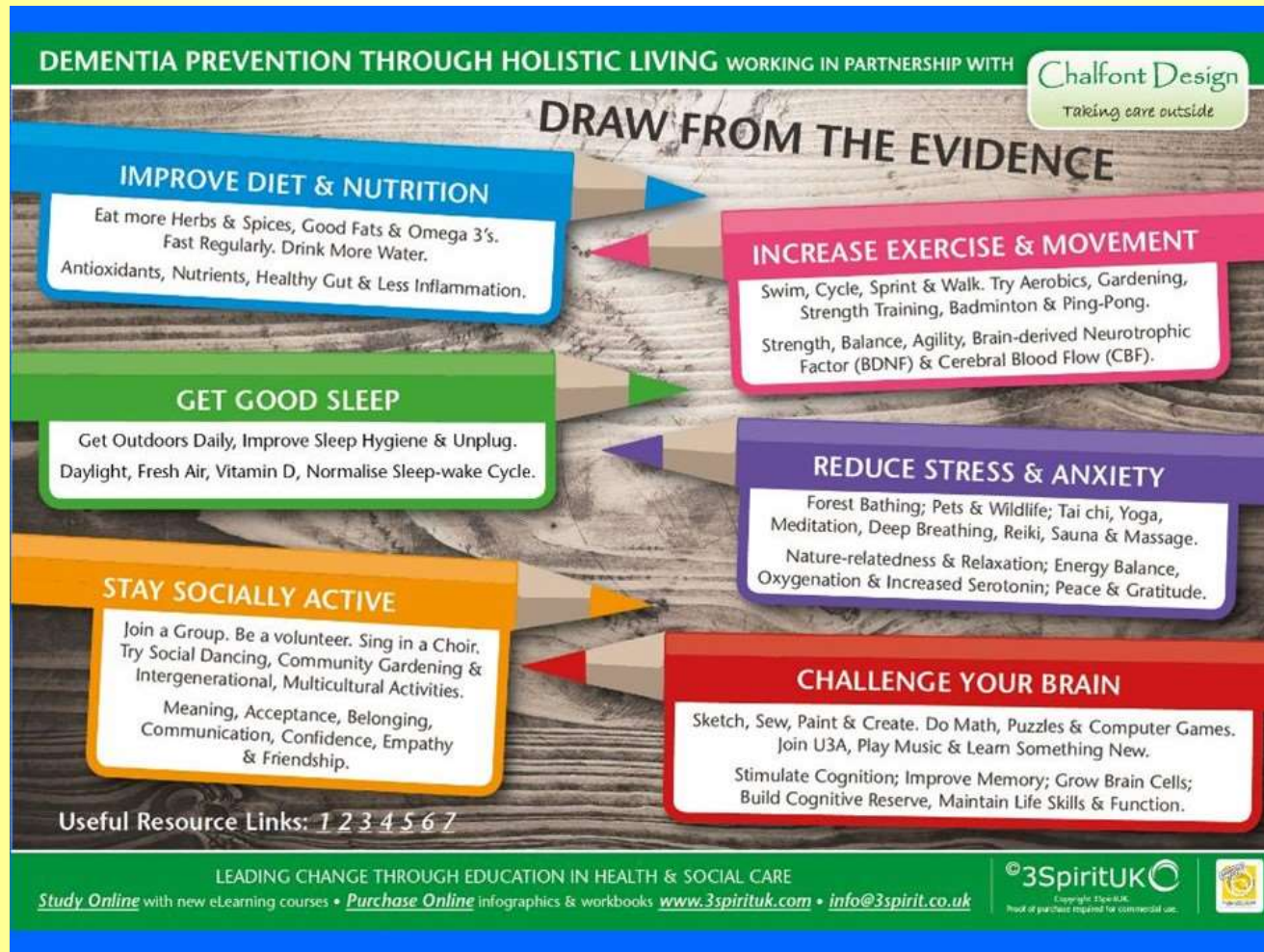
*Corresponding author: Dale E Bredesen, Department of Molecular and Medical Pharmacology, David Geffen School of Medicine, University of California, Los Angeles, CA, USA. Tel: +014152541041; E-mail: dbredesen@ucla.edu

Received: October 08, 2018; Accepted: October 12, 2018; Published: October 18, 2018

Citation: Bredesen DE, Sharlin K, Jenkins D, Okuno M, Youngberg W, et al. (2018) Reversal of Cognitive Decline: 100 Patients. J Alzheimer Dis Parkinsonism 8: 450. doi: 10.4172/2161-0680.1000450

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I continued to promote prevention...



...but was reversal possible in the UK...?

Empowering Brain Health

I published a 'case series' paper with practitioners in the UK in 2019

Open Access

OBM Geriatrics



Case Report

Personalised Medicine for Dementia: Collaborative Research of Multimodal Non-pharmacological Treatment with the UK National Health Service (NHS)

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Academic Editor: James S. Powers

OBM Geriatrics

2019, volume 3, Issue 3

doi:10.21926/obm.geriatr.1903066

Received: April 08, 2019

Accepted: August 01, 2019

Published: August 07, 2019

Abstract

The dominant narrative around dementia argues that progression cannot be halted or reversed. However, evidence on multimodal non-pharmacological treatments formulated around a 'personalised medicine' approach challenges this view. This paper reviews the current evidence for dementia prevention utilising such treatments and explains the logic of applying personalised medicine. The functional medicine treatment approach to 'root cause' analysis is presented as currently practiced with patients experiencing cognitive decline. We report six case reports including in-depth practitioner evaluations, recommendations and follow-ups. We cover the various presentations of memory and concentration problems and the screening process with advanced functional testing. The case reports appear in a table, followed by 11 key points, insights and findings. To our knowledge, this is the first paper reporting practitioner case reports documenting improvements in symptoms of memory



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OBM Geriatrics 2019; 3(3): doi:10.21926/obm.geriatr.1903066

These case reports are novel in showing marked improvement in symptoms for what is currently by conventional medicine considered an irreversible condition. These reports are not case studies, ie, not research exercises with a specified treatment period, treatment protocol and target outcomes. They provide instead a brief description of the patient's clinical and demographic details, the diagnosis, any interventions and the outcomes as specified in the BMC Medical Research methodology [94] and the CARE [95] guidelines. Importantly, these findings shed new light on the possible pathogenesis of the disease which may, based on publication of these and similar early patient reports [47, 48], prove to be ultimately treatable with this novel 'root cause' analysis approach.

4. Functional Medicine (FM) Treatment Approach - 6 Case Reports

As with other personalised medicine (holistic, integrative or natural) treating the person is paramount to treating a particular problem. FM [96] is a systems biology-based approach that focuses on identifying and addressing the root causes of disease.

Practitioners use low-risk interventions that modify molecular and cellular systems to reverse the drivers of disease. The FM approach is particularly useful for treating a disorder like cognitive impairment, where one condition can be driven by many causes. Cognitive impairment is driven by inflammation, insulin resistance, gut dysbiosis, metabolic syndrome, nutrient deficiencies, toxicity, infections, and so on (Figure 1). The underlying causes are also interlinked and respond to similar mechanisms. So treating one of the causes may synergistically alter and improve another. www.ifm.org

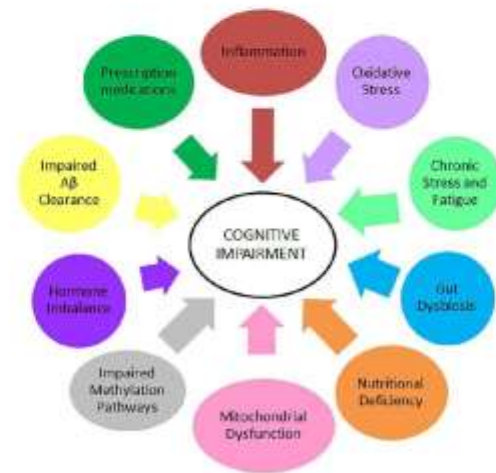


Figure 1 Identified drivers of cognitive impairment.

PERSONALISED MEDICINE FOR DEMENTIA

6 CASE STUDIES

Drivers of Cognitive Impairment

- Inflammation
- Oxidative stress
- Chronic stress & Fatigue
- Gut dysbiosis
- Nutritional deficiency
- Mitochondrial dysfunction
- Impaired methylation
- Hormone imbalance
- Impaired A β clearance
- Prescription medications

Clients

- M mid 90s
- F 65
- F 76
- M 79
- F 71
- F low 70s

Treatments

- Nutrition
- Exercise
- Stress reduction
- Sleep hygiene
- Detox-ification
- Thyroid & adrenals
- Hormones
- Supplements

Results

- Normalised serum levels, folate & homocysteine
- Normalised thyroid function
- Normalised levels of blood sugar
- Weight loss
- Decreased blood pressure
- Reduced medications
- Improved mental, physical & social function
- Improved cognitive function & MoCA scores
- Improved energetic, emotional & spiritual function

Findings

- Not just a memory problem
- Never too late to start
- Success requires family support
- Nutrient deficiencies
- Prescription medications
- Misdiagnosed/mistreated thyroid function
- Toxicity, heavy metals, pesticides, infection
- Connection to diabetes
- Gut-Brain connection
- Dehydration & Fasting
- Metabolic syndrome

CHALFONT, SIMPSON, DAVIES, MORRIS, WILDE, WILLOUGHBY & MILLIGAN (2019) OBM GERIATRICS

Empowering Brain Health

Published this year...!

Journal of Alzheimer's Disease 1 (2022) 1–11
DOI 10.3233/JAD-215707
IOS Press

1

Bredesen and colleagues published the first ever clinical trial of this protocol in the Journal of Alzheimer's Disease

- 25 patients with **dementia** or **mild cognitive impairment** with MoCA scores of 19 or higher, were evaluated for inflammation, chronic infection, dysbiosis, insulin resistance, protein glycation, vascular disease, nocturnal hypoxemia, hormone insufficiency or dysregulation, nutrient deficiency, toxin or toxicant exposure, and other biochemical parameters which are all associated with cognitive decline.

Precision Medicine Approach to Alzheimer's Disease: Successful Pilot Project

Kat Touns^a, Ann Hathaway^b, Deborah Gordon^c, Henrianna Chung^d, Cyrus Raji^e, Alan Boyd^f, Benjamin D. Hill^g, Sharon Hausman-Cohen^h, Mouna Attarhaⁱ, Won Jong Chwa^j, Michael Jarrett^d and Dale E. Bredesen^{k,*}

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^hIntellxxDNA, Austin, TX, USA

ⁱPosit Science, San Francisco, CA, USA

^jDepartment of Radiology, St. Louis University, St. Louis, MO, USA

^kDepartment of Molecular and Medical Pharmacology, David Geffen School of Medicine, UCLA, Los Angeles, CA, USA

Accepted 31 May 2022

Pre-press 4 July 2022

- They were treated for 9 months with a personalized, precision medicine protocol.
- **All outcome measures revealed improvement**: statistically significant improvement in MoCA scores, CNS Vital Signs Neurocognitive Index, and Alzheimer's Questionnaire Change score were documented.
- No serious adverse events were recorded.
- MRI volumetrics also improved (*the size of the brain as shown on a scan*)

All benefitted and none were harmed!

Empowering Brain Health

DEMENTIA PREVENTION & REVERSAL

1. Breathing, Sleep & Dental
2. Detox
3. Genetics, Trauma, ACEs, Infections & Ticks
4. Nature, Light & Grounding
5. Nutrition & Gut-Brain Connection
6. Movement & Exercise
7. Stimulation – Cognitive, Hormones & Thyroid
8. Stress Reduction



“Dementia represents a complex network insufficiency, so multi-factorial optimisation of network function and support offers a rational therapeutic strategy.”

Toups K, Hathaway A, Gordon D, Chung H, Raji C, Boyd A, Hill BD, Hausman-Cohen S, Attarha M, Chwa WJ, Jarrett M, Bredesen DE (2022) Precision Medicine Approach to Alzheimer's Disease: Successful Pilot Project. *Journal of Alzheimer's Disease*.

Empowering Brain Health

1. Breathing : Sleep : Dental

- Lips together & breathe through your nose!
Mouth-breathing changes O₂ & CO₂ levels, leads to snoring, teeth clenching, sleep apnoea, disrupted sleep & cognitive decline.
- Glymphatic fluid - Bathes the brain which shrinks when you sleep. The 'bin men' come at night to remove the rubbish which builds up during the day.
- Circadian rhythm - Disrupted by eating within 3hrs of bedtime, use of blue light/screens close to bedtime, going to sleep later than 9-9:30, bed too warm or bedroom with night-time light pollution. *Block out all blue light and wear blue-blocking glasses after dark. Get 30 mins of bright light when you first wake up.*
- Sleep apnoea & Snoring - Blocks airways, brain O₂ starved. *Sleep study!*
- Dental - Fit of teeth & jaw - Bringing the jaw forward positively impacts cognitive decline www.MyoResearch.com <https://ceramicdentalimplants.com/blogs>



**“Reversing cognitive decline
will be improved significantly
by breathing properly at night”**

Dr John Roberts

BREATHWORK consciously change your breathing pattern to improve mental and physical health. Improves blood flow to the brain (oxygen-starved brain cells die off) and is essential for healthy ageing.

Reference: Tony Wynyard podcast

Empowering Brain Health

1. Breathing : Sleep

Mouth breathing means you are not taking in **nitric oxide (NO)** which is made in the sinuses at the roof of your nose and you breathe it in through the nose.

NO is antibacterial & anti-coronavirus.

NO is a muscle relaxant. It tells the smooth muscle which lines your heart, bladder & urinary tract to relax.

No **NO** = tight bladder muscle
= waking up to pee!



Empowering
Brain Health

2. Detox

Toxin Sources



- Water - Contains chlorine, ammonia, fluoride, hormones, Rx drugs...
- Food - Heavy metals, pesticides, herbicides, colourings, synthetic additives, microbial toxins, GMOs, hormones and coated food containers...
- Other - Alcohol, tobacco smoke, environmental pollutants, cosmetics, anti-perspirants (Up to 70% of what is put onto the skin is absorbed into the body), cleaning agents...

Signs & Symptoms

Fatigue, memory loss, mental foginess, lack of concentration, anxiety, low mood, skin breakouts, headaches, irritability, under-eye circles, digestive problems (IBS, diarrhoea, constipation, foul-smelling stools), abnormal kidney function & damage, nausea, high blood pressure, poor immunity, recurring infections, cellulite worsening, numbness & pain in the extremities, halitosis, decreased sperm count, spontaneous miscarriages and premature ageing.



Empowering Brain Health

2. Detox

Toxin Sources specific to AZD and Parkinson's

- **Metals** - Mercury, aluminium, cadmium, arsenic, lead, barium, tin... [also zinc, copper and iron if in large amounts]
- **Inorganics** - Air pollution (fires, industry, cigarettes, e-cigs...)
- **Organics** - Pesticides (toluene, glyphosate), phthalates, organophosphate insecticides, flame-retardants
- **Biotoxins** - Trichothecenes, gliotoxins...
- **Pathogens** - Moulds (Dr Shoemaker's online visual contrast sensitivity test - www.vctest.com) and environmental testing
- **Injections & Chemtrails** - Potential for global heavy metal toxicity (especially from reported aluminium content)

Seek advice to **IDENTIFY** toxic sources in buildings & cars



Empowering Brain Health

2. Detox

Detoxification Basics

- Make sure the body is rich in minerals before detox/fasting - **vegetables** are the best source. Elimination routes (bowels, skin, lymphatic system, lungs and kidneys)
- **Sweating, sauna, non-toxic soap, high fibre, filtered water, organic whole foods, dry skin brushing, salt bath** (sea, Epsom, Himalayan & Celtic), castor oil packs, herbs, NAC/liposomal glutathione, sulforaphane & ascorbate
- Liver detox - **Fasting, cruciferous veg, asparagus, onions, beetroot, lemons, broccoli sprouts, mung beans, garlic, rosemary, berries, blueberry, pomegranate & artichoke.**
- Kidney detox - **Dandelion leaf, nettle and celery seed teas; 2L water daily**
- Amalgam removal - 1-2 at a time by a biological dentist (*I recommend Cote Royd dental practice in Huddersfield*)



Seek **TREATMENT** advice before using: Saunas (avoid if you have cardio-vascular issues), Baths, Binders, Chelators & Protocols.

**Empowering
Brain Health**

3. Genetics, Trauma, ACEs, Infections & Ticks

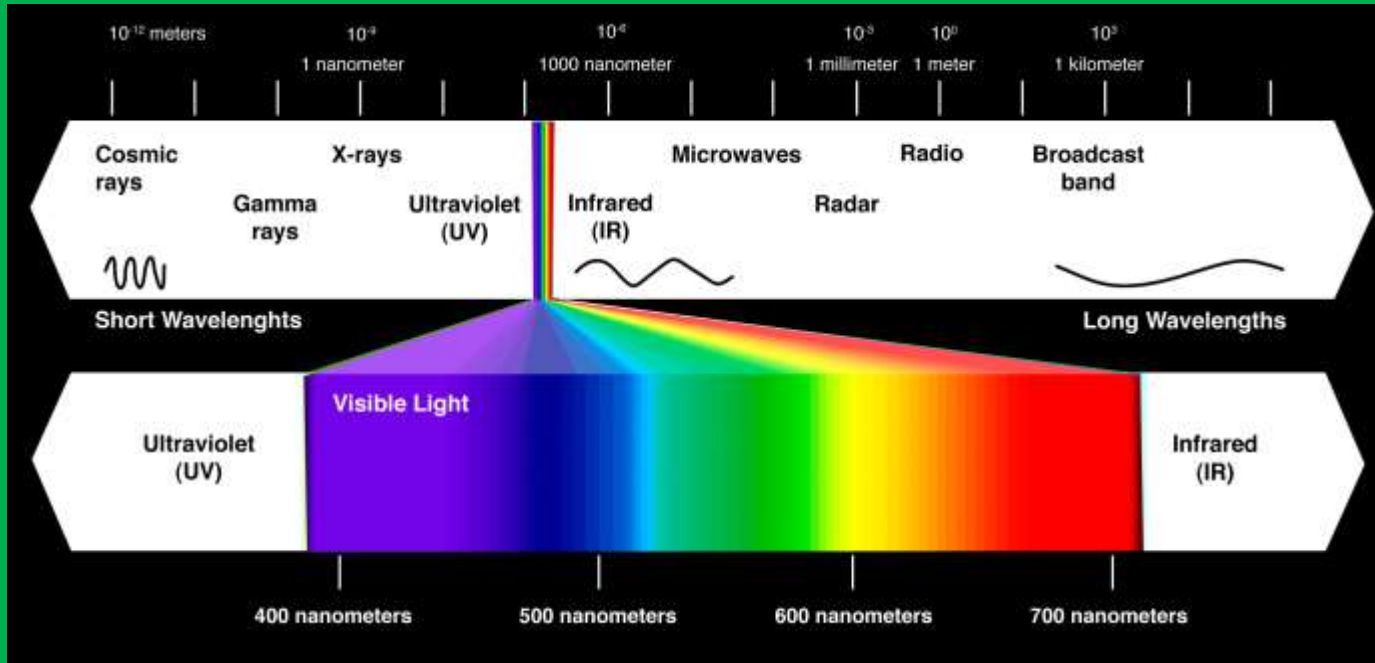
- **Genetics** - 40-80% of AZD cases carry the ApoE ϵ 4 gene. “Genetics load the gun but lifestyle pulls the trigger.”

Modifiable risk factors

- **Trauma** - Head injury, LOC (loss of consciousness) (ROS production = apoptosis; therapeutic agent is vitamin E, alpha-tocotrienol)
- **Adverse Childhood Events (ACEs)** - Emotional/psychic trauma
- **Chronic infections** - Herpes, Candida, Epstein-Barr, HIV, Gingivitis, UTIs, Hepatitis C, etc.
- **Tick bites**
 - Lyme disease (Borrelia) is a neurotoxin, causes AZD. A study found 7/7 brain autopsies of AZD patients had Borrelia in the neurofibrillary plaques & tangles (Alan B MacDonald). LD co-infections: Bartonella, Babesia...) their symptoms include cognitive impairment.
 - Symptoms of Lyme are almost indistinguishable from Chronic Fatigue Syndrome and Fibromyalgia. Catch it early, treat it properly!

4. Nature, Light and Grounding

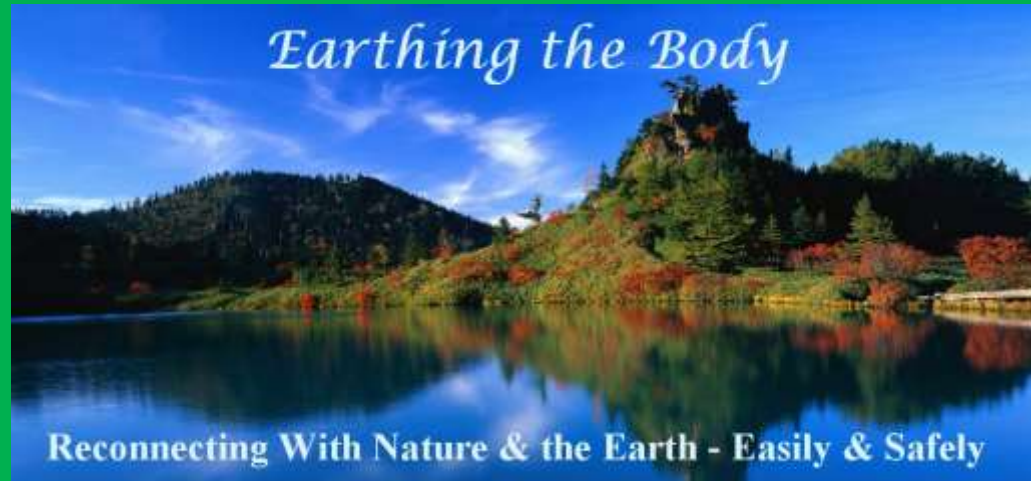
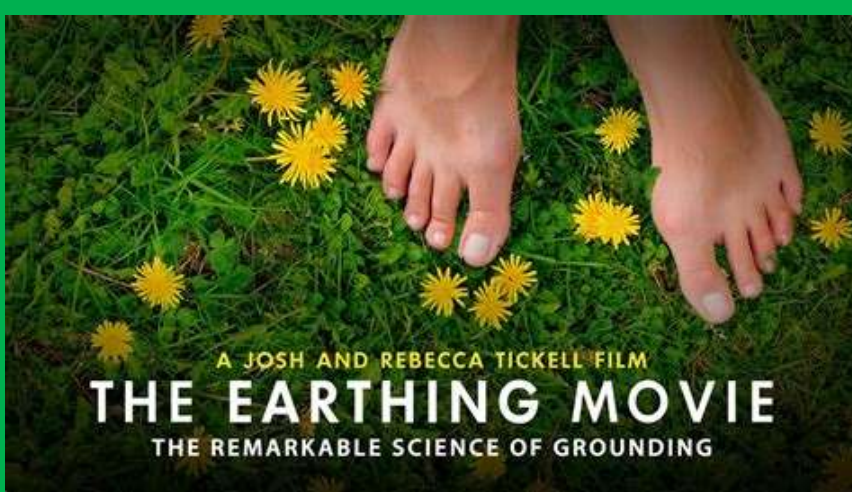
- **Light** is an essential nutrient for life. Sunlight is visible (coloured) as well as invisible (UV) & (IR). Red & NIR (best is sunrise, sunset & fire).



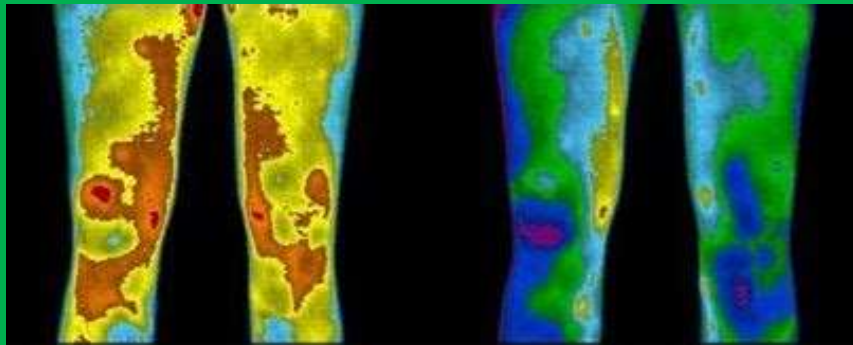
- **Wavelengths** shorter than UV (gamma, x-ray...) and longer than NIR (microwaves, mobile phones, cell towers, radio waves, 5G) are non-native (man-made) and have **unknown consequences** to cell life or they have been **scientifically proven to cause damage**.

4. Nature, Light and Grounding

Grounding / Earthing physically connects the body to the earth, a basic human survival need, since we evolved in constant contact with the earth's surface. *Synthetic shoes insulate from earth's electrons.*



Go barefoot or use **grounding devices** (sleeping, sitting or standing indoors).



BEFORE

AFTER

Grounding **decreases inflammation** as energy is discharged from the body. The reduced 'heat' effects are measured using thermal imaging.

Empowering Brain Health

Green Care for the Brain

Make art



Touch soil



What improves?

Blood pressure, sleep, mood, memory, appetite & balance



Keep busy



Exercise outdoors



Use your Brain

Empowering Brain Health

Research shows benefits for people with memory problems



Outdoors

grow some herbs

“We found that exposure to nature was associated with a **beneficial change in patient mood.**”

“Improvements were associated with **relatively short duration exposures to nature.**”

Caring for Plants & Animals



Article



Exposure to nature gardens has time-dependent associations with mood improvements for people with mid- and late-stage dementia: Innovative practice

Dementia
2018, 1-6
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DOI: 10.1177/1471321117721772
journals.sagepub.com/home/dem
SAGE

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Environment Department, University of York, York, UK

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J Martin Bland
Department of Health Sciences, University of York, York, UK

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Environment Department, University of York, York, UK

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Department of Health Sciences, University of York, York, UK

Abstract

Exposure to green space and nature has a potential role to play in the care of people with dementia, with possible benefits including improved mood and slower disease progression. In this observational study at a dementia care facility in the UK, we used carer-assessed measures to evaluate change in mood of residents with mid- to late-stage dementia following exposure to a nature garden. We found that exposure to nature was associated with a beneficial change in patient mood. There was a non-linear relationship between time spent outdoors and mood outcome. Improvements in patient mood were associated with relatively short duration

Corresponding author:

Piran CL White, Environment Department, Wentworth Way, University of York, York YO10 5NG, UK.
Email: piran.white@york.ac.uk

Empowering Brain Health

5. Nutrition & Gut-Brain Connection



- **The Gut = our 2nd brain** (millions of nerves & neurons run between the two)
- **Ketosis** (body burning fat instead of carbs, using ketones for fuel)
- **↓ Carbs ↑ Good fats**
- **Leaky Gut** - Loosely fitting cell walls leak bacteria/toxins into the bloodstream causing an inflammatory response (check by drinking beetroot juice for the pink urine test)
- **Gastrointestinal health** - Stool analysis (check for gut pathogens, digestion absorption, gut immune markers and microbiome analysis)

- **Celiac Disease**
AVOID Gluten (wheat, barley & rye). Instead, try amaranth, quinoa, teff, sorghum, buckwheat, corn, gluten-free oats and brown rice.



Caloric restriction from time-limited feeding: Start with a 12-hour window and gradually reduce it to 8.



Address Inflammation with liposomal glutathione, fish oil, resveratrol, vitamins C & D, boswellia and quercetin.

Seek advice before fasting or making dietary changes to make sure it is appropriate for you to ensure a personalised approach!

Empowering Brain Health

5. Nutrition & Gut-Brain Connection

- **Prebiotics** prime the gut so it can FEED good bacteria (chicory root, Jerusalem artichokes, garlic & onions)
- **Probiotics** CONTAIN good bacteria from fermented: **soybeans** (natto, tempeh, miso), **dairy** (yoghurt, buttermilk, kefir, cheese [cheddar, mozzarella, gouda] check the label for “live cultures”), **vegetables** (sauerkraut, kimchi, pickles) OR **green tea** (kombucha)
- **Optimise nutrients** B vitamins, Vitamin D & E, Magnesium, Zinc, Copper, CoQ10, Lipoic acid, Omega-6 to Omega-3 ratio

Seek advice before supplementing



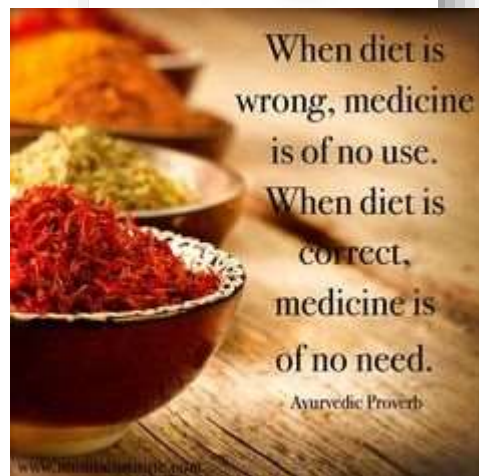
High butyrate foods nourish the microbiome:

Chickpeas, resistant starches, lentils, peas, garlic, butter/ghee, high fibre fruits & veg, seeds & nuts and fermented foods (see probiotics above).

Empowering Brain Health



Good for
brain
health



			
१०६८ - Peanuts	१०६९ - Brinjal	१०७० - Cabbage	१०७१ - Cauliflower
			
१०७२ - Tomato	१०७३ - Chilies	१०७४ - Onion	१०७५ - Bottle gourd
			
१०७६ - Carrots	१०७७ - Ladyfinger	१०७८ - Bitter melon	१०७९ - Pumpkin



Empowering Brain Health



Antioxidants reduce your risk for Alzheimer's disease



eat MORE
TURMERIC

helps prevent breast cancer

protects against UVA damage for younger-looking skin

treats depression as well as Prozac

lowers cholesterol as effectively as Lipitor

helps alleviate seasonal allergies

benefits brain health and fights Alzheimer's

easyhealthoptions.com

10 FOODS THAT LOOK JUST LIKE THE BODY PARTS THEY'RE GOOD FOR!



CARROTS → THE EYE



WALNUTS → THE BRAIN



GINGER → THE STOMACH



FIGS → THE TESTES



TOMATOES → THE HEART



KIDNEY BEANS → THE KIDNEYS



CITRUS → THE BREAST



GRAPES → THE LUNGS



AVOCADOES → THE UTERUS



SWEET POTATOES → THE PANCREAS

The greatest medicine of all is to teach people how not to need it.

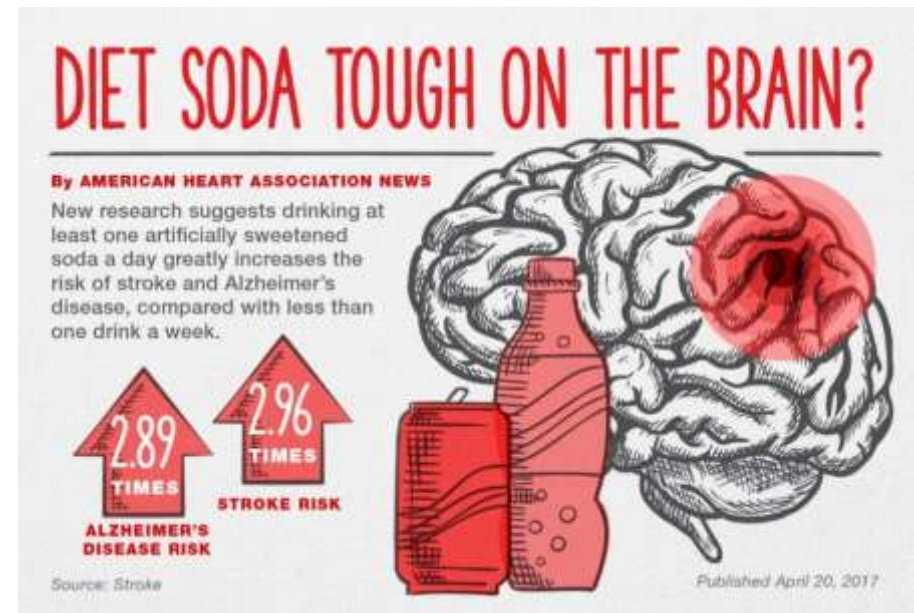
Avoid processed food...



Limit simple carbs (bread, pasta, crackers).



From Crap to Clean!
Eat **ORGANIC** when possible



Avoid SUGAR and Artificial Sweeteners

August 2013, *New England Journal of Medicine* "even subtle elevations of fasting blood sugar translates to **dramatically increased risk for dementia.**"

Empowering Brain Health

6. Movement & Exercise



Table tennis is a good mind-body workout

Sport and Physical Exercise

- Sport combines the Physical & Cognitive.
- Cardio and Strength training are specifically recommended.
- Cardio gives the brain oxygen and nutrients.
- Exercise makes new brain cells.



- Exercise dramatically increases BDNF.
- Exercise is anti-inflammatory and it lifts your mood.
- Exercise reduces your risk for Alzheimer's.

Empowering Brain Health

*It is never too late to be
what you might have been.*
George Eliot



6. Movement & Exercise



Dancing is
great social
exercise!



Tai chi
Moving
meditation
Yoga



Empowering Brain Health

7. Stimulation – Cognitive, Neuroplasticity...

Training and experience causes the brain to grow new cells....

...changing the structure and function of the brain...

...as a result of stimulation and activity.

BBC NEWS

You are in: **Science/Nature**

Tuesday, 14 March, 2000, 15:51 GMT

Taxi drivers' brains 'grow' on the job



Cabbies' brains adapt to hold "the knowledge"

Cab drivers' grey matter enlarges and adapts to help them store a detailed mental map of the city, according to research.

Taxi drivers given brain scans by scientists at University College London had a larger hippocampus compared with other people. This is a part of the brain associated with navigation in birds and animals.

WATCH/LISTEN REAL MEDIA

ON THIS STORY

 **The BBC's Christine McGourty**
"The perfect subjects for the study of brain memory"

 **London taxi driver Ray Waxman**
Cabbies are always learning

See also:

- ▶ 14 Mar 00 | UK
How to outwit the cocky cabbies
- ▶ 18 Jun 99 | Science/Nature
Why size mattered for Einstein
- ▶ 24 Nov 99 | Science/Nature
Scientists see memory creation
- ▶ 25 Oct 99 | Science/Nature
Old brains can learn new tricks
- ▶ 19 Oct 99 | Science/Nature
Morals on the brain
- ▶ 14 Mar 00 | Science/Nature
Cabbies' brain power - your reaction

BBC SPORT

BBC WEATHER

CBBC news

SERVICES

Daily E-mail

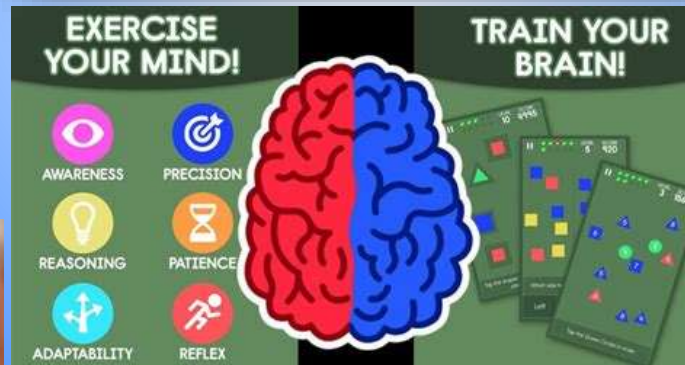
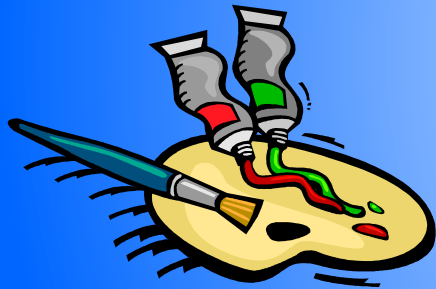
Empowering Brain Health

7. Stimulation – Cognitive (brain training)

Improves memory and reasoning



BrainHQ
Dual-tasking



Reduces depression



Empowering Brain Health



7. Stimulation – Hormones & Thyroid

- **Hormone insufficiency or dysregulation** lead to cognitive decline
- **Check** serum estradiol, progesterone, pregnenolone, DHEA sulfate, testosterone (free and total), sex-hormone binding globulin, prostate-specific antigen (in males), free T3, free T4, reverse T3 and TSH)
- **Optimise** sex hormones - continuing role for *bioidentical* HRT
Taking hormones in menopause can improve female well-being and lengthen lives w/o raising risk of breast cancer. Estrogen/Oestrogen is the best treatment for:
 - > Prevention & treatment of **osteoporosis**
 - > Prevention of heart & **cerebrovascular disease**
 - > Prevention of **dementia** (maintains telomeres in ApoE4 carriers, reduces deposition)
- **Optimal hormone levels** support brain structure and function, and enhance the ability to make and store new memories, as well as inhibiting degeneration (**both men & women**)
- **Seek specialist advice** (and be sure to take oestrogen transdermally *NOT* orally)

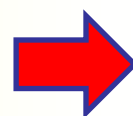
8. Stress reduction



- Chronic vs short-term stress
- Positive attitude
- Cuddles & Hugs
- Creativity & Art
- Service to others
- Breathing exercises



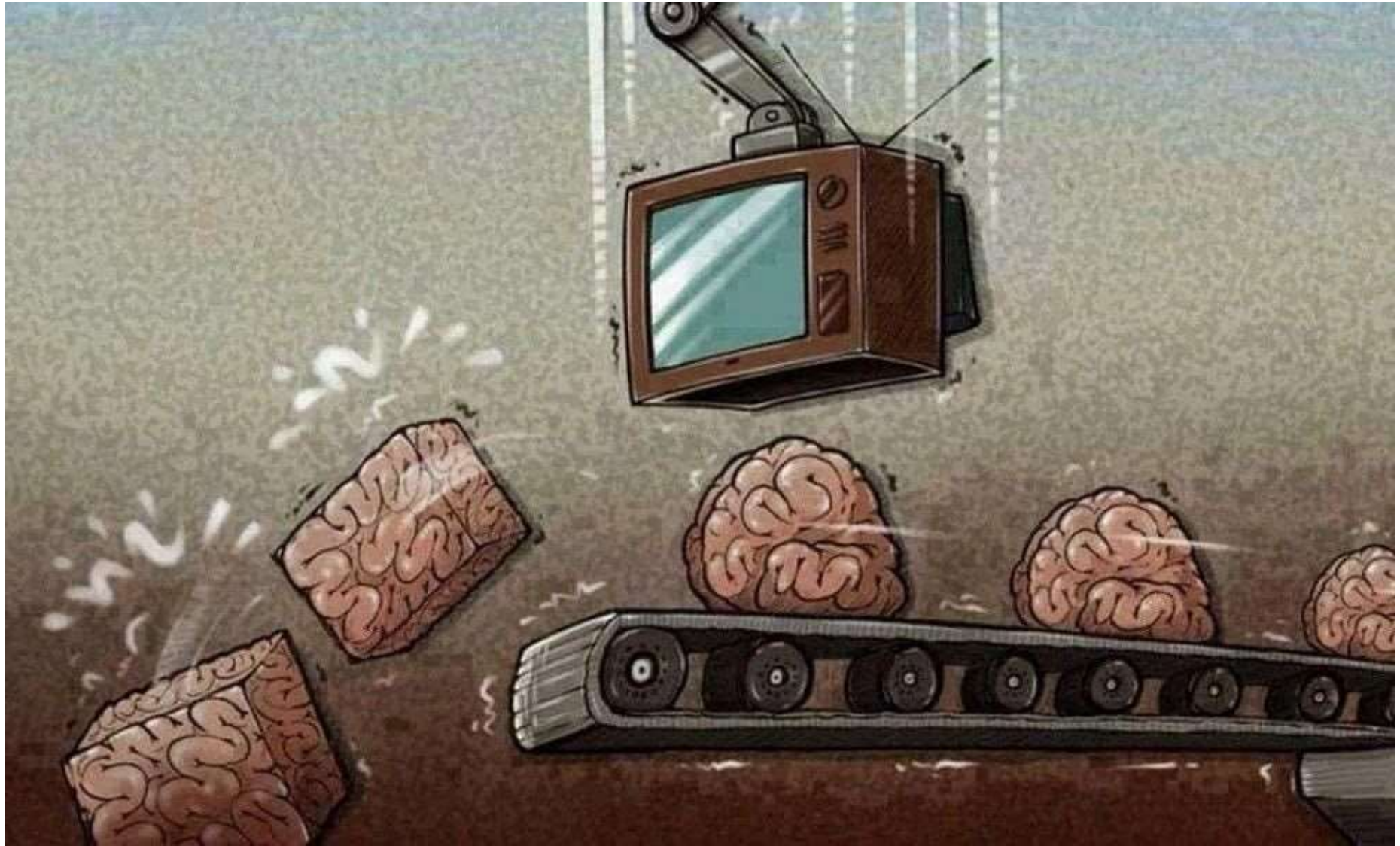
- Dancing & Drumming
- Singing & Joining a choir
- Belief in something greater than yourself



Escape the matrix - get news & science from credible sources!

Empowering Brain Health





Solutions

The Great Reset



How to make a well person sick:

- Keep them at home.
- Reduce their exposure to other humans.
- Limit their ability to see human faces.
- Destroy bacterial diversity on their skin.
- Limit their exposure to nature.
- Force them into situations where they are stressed and isolated.
- Convince them health is dependant on pharmacy.
- Coerce them into taking experimental drugs.
- Erode their freedoms and civil liberties.
- Track and surveil them.
- Reduce the control they have over their lives.
- Destroy their business and create financial dependency.
- Make them fearful of other humans.
- Expose them to constant fear-based media propaganda.
- Gaslight them.
- Divide their communities through polarisation.

"The greatest tyrannies are always perpetrated in the name of the noblest causes"

Infection Fatality Rate Estimates by Age

Age group	IFR
5-9 years	0.0016%
10-19 years	0.00032%
20-49 years	0.0092%
50-64 years	0.14%
65 years and over	5.6%
All Ages	0.64%

Source: <https://osf.io/wdbpe/>

Emergency Use
Authorisation
(EUA) for the jab
depended on there
being
*no effective
treatments
available.*

IVERMECTIN



- 40-year-old anti-parasitic drug
- Discovery awarded Nobel Prize
- On the W.H.O.'s list of "essential medicines."

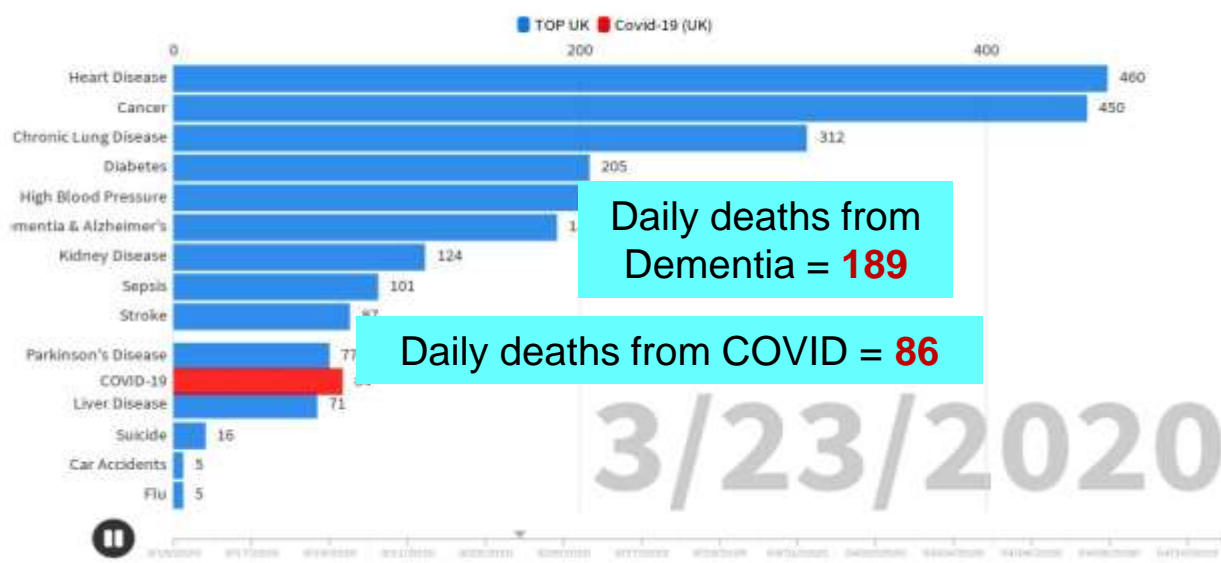
So safe & effective
treatments were banned.



Best Supplements for COVID-19?

COVID-19 Daily Deaths UK vs. Daily average of other causes of death in the United Kingdom.

CLICK ON THE VISUALIZATION TO WATCH



Daily deaths from
Dementia = **189**

Daily deaths from COVID = **86**

3/23/2020



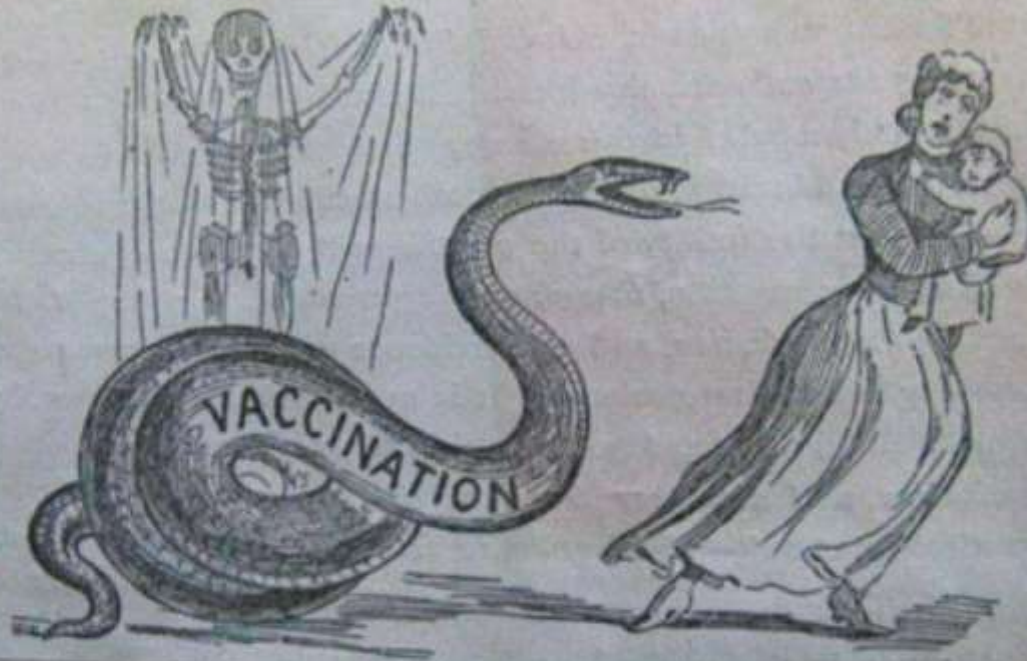
Erwan Le Corre
@ErwanLeCorre

Not a SINGLE government in the world has used the COVID crisis as an opportunity to massively educate their populations on how to live HEALTHILY.

8:45 AM · 12/14/20 · Twitter for iPhone

The Great Reset

DO NOT VACCINATE!!



IS REVACCINATION NECESSARY?

Dec 1892

Do Not Vaccinate Cartoon from 1892. Even back then they knew it was poison.

Protect your soul
at all costs



Rudolf Steiner on Vaccination

Spirits of darkness are going to inspire their human hosts to find a vaccine that will drive all inclination towards spirituality out of people's souls.

“Spirits of darkness are going to inspire their human hosts to find a vaccine that will drive all inclination towards spirituality out of people's souls.”

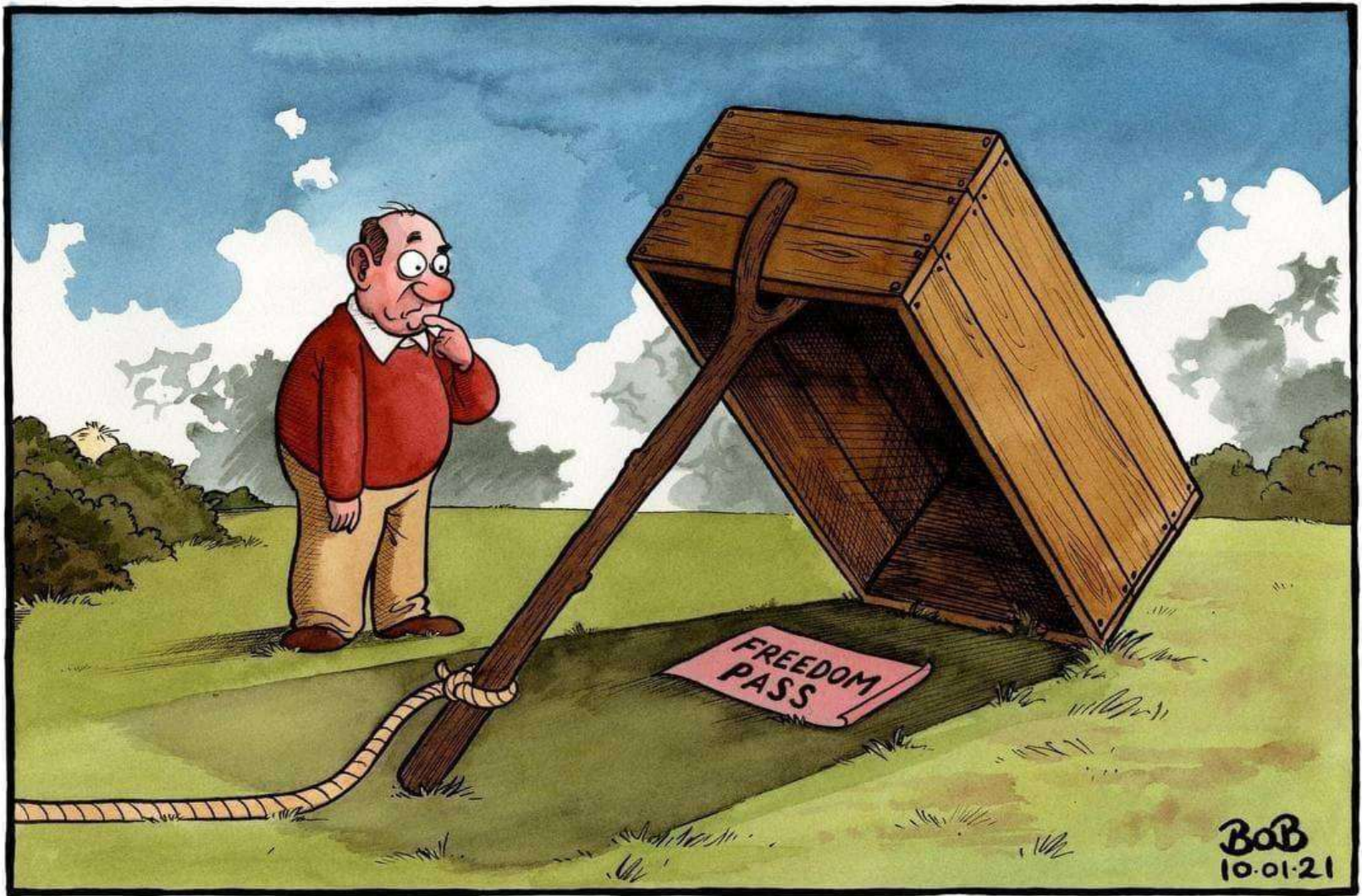
The Great Reset

**VACCINE PASSPORTS
DOORWAY TO HELL**



**THINK
TWICE**

Vax pass



Vax pass

The Great Reset

Chemtrails



“The Dimming” full length climate engineering documentary by Dean Wigington
<https://www.geoengineeringwatch.org/the-dimming-full-length-climate-engineering-documentary/>
Chemtrails

The Great Reset

Chemtrails



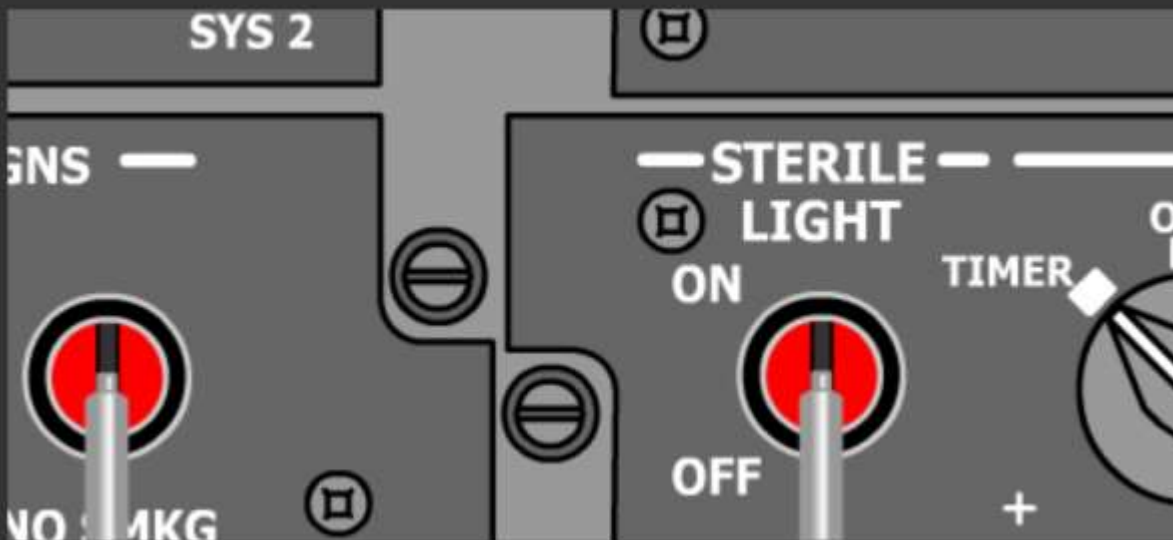
CHEMTRAILS
SPRAY NOZZLES



“The Dimming” full length climate engineering documentary by Dean Wigington

<https://www.geoengineeringwatch.org/the-dimming-full-length-climate-engineering-documentary/>

Chemtrails



Chemtrails

What's in Chemtrails?

These Ingredients Should Not Be Breathed In

Aluminum, Barium, Strontium

The three main ingredients being sprayed—aluminum, barium, and strontium—are potentially linked to respiratory issues, asthma, Alzheimers, and A.D.D. Alz-heimer's has increased by 260% in just 10 years and respiratory mortality has moved up from position 10 to position 3, as a leading cause of death in the U.S.

What Can You Do?

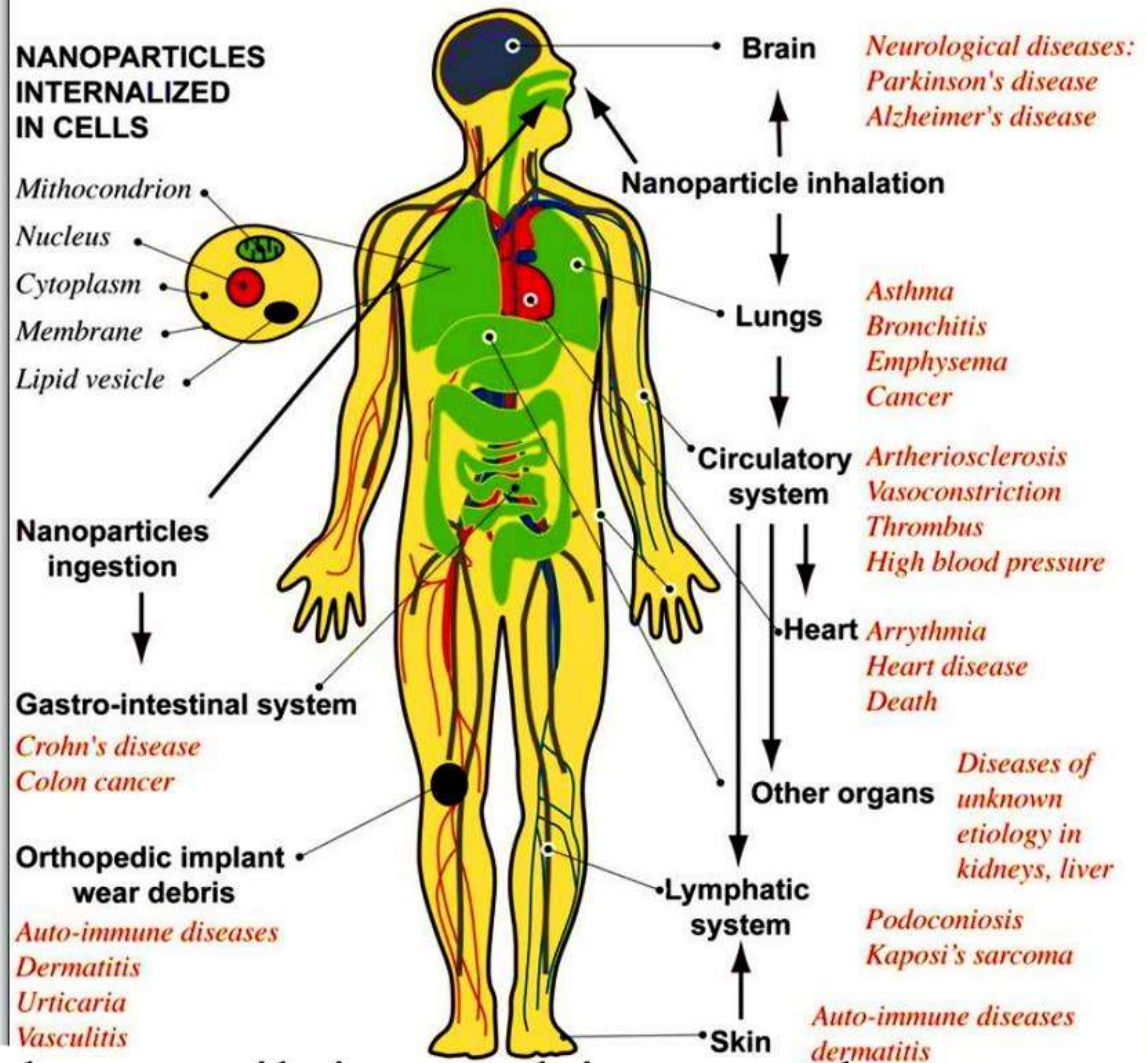
For starters, drink horsetail tea. Silica derived from horsetail chelates (bonds to metal atoms) and helps detox the body. This is not intended to replace medical advice (consult a doctor).



Chemtrail Geo-engineering

DISEASES ASSOCIATED TO NANOPARTICLE EXPOSURE

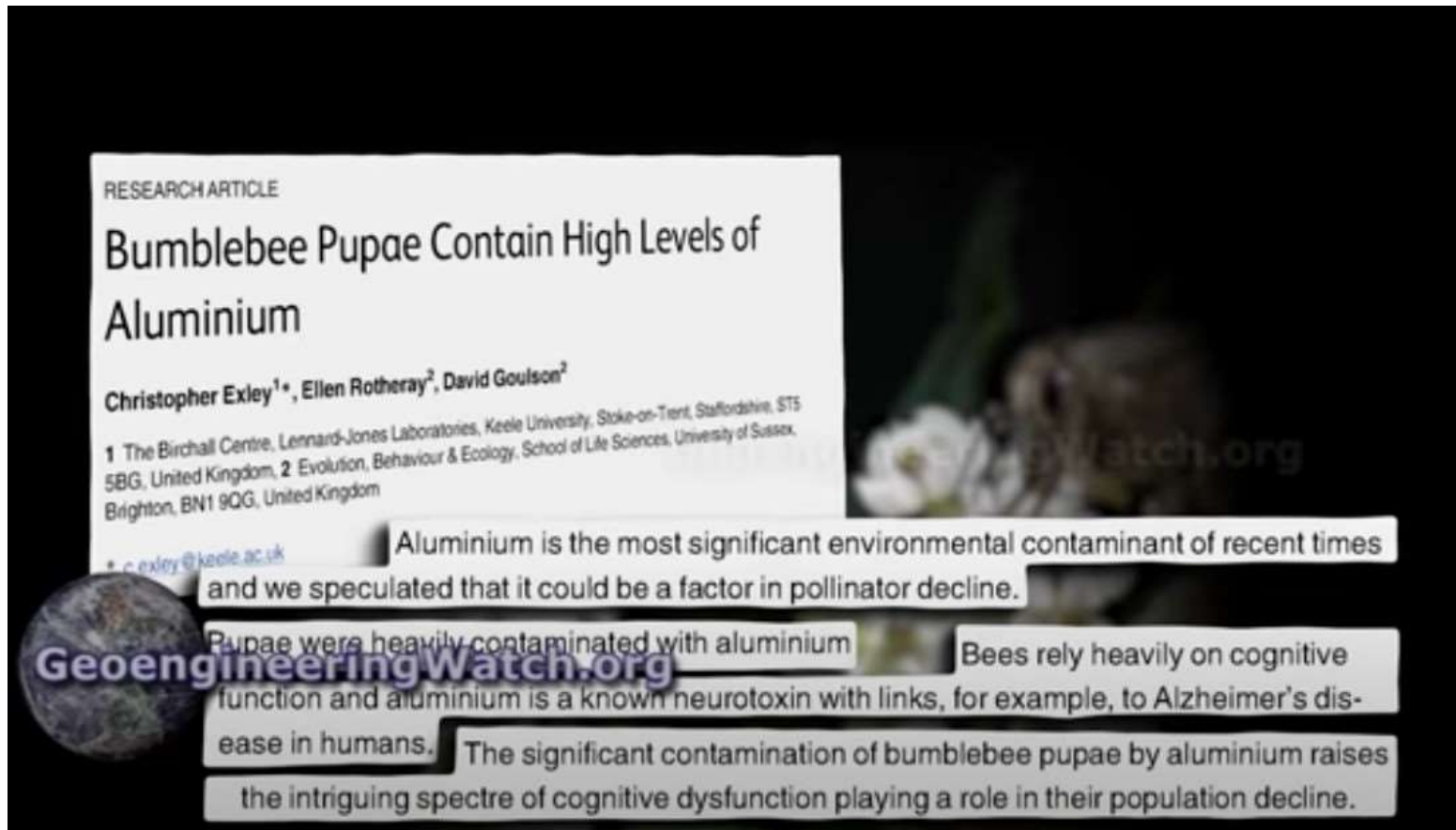
C. Buzea, I. Pacheco, & K. Robbie, Nanomaterials and nanoparticles: Sources and toxicity, Biointerphases 2 (2007) MR17-MR71



chemtrailsinourskies.wordpress.com

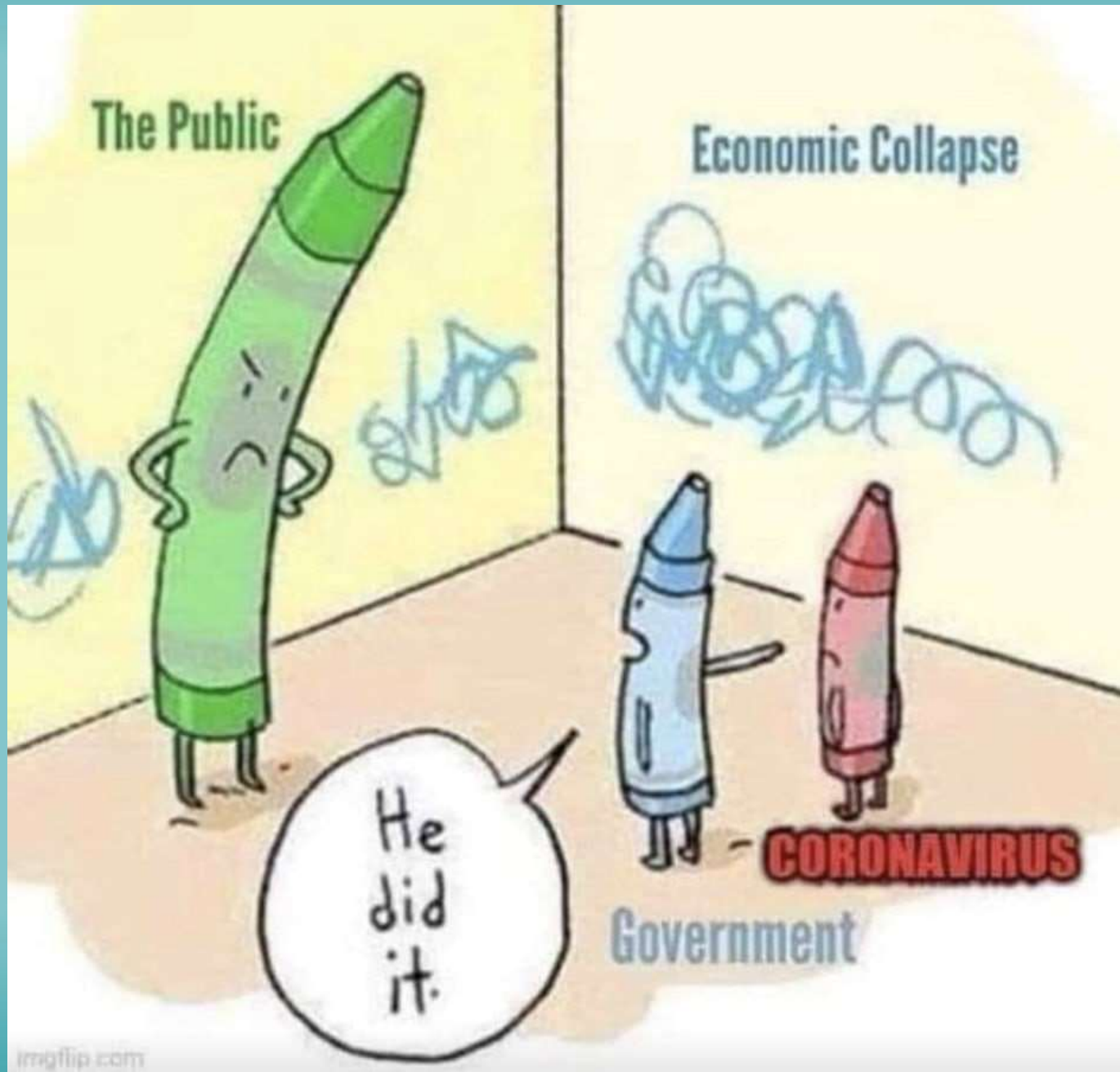
Chemtrails

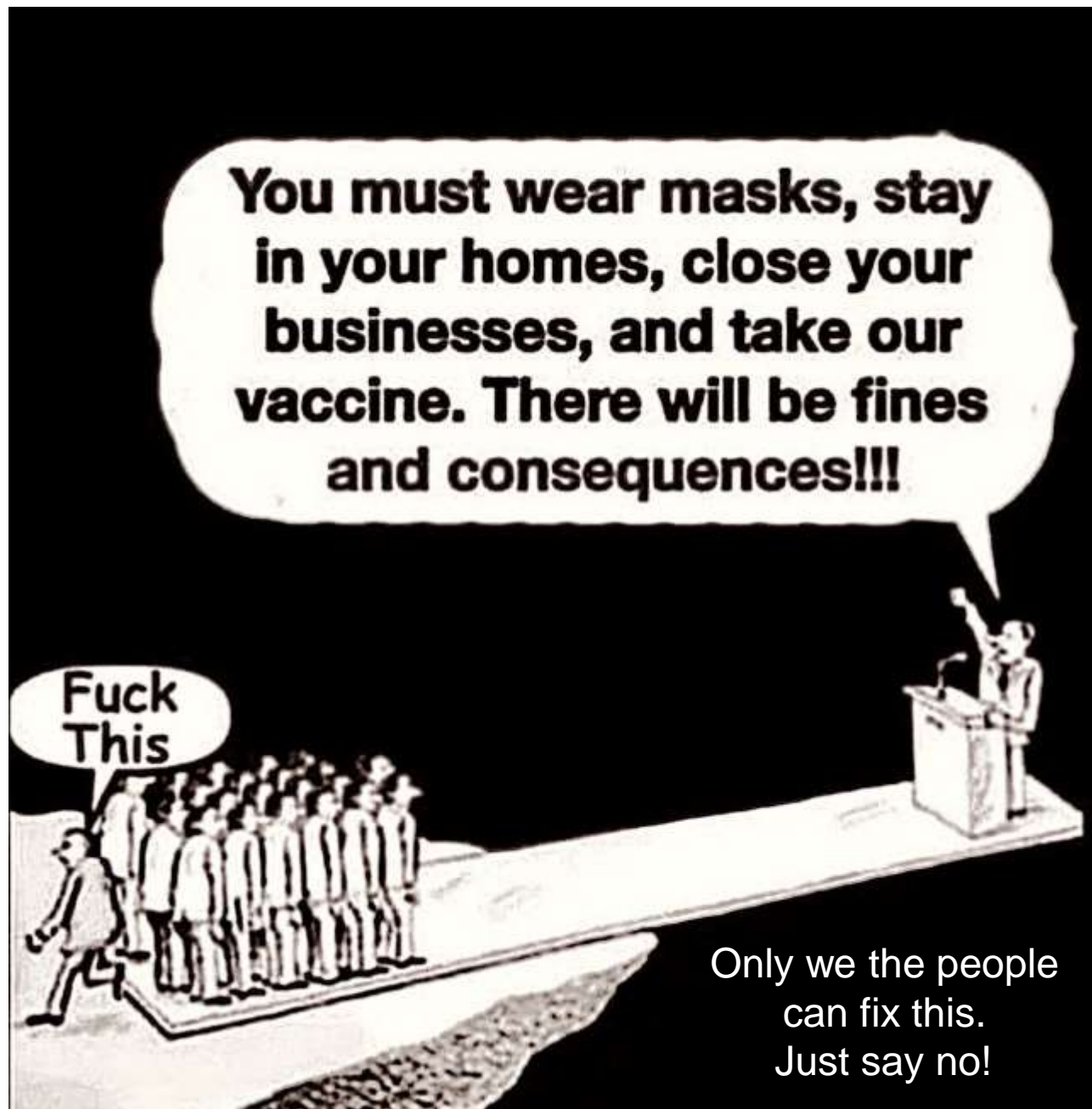
A 2020 study (<https://thepulse.one/2021/11/22/autistic-alzheimers-multiple-sclerosis-brain-tissues-have-significant-amounts-of-aluminum-in-them/>) found that the aluminum content in brain tissue of people with Alzheimer's disease, familial Alzheimer's disease, autism spectrum disorder and multiple sclerosis is significantly higher compared to tissues used in the study as controls.



“Aluminium is the most significant environmental contaminant in recent times and we speculate that it could be a factor in pollinator decline. Pupae were heavily contaminated with aluminium. Bees rely heavily on cognitive function and aluminium is a known neurotoxin with links to... Alzheimer's Disease in humans. The significant contamination of bumblebee pupae by aluminium raises the intriguing spectre of cognitive dysfunction playing a role in their population decline.” (PLOS ONE, June 2015)

Solutions





There is no difference between Labour and Conservative, Democrat or Republican.

They are all under instruction (from the Deep State) as to what they are here to impose upon the population of their country.

Solutions

**“WE ARE FAST APPROACHING
THE STAGE OF ULTIMATE
INVERSION: THE STAGE
WHERE THE GOVERNMENT
IS FREE TO DO ANYTHING IT
PLEASES, WHILE THE
CITIZENS MAY
ACT ONLY BY
PERMISSION.”**

Ayn Rand



IF YOU'VE BEEN FEELING UNWELL SINCE YOUR COVID-19 VACCINE, YOU'RE NOT ALONE

Some people are experiencing unexplained symptoms that include:

- Headaches
- Vision and hearing problems
- Period problems, heavy bleeding
- Heart attacks, chest pain, arrhythmias, palpitations
- Blood clots and blood pressure issues
- Movement and postural difficulties
- Swelling, skin rashes and bruising
- Fatigue and fibromyalgia
- Joint and muscle pain
- Muscle twitching, spasms, tremors and shaking
- Numbness, paraesthesia, paralysis
- Arthritis and autoimmune diseases
- Stomach issues and weight loss

If you feel your vaccine may have contributed to your symptoms, you can get support from a friendly community of people who understand your concerns.

If you suspect vaccine injury, ask your doctor to do a full blood count, cardiac panel and D-dimer test.

No one need suffer in silence – there is support available

Reach out in confidence to these groups:

REAL NOT RARE

Resource of real experiences and support groups for the Covid-19 vaccine injured. realnotrare.com

UK CV*FAMILY

UK-based community for those injured by the Covid-19 vaccines. ukcvfamily.org

REACT19

Financial, physical, and emotional support for those suffering from long-term Covid-19 vaccine adverse events globally. react19.org



World Council For Health

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If you suspect vaccine injury, ask your doctor to do a full blood count, cardiac panel and a D-dimer test.


Spike Protein Detox Guide

(<https://worldcouncilforhealth.org/resources/spike-protein-detox-guide/>) — The latest emerging information on how doctors are clearing viral and vaccine-induced spike proteins from the body.

A Practical Approach to Keeping Healthy After Your Covid-19 Jab

(<https://worldcouncilforhealth.org/resources/a-practical-approach-to-keeping-healthy-after-your-covid-19-jab>) — What you need to know about the types of illnesses associated with the Covid-19 jab and how doctors are managing them.

 RealNotRare.com | Resource of real experiences and support groups for the Covid-19 vaccine injured.

 React19.org | Financial, physical, and emotional support for those suffering from long-term Covid-19 vaccine adverse events globally.

 UKCVFamily.org | UK-based community for those injured by the Covid-19 vaccines.

Solutions

A Practical Approach to Keeping Healthy After Your COVID-19 Jab

➔ worldcouncilforhealth.org/resources/a-practical-approach-to-keeping-healthy-after-your-covid-19-jab

(<https://worldcouncilforhealth.org/resources/a-practical-approach-to-keeping-healthy-after-your-covid-19-jab/>)

The World Council for Health recognizes that **some people become unwell after the Covid-19 vaccination.**



This guide describes the types of illnesses associated with injection and how doctors are managing them.

It also answers questions, such as:

- Can the Covid-19 vaccines make you sick?
- When should you go to the hospital?
- What causes post Covid-19 Injection Syndrome and other serious Covid-19 injection side effects?
- How can post Covid-19 Injection Syndrome (pCoIS) be prevented and treated?
- When will we know more about Covid-19 vaccine side effects and how to treat them?
- Who is at risk of having side effects to the Covid-19 injections?
- What can I do if I think my illness is related to the Covid-19 jab?

Post Covid-19 Vaccine Syndrome (pCoVS)

<https://worldcouncilforhealth.org/resources/a-practical-approach-to-keeping-healthy-after-your-covid-19-jab/>

Post Covid-19 Injection Syndrome or pCoIS (also called Post Covid-19 Vaccine Syndrome or pCoVS) is a new complex multi-system inflammatory syndrome. A syndrome is a collection of symptoms that may differ from person to person. Emerging data show that pCoIS is **similar to Long Covid or Chronic Fatigue Syndrome** and manifests as a combination of the following symptoms:

- muscle and joint pain
- gastrointestinal upset
- Weakness
- numbness and tingling in the extremities
- intense fatigue
- poor sleep
- **brain fog**

Unlike Long Covid, pCoIS does not appear to necessarily progress from a Covid-19 like illness but **may arise spontaneously weeks after a Covid-19 injection**. As pCoIS is a new condition, we don't know the long-term significance of the symptoms.



On the World Council for Health website find out:

- * **What causes post Covid-19 Injection Syndrome and other serious Covid-19 injection side effects?**
- * **How can post Covid-19 Injection Syndrome (pCoIS) be prevented and treated?**

Also go to VigiAccess to see the 2,139,548 recorded adverse drug reactions to the Covid-19 vaccine:

<https://worldcouncilforhealth.org/wp-content/uploads/2021/09/WHO-VigiAccess-Sept30-2021.pdf>



JUST TESTED POSITIVE FOR SOVEREIGNTY

SYMPTOMS INCLUDE :

CRITICAL THINKING

BODILY AUTONOMY

SPEAKING YOUR TRUTH

THE GIFT OF DISCERNMENT

STANDING UP AGAINST TYRANNY

ADVOCATING FOR YOUR CHILDREN

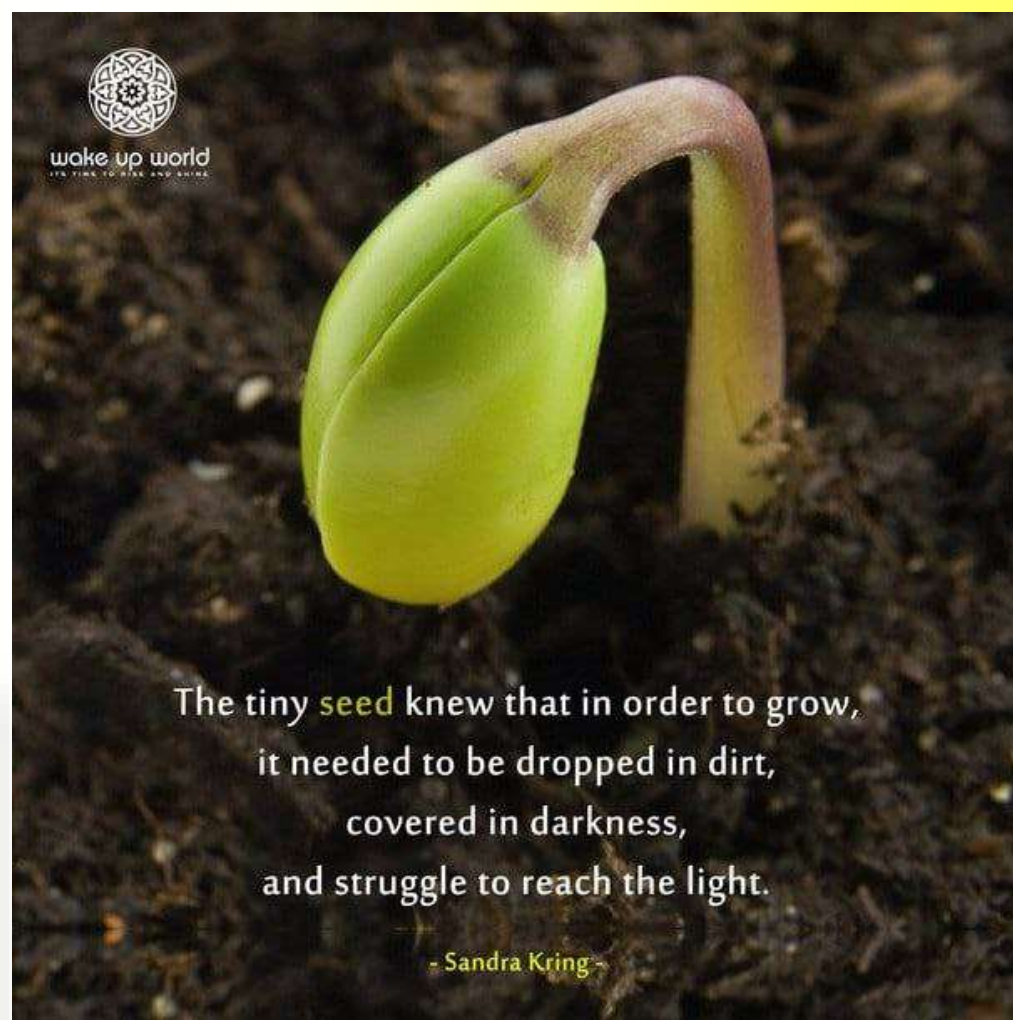
SOCIALLY DISTANCING FROM THE SYSTEM

STAY WELL!

Spiritual connection...



Empowering Brain Health



*Spiritual connection
to the life force
through access to the
living world*





THANK YOU COMMUNITY ASSEMBLY !