

Treating Chronic Conditions – a Holistic Approach



Health Mela March 2023

Activity & Physical Exercise

Cognitive Stimulation

Diet & Vitamins

Reduce Stress

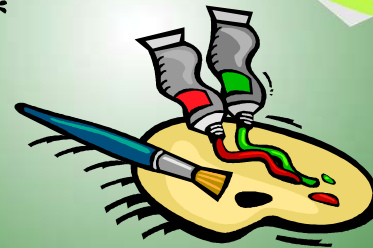
Stop Smoking

Meditation

Improve Sleep

Social interaction

Connection to Nature...



Dementia
Prevention
and Recovery



www.dementiapioneers.uk

Dr. Garuth Chalfont, PhD

Dementiapioneers@gmail.com

Just published....!

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

Kat Toups^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,*}

^aBay Area Wellness, Walnut Creek, CA, USA

^bDr. Ann Hathaway, San Rafael, CA

^cNorthwest Memory Center, Ashland, OR, USA

^dQuesgen Systems, Burlingame, CA, USA

^eDepartment of Radiology, Washington University School of Medicine, St. Louis, MO, USA

^fCNS Vital Signs, Morrisville, NC, USA

^gDepartment of Psychology, University of South Alabama, Mobile, AL, USA

^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

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DEMENTIA PREVENTION & REVERSAL

1. Sleep

2. Detox

3. Nutrition

4. Movement & Nature

5. Cognitive Stimulation



*Nothing I say is meant to
diagnose or treat any diseases.*

**every time YOU
eat or drink
YOU are either
Feeding disease
or FIGHTING it!**



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. Sleep

Lips together & breathe through your nose!

- Mouth-breathing leads to snoring, teeth clenching sleep apnoea, disrupted sleep & cognitive decline.

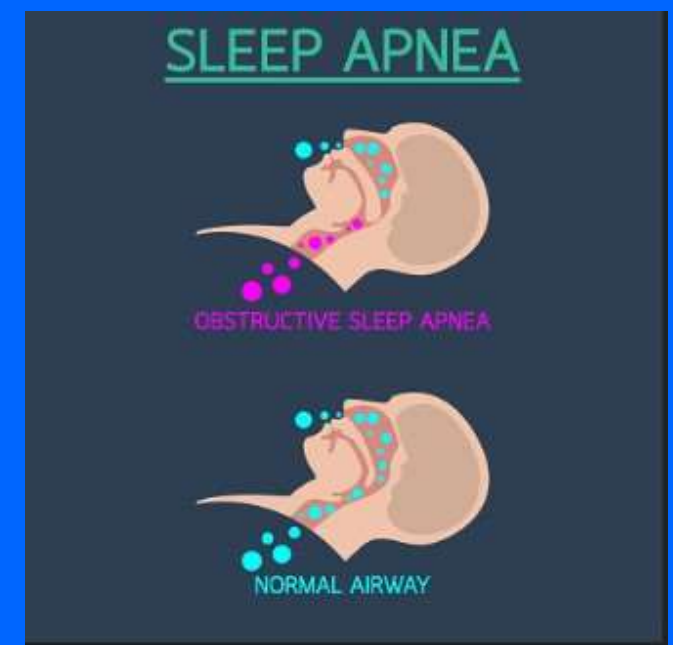
Sleep apnoea & Snoring

- Blocks airways, the brain is starved for oxygen.

Sleep on our left side Not on your back!

Support your Circadian Rhythm!

- Keep a regular sleep cycle (try going to bed no later than 9:30).
- Stop eating 3hrs before bedtime.
- Create a relaxing bedtime routine.
- Block out night-time outside light pollution (street lamps, etc.).
- Avoid screens (iPad, phone, computer, TV...) and fluorescent lights before bed because blue light from devices after dark suppresses melatonin production.
- Sleep cool - the bed should not be too warm.
- Get 30 mins of bright light when you first wake up.



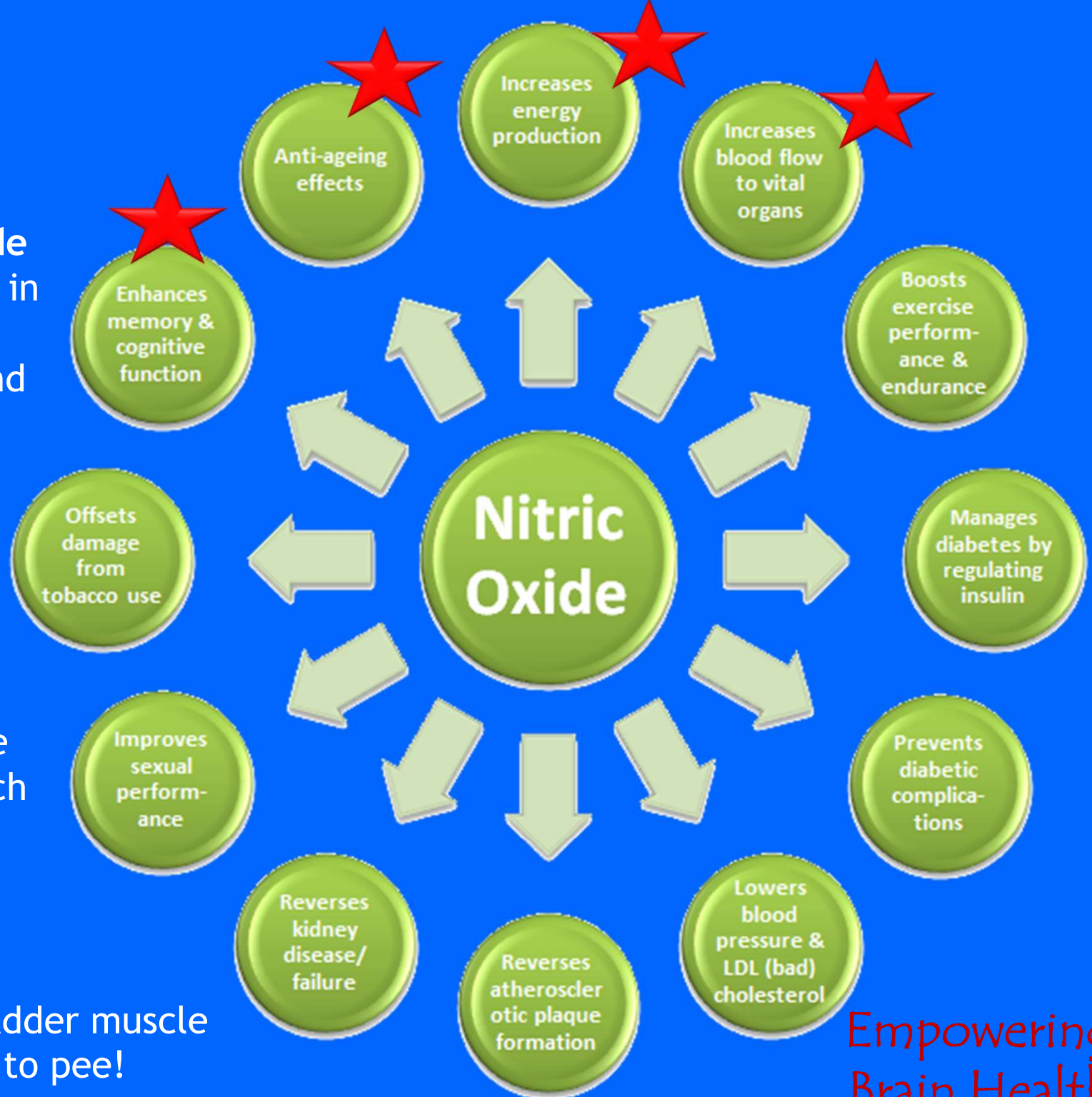
1. Sleep

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!



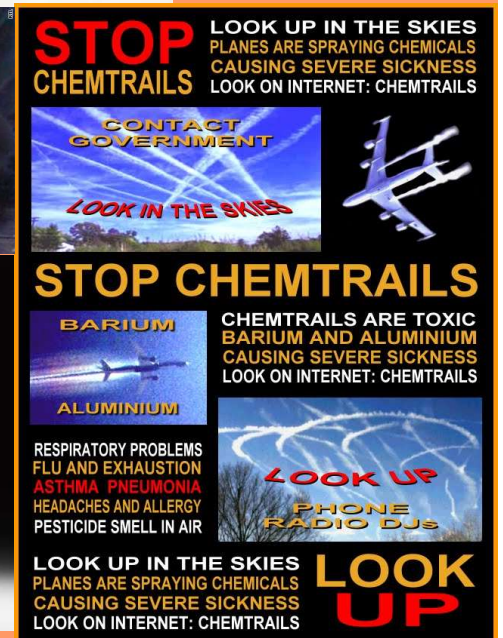
Empowering
Brain Health

2. Detox

Toxin Sources 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 testing (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 of chemtrails)

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



Empowering Brain Health

2. Detox



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

Chemtrails

Empowering Brain Health

2. Detox

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

CHEMTRAILS ACTIVATION PANELS v2.0



 **CONCORD**
Aerospace

Chemtrails

Empowering Brain Health

2. Detox

RESEARCH ARTICLE

Bumblebee Pupae Contain High Levels of Aluminium

Christopher Exley^{1*}, Ellen Rotheray², David Goulson²

¹ The Birchall Centre, Lennard-Jones Laboratories, Keele University, Stoke-on-Trent, Staffordshire, ST5 5BG, United Kingdom, ² Evolution, Behaviour & Ecology, School of Life Sciences, University of Sussex, Brighton, BN1 9QG, United Kingdom

* c.exley@keele.ac.uk

Aluminium is the most significant environmental contaminant of recent times and we speculated 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, for example, 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.

Chemtrails

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2. Detox – The Basics

- **Make sure** The body is rich in minerals before detox or fasting by **Eating plenty of vegetables** - the best source of minerals and high in fibre.
- **Keep elimination routes working** Bowels, urinary & skin
- **Drink filtered water** 2L water daily
- **Sweat** Sauna, exercise & eat hot/spicy food like curry!
- **Eat organic foods** Cruciferous vegetables, asparagus, onions, beetroot, lemons, broccoli sprouts, mung beans, garlic, rosemary, berries, pomegranate & artichokes
- **Try** Dry skin brushing to move your lymph **or** a castor oil pack
- **Try** Dandelion leaf tea, nettle tea & celery seed tea
- **Old metal fillings that are cracked or loose?** See a skilled biological dentist for amalgam removal - 1-2 at a time
- **Heal** old traumas and unresolved emotional issues



Avoid saunas if you have cardio-vascular issues!

CONSULT YOUR DOCTOR FIRST

Empowering Brain Health

2. Detox



Empowering Brain Health

2. Detox

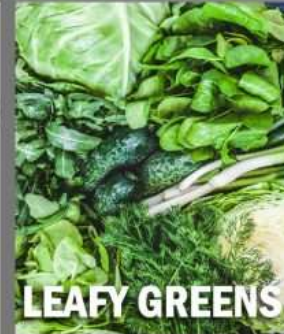
15 DETOX FOODS THAT SUPPORT NATURAL DETOXIFICATION



GINGER



CHLORELLA



LEAFY GREENS



TURMERIC



BEETS



**CRUCIFEROUS
VEGETABLES**



AVOCADO



LEMON



APPLES



GREEN TEA



GARLIC



CILANTRO



BLUEBERRIES



RED ONIONS



PROBIOTICS

OAWHealth.com

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3. 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

Natural News

GOOD FAT VS. BAD FAT



✓ **BUTTER**
Natural

✓ **TALLOW**
Natural

✓ **LARD**
Natural

✓ **COCONUT OIL**
Natural

✓ **AVOCADO OIL**
Natural

✓ **OLIVE OIL**
Natural



✗ **CANOLA**
Processed

✗ **SOYBEAN**
Processed

✗ **SUNFLOWER**
Processed

✗ **CORN**
Processed

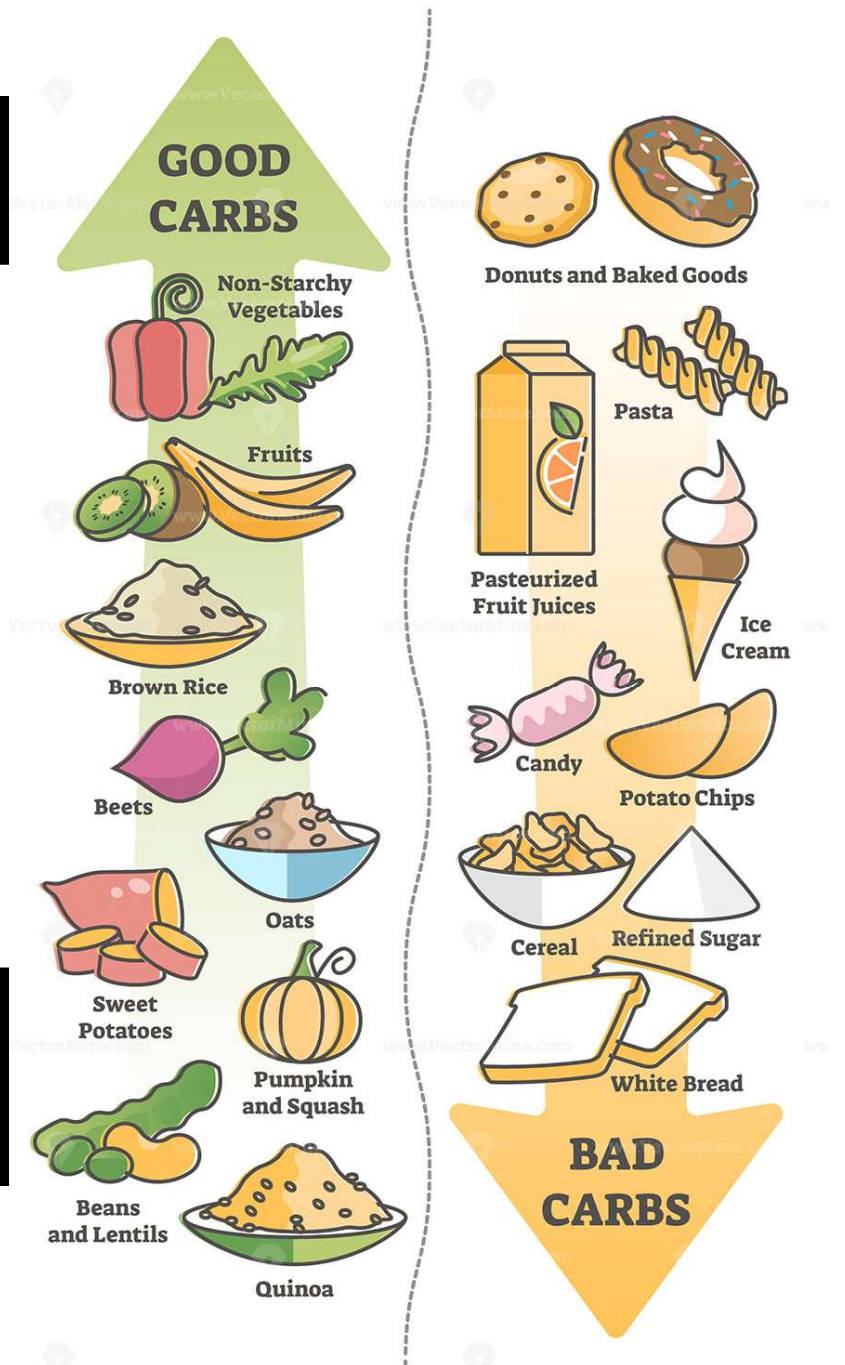
✗ **SAFFLOWER**
Processed

✗ **GRAPSEED**
Processed

✗ **MARGARINE**
Processed

NATURE DOESN'T MAKE BADFATS.
FACTORIES DO.

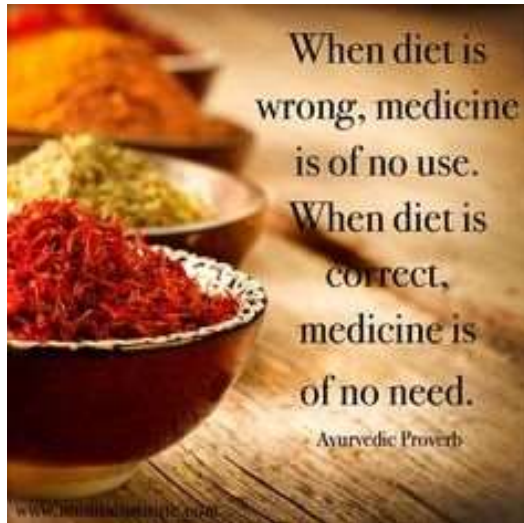
Did God make it?
OR
Did a factory make it?



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Good for
our
Health



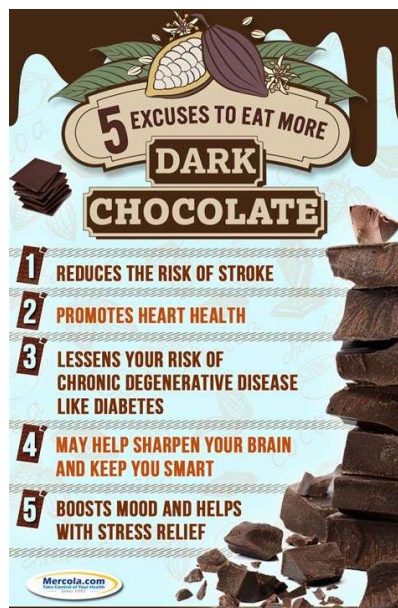
CRUCIFEROUS VEGGIES

micronutrient powerhouses

		
BOK CHOY Vit A / C / K	KALE Vit A / K	BROCCOLI Vit C / K
		
CABBAGE Vit C / K	BRUSSELS Vit C / K	CAULIFLOWER Vit C / B5 / B6

@jonvenus

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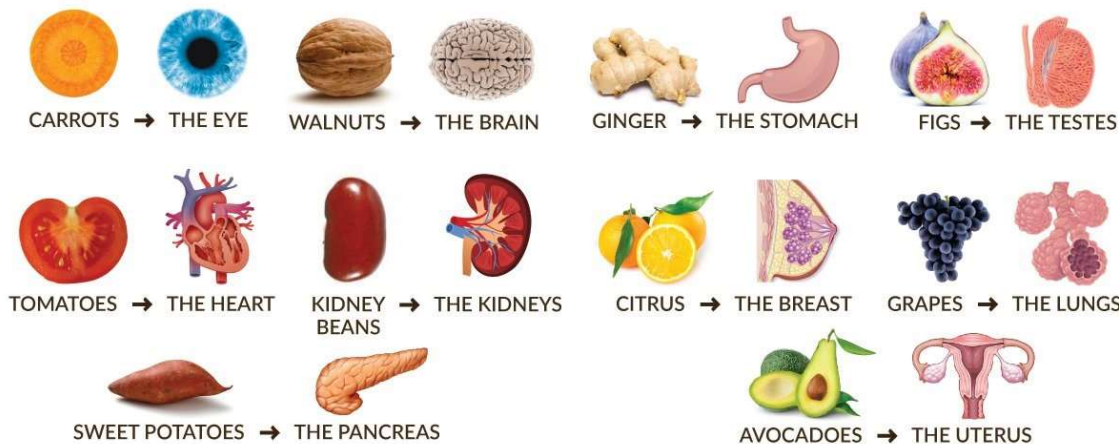


Antioxidants in fruit & veg neutralize free radicals that can harm cells

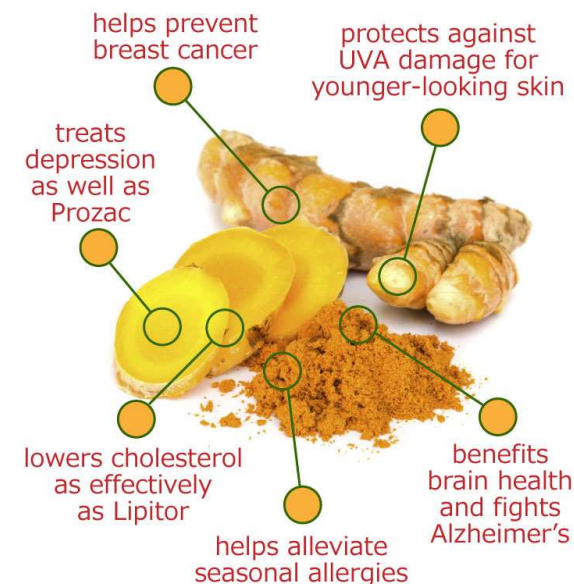


eat more **TURMERIC**

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



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

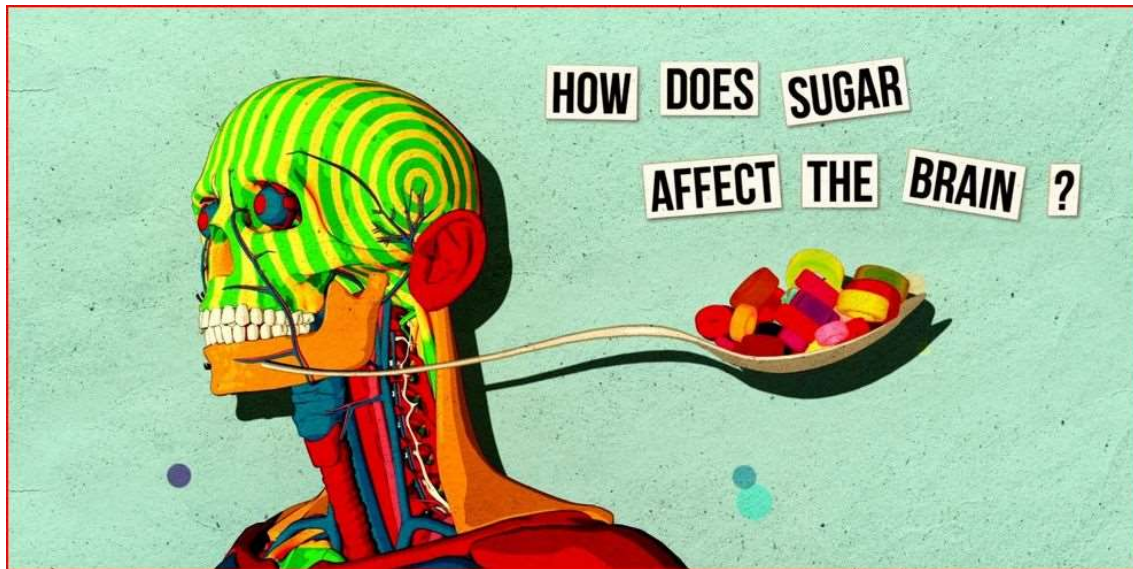


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Avoid processed food...



Limit simple carbs (bread, pasta, crackers).



From Crap to Clean!
Eat ORGANIC when possible

DEMENTIA
IN A CAN?



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

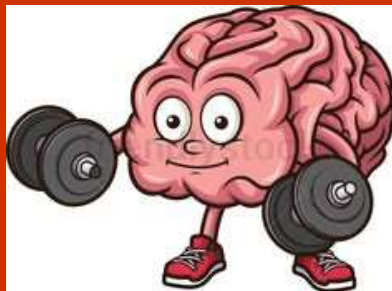
4. Movement...



Table tennis is a good mind-body workout

Sport and Physical Exercise

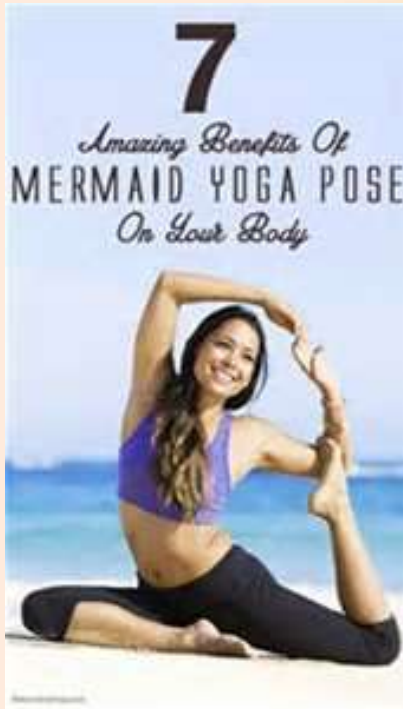
- **Cardio and Strength training** are specifically recommended.
- **Cardio** gives the brain oxygen and nutrients.



- **Exercise** is anti-inflammatory and it lifts your mood.
- **Exercise** reduces your risk for Alzheimer's.
- **Exercise** makes new brain cells.

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4. Movement and Nature



Meditation



Yoga



Empowering Brain Health

4. Movement and Nature



Tai chi



Brisk walking



Empowering Brain Health

4. Movement and Nature

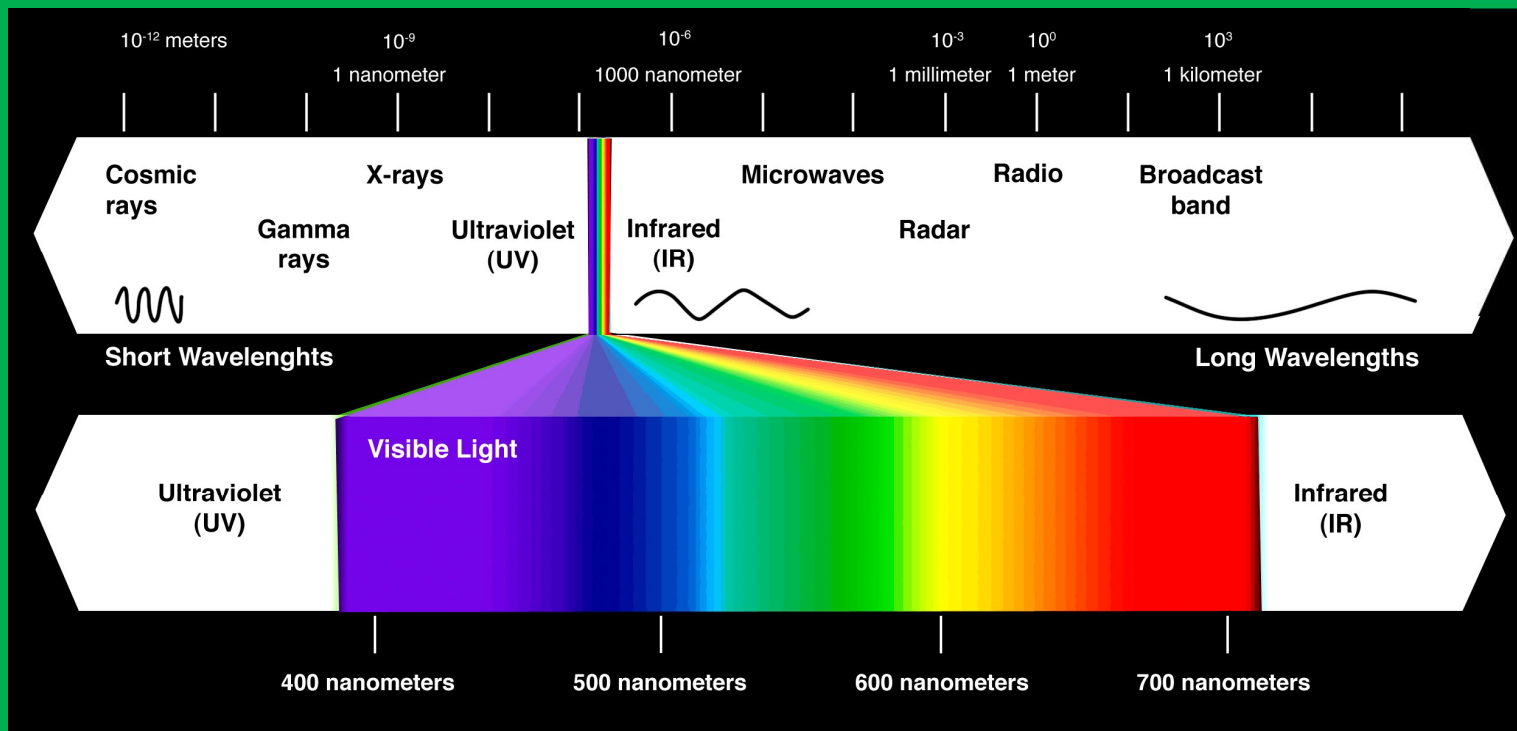
- Light is an essential nutrient for life!
- Sunlight is visible as well as invisible (Ultraviolet & Infrared).
- Red & Near infrared light is best at sunrise, sunset and from a fire.



Sun
gazing



Fire gazing

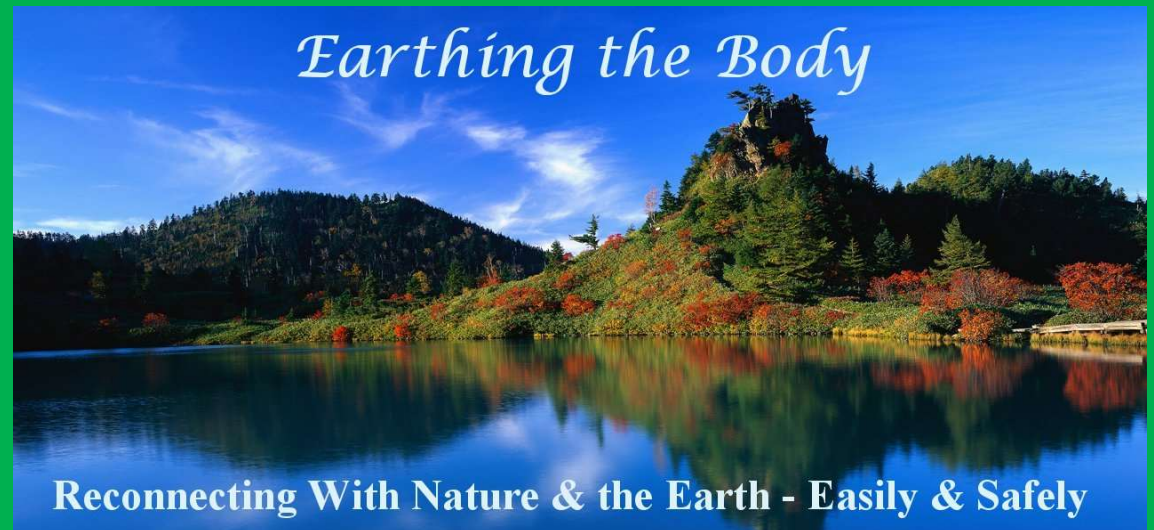


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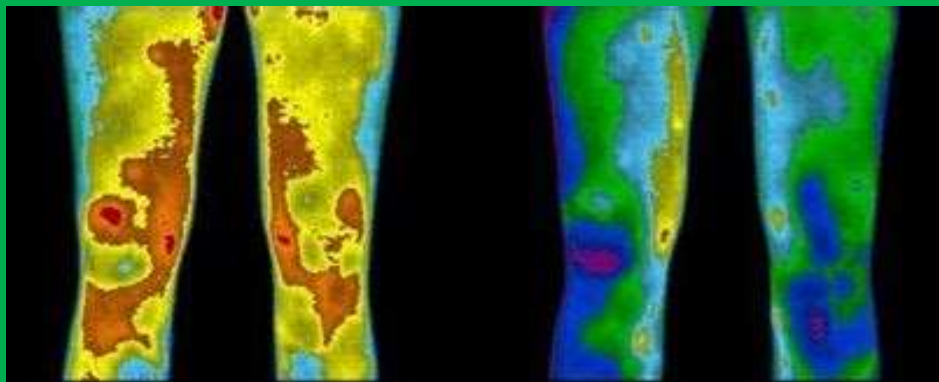


Touching Nature

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

Chores, Exercise, Animals and Nature



Keep busy



Caring for Plants
& Animals

What
improves?
Blood pressure,
sleep, mood,
memory, appetite
& balance...



Exercise outdoors



Empowering Brain Health



Green Care for the Brain

Nature &
Outdoors



Use your Brain



Touch soil

Empowering Brain Health

Research shows benefits of nature and the outdoors for people with memory problems



Grow flowers



Grow herbs

Be social

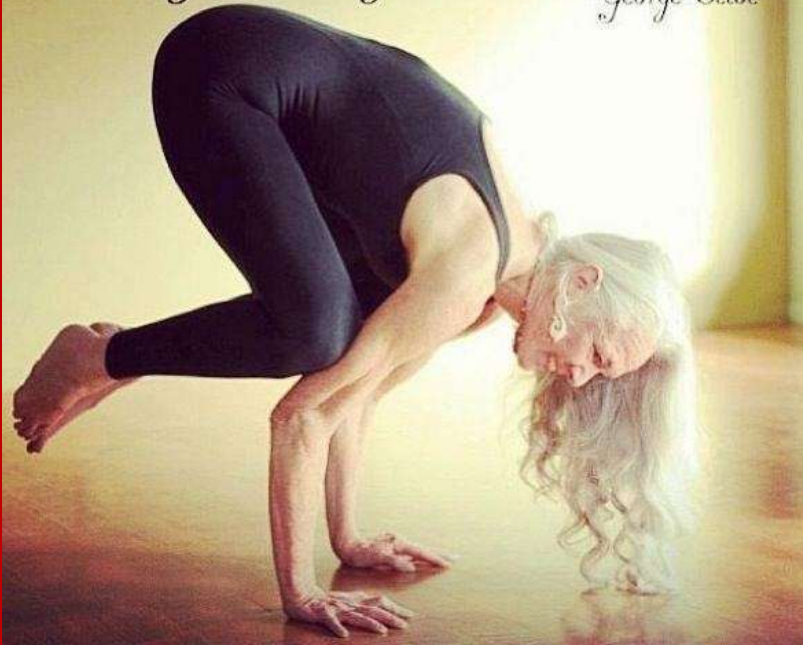
Make art

Fresh air
&
Sunshine



Empowering Brain Health

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



Great
mind-body
workouts
at any age!



Dancing is
great social
exercise!

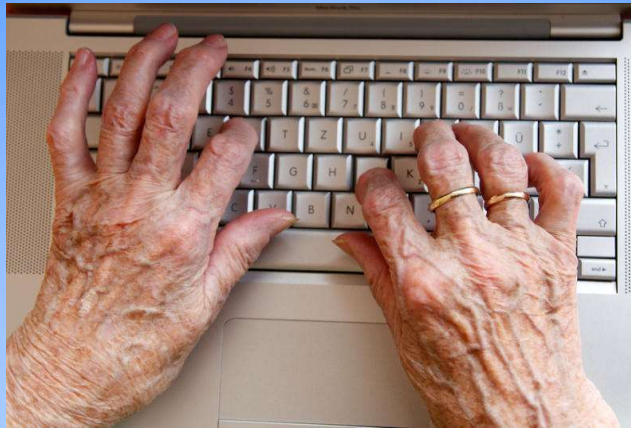
Movement, Exercise & Music



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5. Cognitive Stimulation (brain training)

Improves memory
and reasoning



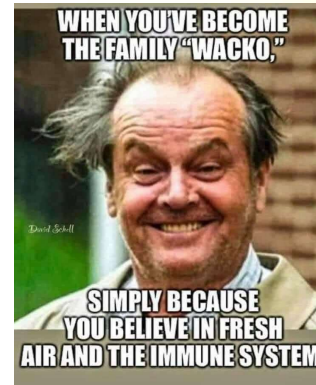
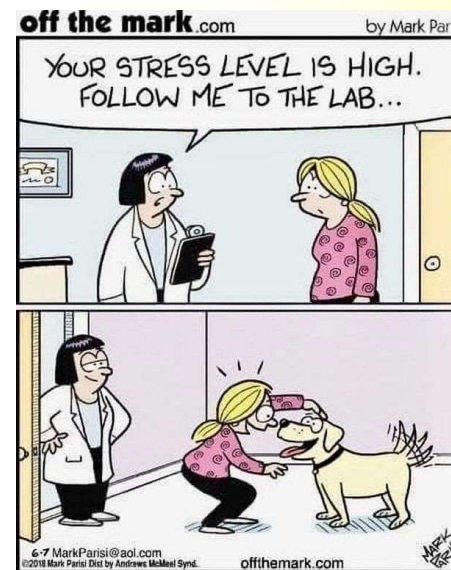
Improves behaviour
Reduces depression



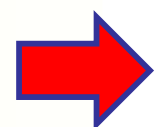
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Bonus! Stress reduction

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



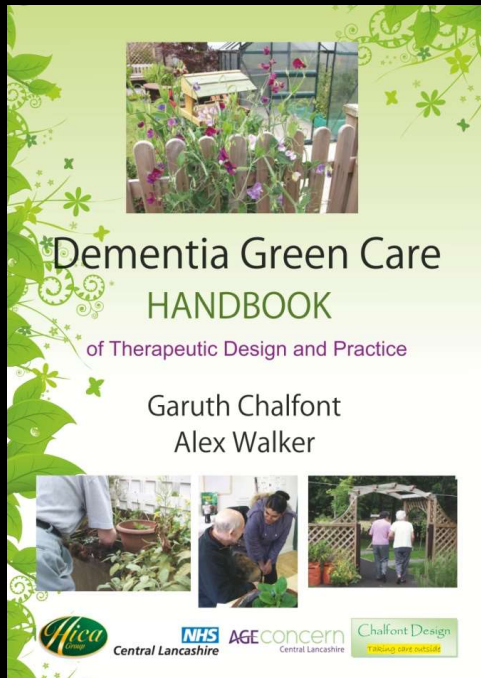
- Dancing & Drumming
- Laugh, Sing & Join a choir
- Belief in something greater than yourself



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

Empowering Brain Health

Questions? EMPOWERING BRAIN HEALTH Thank you!



Book free to download:
www.chalfontdesign.com

Dementia Health Blog:
Back on Track

Don't give up, sharpen up!
www.dementiapioneers.uk

Email dementiapioneers@gmail.com

On

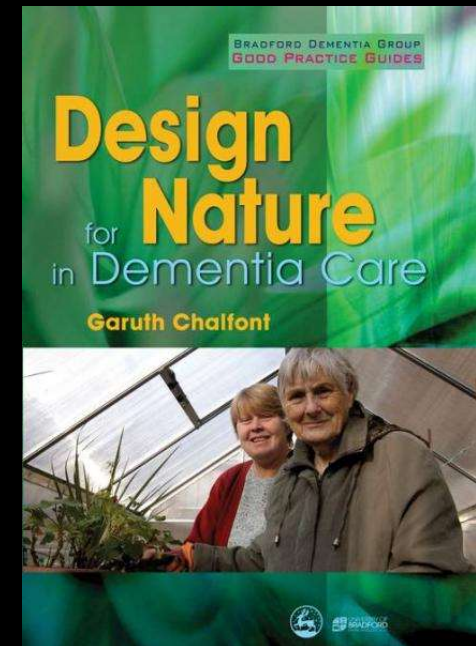


Dementia Beat Camp

On twitter



@Garuth_Chalfont



Book available here:
www.chalfontdesign.com