

# EMPOWERING BRAIN HEALTH – Part 1

## The Dementia Pioneers & the People's Health Alliance



every time you  
eat or drink  
you are either  
feeding disease  
or fighting it!



Dementia can be prevented. It can also be reversed to some degree, depending on how soon it is addressed. It has many 'root causes'. So consider your lifestyle and see what factors are relevant to yourself or a loved one. Then take steps to change them, to avoid cognitive decline. Some factors cannot be undone. For instance, if you suffered a head injury. But many factors can be addressed. The body is divine and self-healing if we give it what it needs and remove what it doesn't need.



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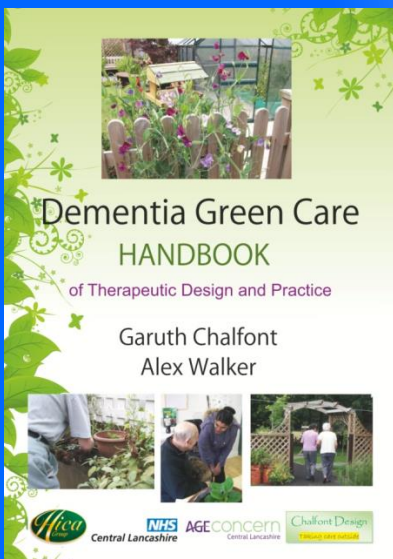
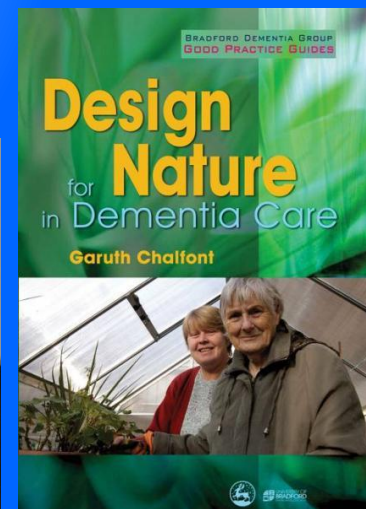
Back on Track

Don't give up, sharpen up!

<https://dementiapioneers.uk/>



An organic, people-led, integrated health initiative that aims to facilitate the creation of heart-centred health hubs at community level.



# Dementia Beat Camp™

Social  
Interaction

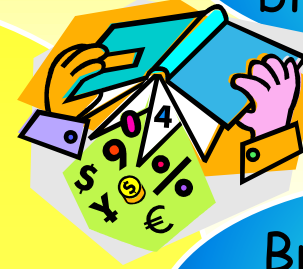


Reducing  
stress and  
blood pressure

Singing,  
Music and  
Dancing

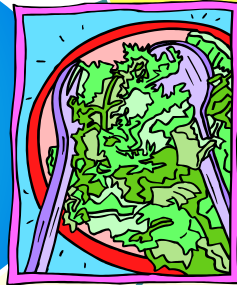


Preventing,  
Delaying onset or  
Slowing decline

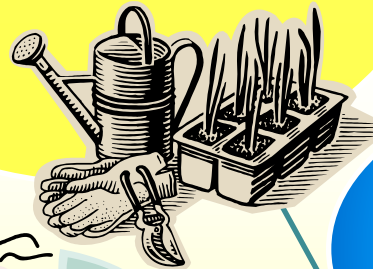


Brain Training  
(Cognitive  
Stimulation)

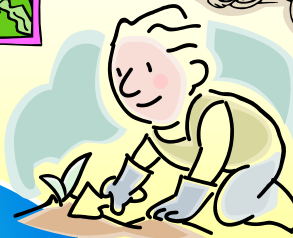
DIET - Broccoli,  
Spinach, Beetroot,  
Berries, Green Tea,  
Cocoa, Coffee,  
Salmon, Red Wine...



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



Walking, Aerobic  
Exercise, Gardening,  
Resistance Training



Genetics load the gun, but  
lifestyle pulls the trigger



## DRAW FROM THE EVIDENCE

### IMPROVE DIET & NUTRITION

Eat more Herbs & Spices, Good Fats & Omega 3's.  
Fast Regularly. Drink More Water.  
Antioxidants, Nutrients, Healthy Gut & Less Inflammation.

### INCREASE EXERCISE & MOVEMENT

Swim, Cycle, Sprint & Walk. Try Aerobics, Gardening,  
Strength Training, Badminton & Ping-Pong.  
Strength, Balance, Agility, Brain-derived Neurotrophic  
Factor (BDNF) & Cerebral Blood Flow (CBF).

### GET GOOD SLEEP

Get Outdoors Daily, Improve Sleep Hygiene & Unplug.  
Daylight, Fresh Air, Vitamin D, Normalise Sleep-wake Cycle.

### REDUCE STRESS & ANXIETY

Forest Bathing; Pets & Wildlife; Tai chi, Yoga,  
Meditation, Deep Breathing, Reiki, Sauna & Massage.  
Nature-relatedness & Relaxation; Energy Balance,  
Oxygenation & Increased Serotonin; Peace & Gratitude.

### STAY SOCIALLY ACTIVE

Join a Group. Be a volunteer. Sing in a Choir.  
Try Social Dancing, Community Gardening &  
Intergenerational, Multicultural Activities.  
Meaning, Acceptance, Belonging,  
Communication, Confidence, Empathy  
& Friendship.

### CHALLENGE YOUR BRAIN

Sketch, Sew, Paint & Create. Do Math, Puzzles & Computer Games.  
Join U3A, Play Music & Learn Something New.  
Stimulate Cognition; Improve Memory; Grow Brain Cells;  
Build Cognitive Reserve, Maintain Life Skills & Function.

Useful Resource Links: [1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#)

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# Empowering Brain Health

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

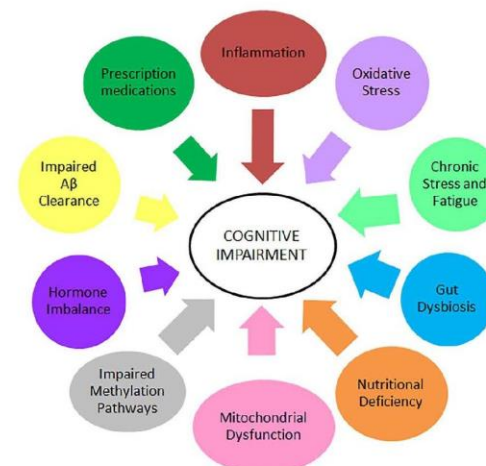
OBM Geriatrics 2019; 3(3), doi:10.21926/obm.geriatr.1903066

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](http://www.ifm.org)



**Figure 1** Identified drivers of cognitive impairment.



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Consider your situation and see how many of these “Drivers of Cognitive Impairment” might be true for you or a loved one. Consider the “Treatments”. How many are you doing already?

## 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 $\beta$  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

Published in 2022...

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.

- 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

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

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Accepted 31 May 2022

Pre-press 4 July 2022



# DEMENTIA PREVENTION & REVERSAL

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*.

1. Breathing, Sleep & Dental

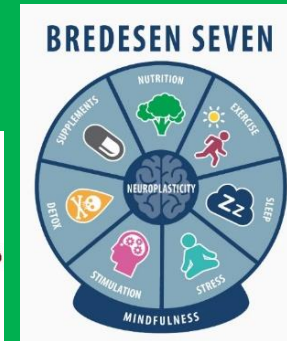
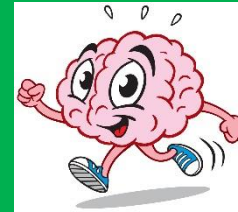
2. Detox



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

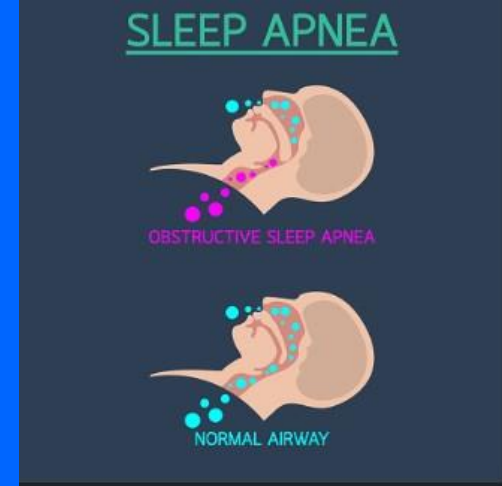


**"Dementia represents a complex network insufficiency, so multi-factorial optimisation of network function and support offers a rational therapeutic strategy."**

**DISCLAIMER** The following information is not a substitute for medical and health advice and is not intended to treat or cure any disease. Rather it is reported directly from publicly available evidence-based research. If you follow any of this advice you do so at your own risk. You are strongly advised to do your own research and to see a qualified health professional.

# 1. Breathing : Sleep : Dental

- Lips together & breathe through your nose!  
Mouth-breathing changes O<sub>2</sub> & CO<sub>2</sub> levels, leads to snoring, teeth clenching, sleep apnoea, disrupted sleep & cognitive decline - *Get a sleep study done to assess sleep apnea and snoring.* Blocked airways starve the brain for O<sub>2</sub>
- 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.*
- Dental - Fit of teeth & jaw - Bringing the jaw forward positively impacts cognitive decline [www.MyoResearch.com](http://www.MyoResearch.com)



**“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

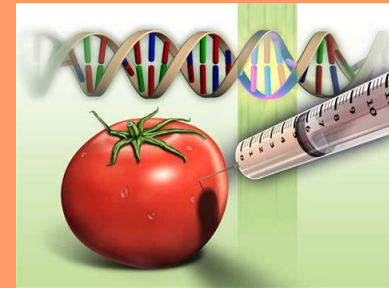
### Toxin Sources



- 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

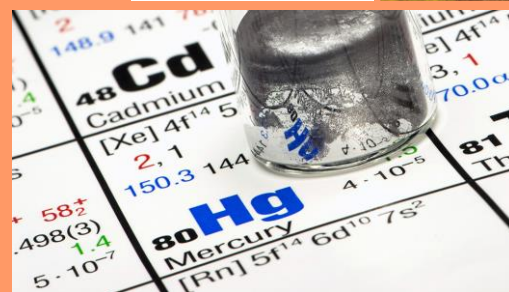


## 2. Detox

### 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](http://www.vctest.com)) and environmental testing
- **Injections & Chemtrails** - Potential for global heavy metal toxicity (especially from reported aluminium, barium & strontium content)

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



**STOP CHEMTRAILS** LOOK UP IN THE SKIES  
PLANES ARE SPRAYING CHEMICALS  
CAUSING SEVERE SICKNESS  
LOOK ON INTERNET: CHEMTRAILS

CONTACT GOVERNMENT

LOOK IN THE SKIES

**STOP CHEMTRAILS**

**BARIUM**  
**ALUMINIUM**

CHEMTRAILS ARE TOXIC  
BARIUM AND ALUMINIUM  
CAUSING SEVERE SICKNESS  
LOOK ON INTERNET: CHEMTRAILS

RESPIRATORY PROBLEMS  
FLU AND EXHAUSTION  
ASTHMA PNEUMONIA  
HEADACHES AND ALLERGY  
PESTICIDE SMELL IN AIR

LOOK UP  
PHONE RADIO DJ's

LOOK UP IN THE SKIES  
PLANES ARE SPRAYING CHEMICALS  
CAUSING SEVERE SICKNESS  
LOOK ON INTERNET: CHEMTRAILS

**LOOK UP**

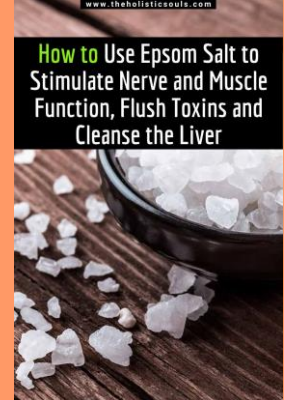


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# 2. Detox

## Detoxification Basics

- Make sure the body is rich in minerals before detox/fasting - **vegetables** are the best source. Ensure elimination routes (bowels, skin, lymphatic system, lungs and kidneys) are open and working.
- **Sweating, sauna, non-toxic soap, high fibre, filtered water, organic whole foods, dry skin brushing, salt bath** (Salt - 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; drink 2 Litres of water daily**
- **Amalgam removal - 1-2 at a time by a biological dentist** *(For instance, 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**

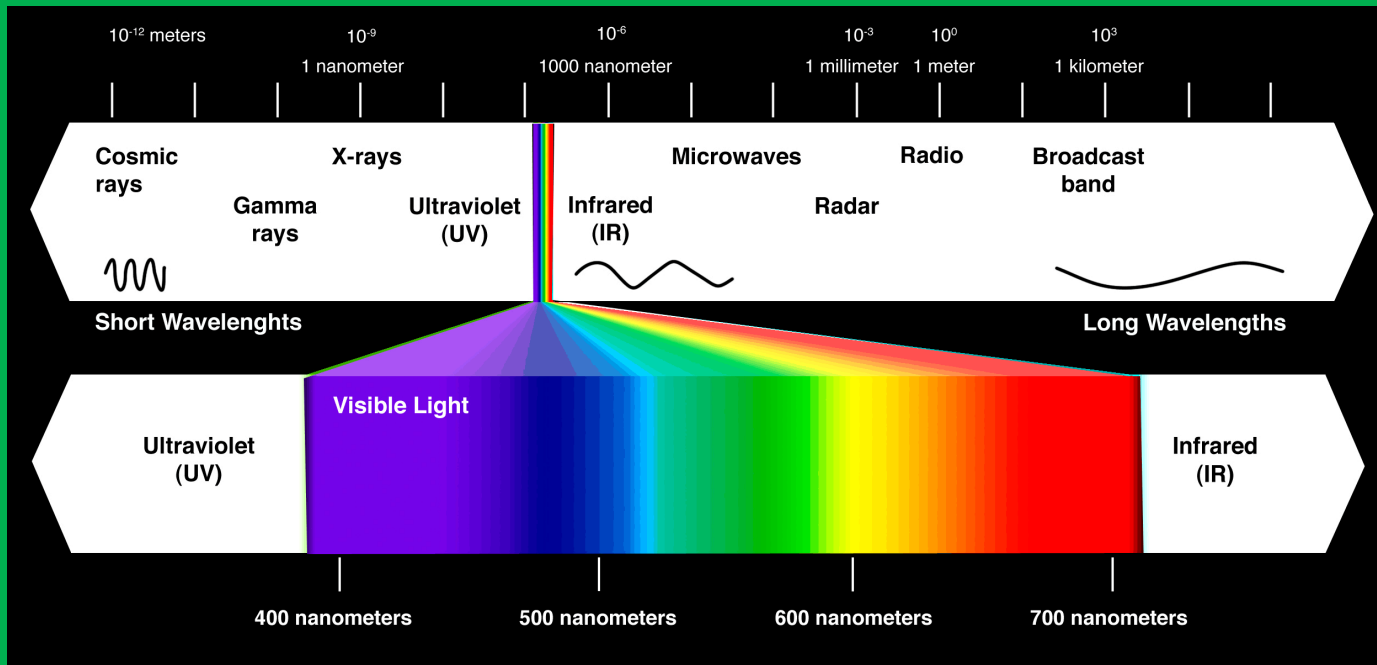


### 3. Genetics, Trauma, ACEs, Infections & Ticks

- **Genetics** - 40-80% of Alzheimer's cases carry the Alzheimer's gene (ApoE4). Get your genetics checked. You may be more at risk. "Genetics load the gun but lifestyle pulls the trigger."
- **Trauma** - Head injury or Loss of consciousness; For head injury, studies have given people vitamin E (specifically alpha-tocotrienol) as a therapy for head injury.
- **Adverse Childhood Events (ACEs)** - Emotional or psychic trauma; Get some help to address these issues and clear the old negative energy from your system.
- **Chronic infections** - Herpes, Candida, Epstein-Barr, HIV, Gingivitis, UTIs, Hepatitis C, etc. Even if treated and the symptoms go away, the infection remains and must be eliminated from the body. If chronic it lowers the immune system.
- **Tick bites....** cause Lyme disease
  - Lyme disease bacteria (*Borrelia*) is a neurotoxin and causes Alzheimer's. A study found 7 out of 7 brain autopsies of AZD patients had *Borrelia* in the brain (neurofibrillary plaques & tangles) (A B MacDonald). (Lyme Co-infections: Bartonella, Babesia...) Symptoms include cognitive impairment.
  - Symptoms of Lyme disease 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 & Near Infrared light = sunrise, sunset & fire.



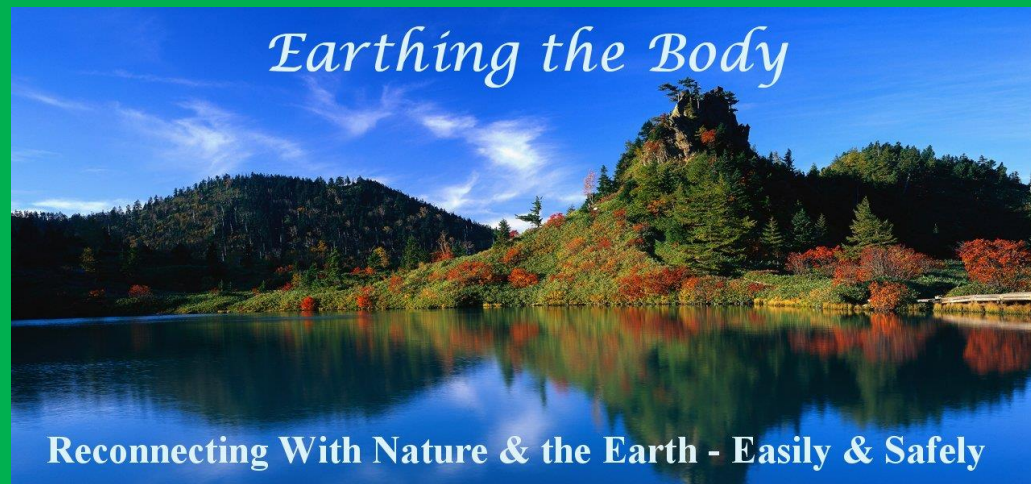
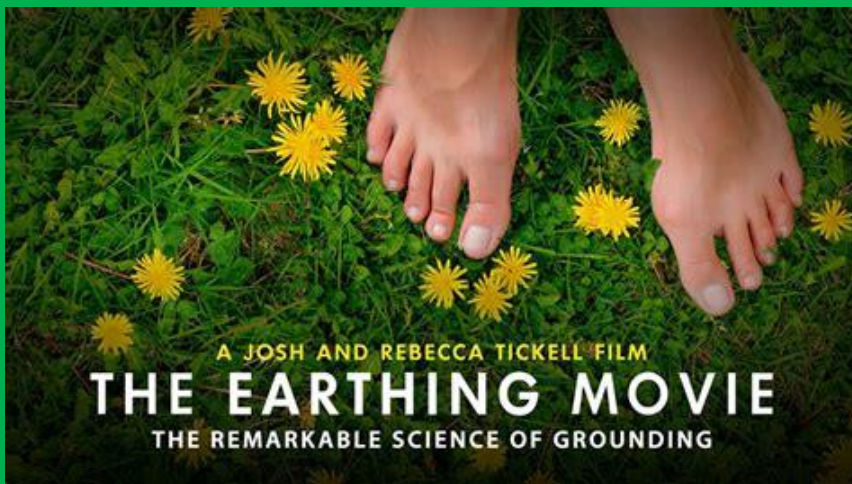
**Wavelengths** shorter than UV (Ultraviolet: gamma, x-ray...) and longer than NIR (Near Infrared: microwaves, mobile phones, cell towers, radio waves, 5G) are *man-made* and have **unknown consequences** to cell life or they have been **scientifically proven to cause damage**.

Empowering Brain Health

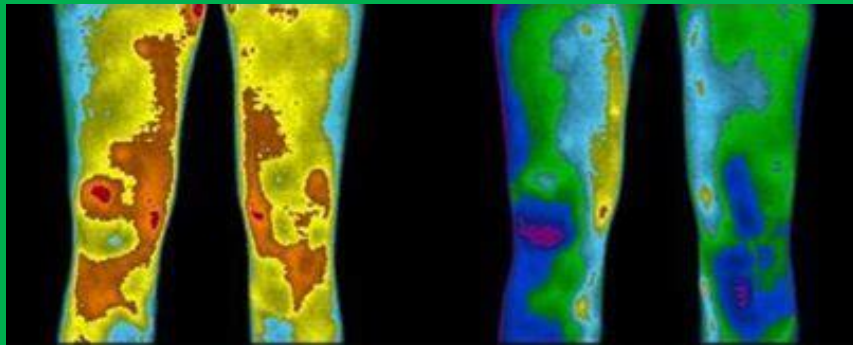


## 4. Nature, Light and Grounding

**Grounding / Earthing** physically connects the body to the earth, a basic human survival need. We evolved in direct physical contact with the earth.  
*Synthetic shoes insulate our feet, blocking out 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

Animal  
Assisted  
Therapy

Nature and  
Outdoors

“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

dementia

Dementia

0(0) 1-8

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DOI: 10.1177/1471301217723772

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SAGE

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

**Piran CL White and Jonathan Wyatt**

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Lancaster University, Lancaster, UK

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## 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

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Empowering Brain Health

# 5. Nutrition

## The Basics:

- Eat good fats
- Eat good carbs
- Avoid processed foods
- Limit eating to within 12 hours a day



- Stop eating 3 hours before bedtime

## GOOD CARBS VS BAD CARBS

HELPFUL CARBOHYDRATE GUIDE



### GOOD CARB EXAMPLES

- Fresh Fruits
- Fresh Vegetables
- Legumes
- Beans
- peas
- lentils
- Whole Grains
- brown rice
- quinoa
- pure oats
- Pumpkin Seeds
- chia seeds
- sunflower seeds
- sweet potatoes
- potatoes
- walnuts
- peanuts
- almonds
- macadamia nuts
- hazelnuts

### WHY?

- High fiber
- Natural sugars
- Low glycemic
- Low insulin levels
- Slow digestion
- Prolonged energy
- Keeps you full longer
- Help with weight loss



### BAD CARB EXAMPLES

- Fruit Juices
- Soda or Pop
- Cookies
- pastries
- cakes
- White bread
- white crackers
- Regular pasta
- Chocolates and any other candy
- Ice cream
- frozen yogurt
- any other frozen sweet treat
- Potato chips
- French fries

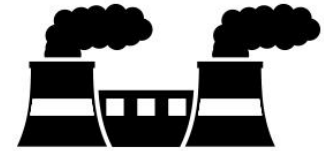
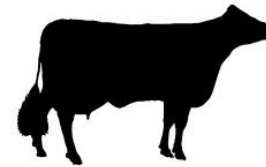
### WHY?

- Low fiber
- Refined/Processed
- Fast Digestion
- Hunger comes quicker
- Energy levels deplete quicker
- Added sugars
- High insulin levels
- High glycemic
- Carbs convert into fat cells
- Causes weight gain

Learn more over at: [www.HealthyHappySmart.com](http://www.HealthyHappySmart.com)

Natural News

## GOOD FAT VS. BAD FAT



**BUTTER**



**TALLOW**



**LARD**



**COCONUT OIL**



**AVOCADO OIL**



**OLIVE OIL**



**CANOLA**



**SOYBEAN**



**SUNFLOWER**



**CORN**



**SAFFLOWER**



**GRAPESEED**



**MARGARINE**

**NATURE DOESN'T MAKE BAD FATS.**  
**FACTORIES DO.**

**Empowering Brain Health**



# 5. Nutrition & Gut-Brain Connection



- **The Gut = our 2<sup>nd</sup> brain** (millions of nerves & neurons run between the two)
- **Ketogenic Diet** (Ketosis: the body burns fat instead of carbs and uses **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.



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

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

**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*



**Empowering Brain Health**

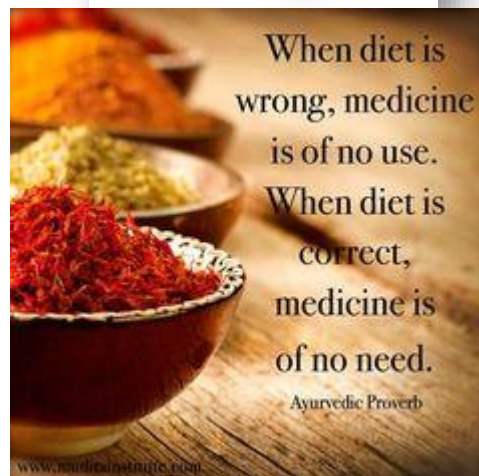
**High butyrate foods** nourish the microbiome:

Resistant starches (legumes, sweet potatoes, chickpeas, lentils, green bananas) garlic, butter/ghee, high fibre fruits & veg, seeds & nuts and fermented foods  
(see probiotics above)





Good for  
brain  
health

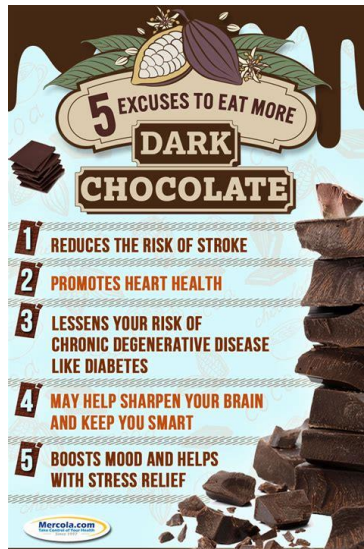


			
मूली - Potatoes	ब्रिंज - Eggplants	बोली - Cauliflowers	बोली - Cauliflowers
			
टमाटर - Tomatoes	मिर्च - Chilies	प्याज - Onions	लड्डू - Bottle gourd
			
गुरा - Carrots	मिर्च - Lady's fingers	कटहली - Bitter melon	प्याज - Pumpkin



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



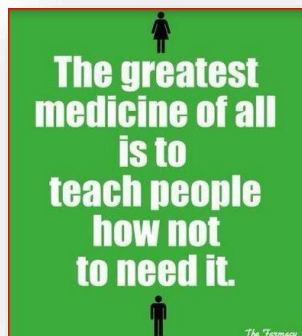
GRAPES → THE LUNGS



SWEET POTATOES → THE PANCREAS



AVOCADOES → THE UTERUS





## 5. Nutrition

# Brain Food

## Empowering Brain Health



Olive Oil

= Cell Protection!



Wild Salmon, Mackerel, Trout

= Think Faster!



Yogurt + Mixed Nuts  
= Calming



Avocados  
= Brain Fuel Glucose!



Almonds  
Ounce a Day!

### Vegetables

- ☒ Spinach
- ☒ Broccoli
- ☒ Cauliflower
- ☒ Brussels Sprouts
- ☒ Sweet Potato
- ☒ Squash
- ☒ Onions / Carrots



Arugula / Spinach

= Good Moods!  
Vitamin B + Iron



Garlic

Fresh Only!



Brown Rice

Wholegrain / Oatmeal  
Cardiovascular



Cacao/Chocolate

= Cell Defense/memory!



Coffee

= Short Term Memory!



Eggs

Busy Brain



Blueberries

= Long Term Memory!



Green Tea / Peppermint

= Concentration!



Tuna

= Vitamins A, B12, B6



Seeds

- TBSP
  - Flax
  - Tahini
  - Sesame
  - Sunflower
- = Sharper Senses!



Salad w/ Vinaigrette

= To Energize!



Water Cells!

### Fruit

- ☒ Dark Berries
- ☒ Plums
- ☒ Oranges/Blackcurrant
- ☒ Red Grapes/Peppers
- ☒ Acai
- ☒ Cherries
- ☒ Kiwis
- ☒ Pomegranate





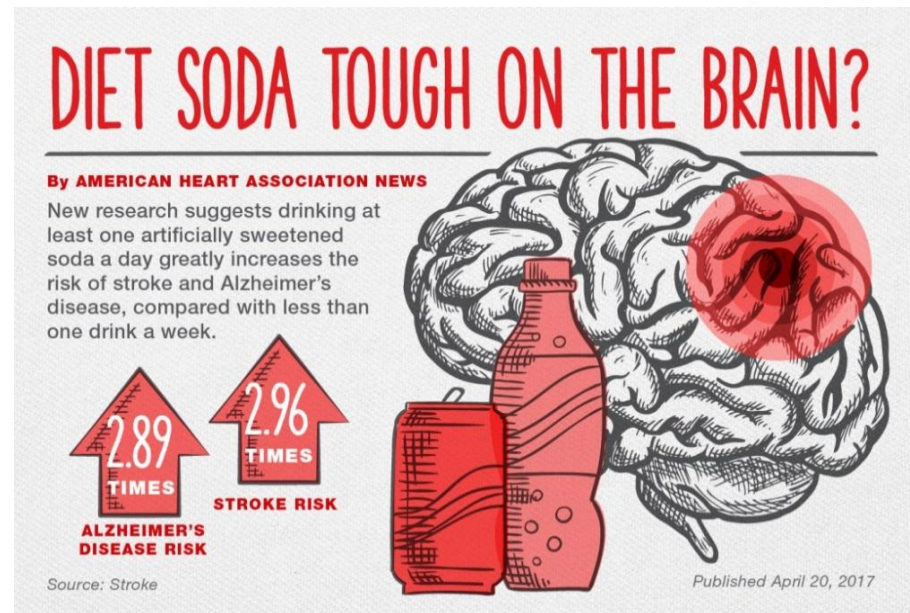
# Avoid processed food...



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

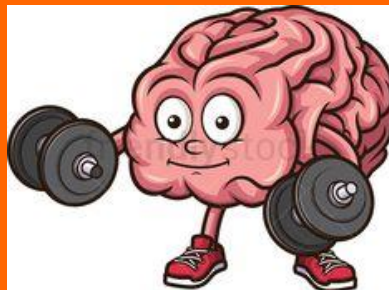
## 6. Movement & Exercise



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



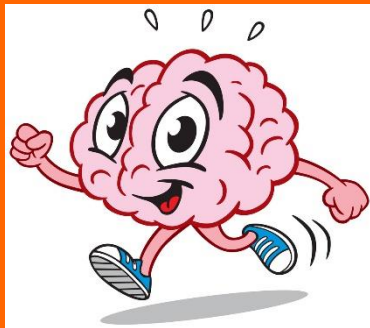
*It is never too late to be  
what you might have been.*  
*George Eliot*



## 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



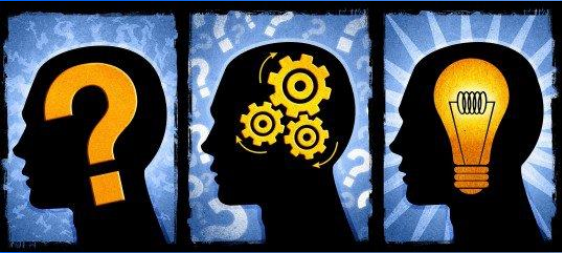
# 7. Stimulation – Cognitive (brain training)

Improves memory and reasoning



BrainHQ  
is an online brain  
training programme

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** (if prescribed, take oestrogen transdermally *NOT* orally)



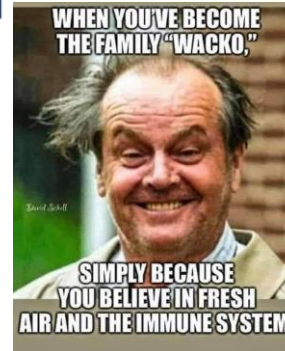
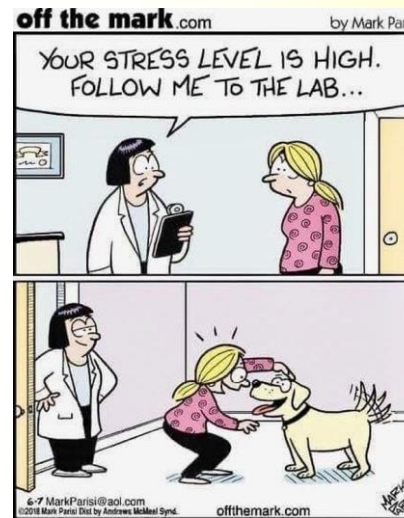
## 8. Stress reduction



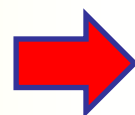
- Chronic vs short-term stress
- Positive attitude
- Cuddles & Hugs
- Creativity & Art
- Service to others
- Breathing exercises



Personally meaningful music  
Inspiring real-life stories



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



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

**Empowering Brain Health**



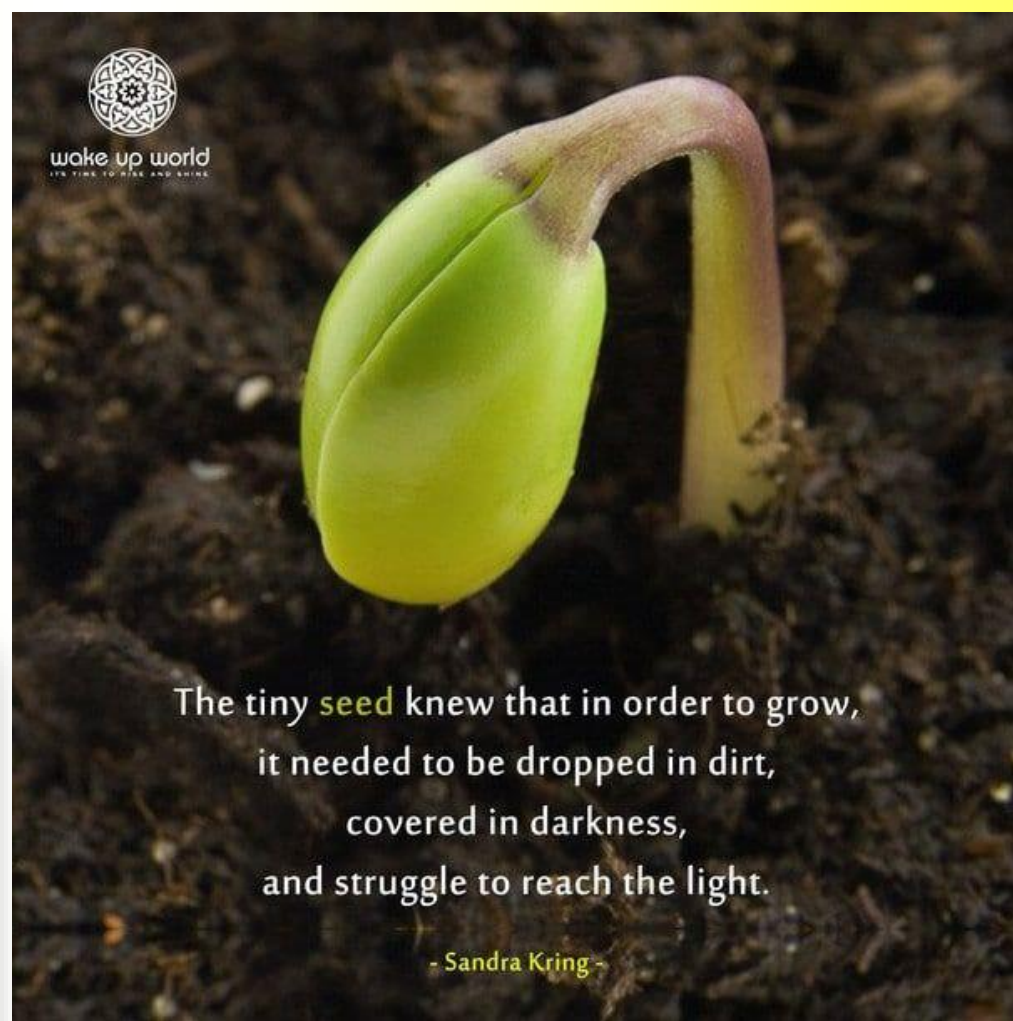


# Spiritual connection...



Chalfont Design Rendlesham Care Home Garden 2010

## Empowering Brain Health



The tiny **seed** knew that in order to grow,  
it needed to be dropped in dirt,  
covered in darkness,  
and struggle to reach the light.

- Sandra Kring -

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





# EMPOWERING BRAIN HEALTH

## Dementia Prevention *and* Recovery



### Dementia Health Blog

## Back on Track

*Don't give up, sharpen up!*

<https://dementiapioneers.uk/>

On twitter



@Garuth\_Chalfont



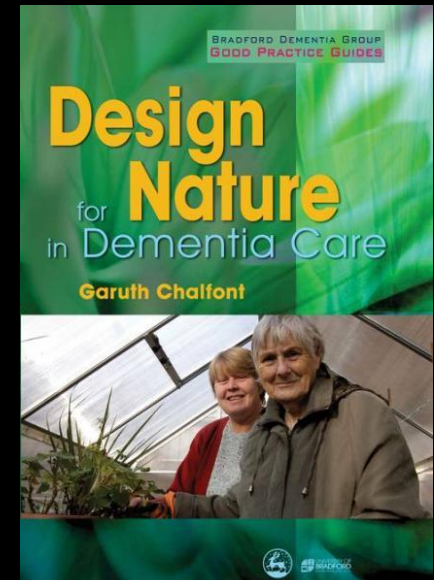
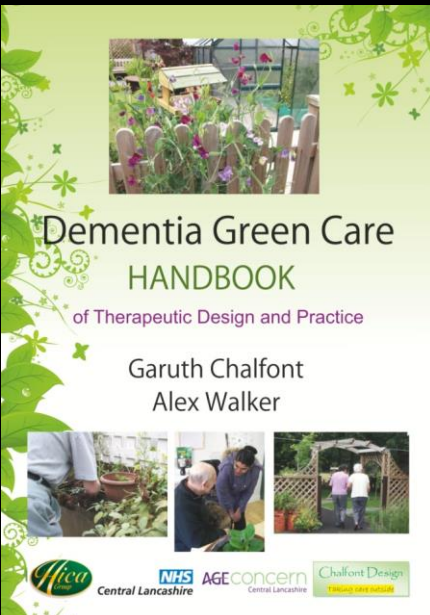
**GarDavSolutions**

for your optimal health

*Coming soon!*



Member **Our Health Service** and  
**The People's Health Alliance**



An organic, people-led, integrated health initiative that aims to facilitate the creation of heart-centred health hubs at community level.

Book free to download:  
[www.chalfontdesign.com](http://www.chalfontdesign.com)

Book available here:  
[www.chalfontdesign.com](http://www.chalfontdesign.com)



THANK YOU!