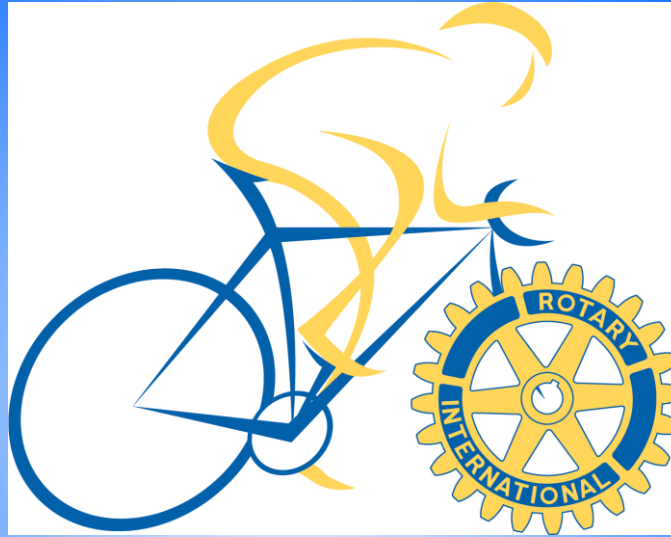


EMPOWERING BRAIN HEALTH...

by Dr Garuth Chalfont
Rotary Club, Ferrari's, March 2nd 2023



...through Prevention *and* Recovery

Dementia Health Blog:
Back on Track

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



Email dementiapioneers@gmail.com

Dr Chalfont, PhD Health Researcher

My Path...

- USA - Music, geography, landscape architecture, residential garden design & build
- Sheffield Architecture PhD, landscape design & research in dementia care homes & day centres



Chalfont Design
Taking care outside



Therapeutic Nature Designs

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 Bredesen^{1*}, Kenneth Sharlin², David Jenkins³, Miki Okuno³, Wes Youngberg⁴, Sharon Hausman Cohen⁵, Anne Stefani⁶, Ronald L Brown⁶, Seth Conger⁶, Craig Tanio⁷, Ann Hathaway⁸, Mikhail Kogan⁹, David Hagedorn¹⁰, Edwin Amos¹¹, Amylee Amos¹², Nathaniel Bergman¹³, Carol Diamond¹⁴, Jean Lawrence¹⁵, Irene Naomi Rusk¹⁶, Patricia Henry¹⁶ and Mary Braud¹⁶

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⁴Youngberg Lifestyle Medicine Clinic, Temecula, CA, USA

⁵Resilient Health, Austin, TX, USA

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⁷Rezili Health, Hollywood, FL, USA

⁸Integrative Functional Medicine, San Rafael, CA, USA

⁹GW Center for Integrative Medicine, George Washington University, Washington, DC, USA

¹⁰Coastal Integrative Medicine, Jacksonville, NC, USA

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

¹²Amos Institute, Los Angeles, CA, USA

¹³Center for Functional Medicine, Cleveland Clinic, Cleveland, OH, USA

¹⁴Mount Sinai Hospital, New York, NY, USA

¹⁵Levrance 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; Synaptoclastic

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 [1,2,5,7] 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 CTE. 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 synaptoclastic peptides, sAPP β , A β , Jcasp, 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

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Citation: Bredesen DE, Sharlin K, Jenkins D, Okuno M, Youngberg W, et al. (2018) Reversal of Cognitive Decline: 100 Patients. J Alzheimer's Dis Parkinsonism 8: 450. doi: 10.4172/2161-0460.1000450

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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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2019, volume 3, issue 3

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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

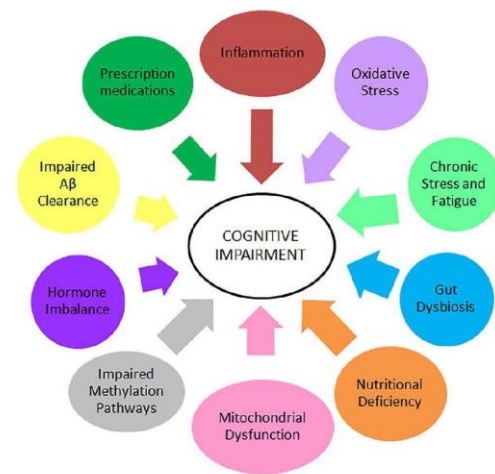


Figure 1 Identified drivers of cognitive impairment.

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
- Detoxification
- 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 2022...!

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*.

All benefitted and none were harmed!

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

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,*}

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^bDr. Ann Hathaway, San Rafael, CA

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^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

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Accepted 31 May 2022

Pre-press 4 July 2022

Empowering Brain Health

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
9. Supplements
10. Mindfulness

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

Empowering Brain Health

EMPOWERING BRAIN HEALTH...

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

...through Prevention *and* Recovery



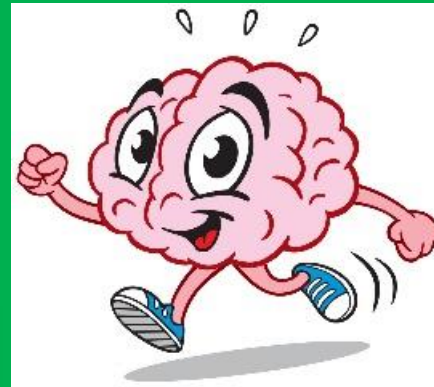
1. Sleep

2. Detox

3. Nutrition

4. Movement & Nature

5. Cognitive Stimulation



Empowering Health

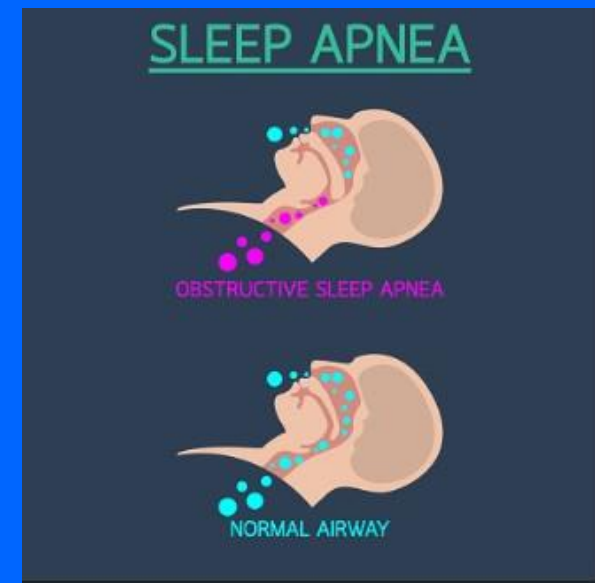
1. Sleep

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.

Empowering Health

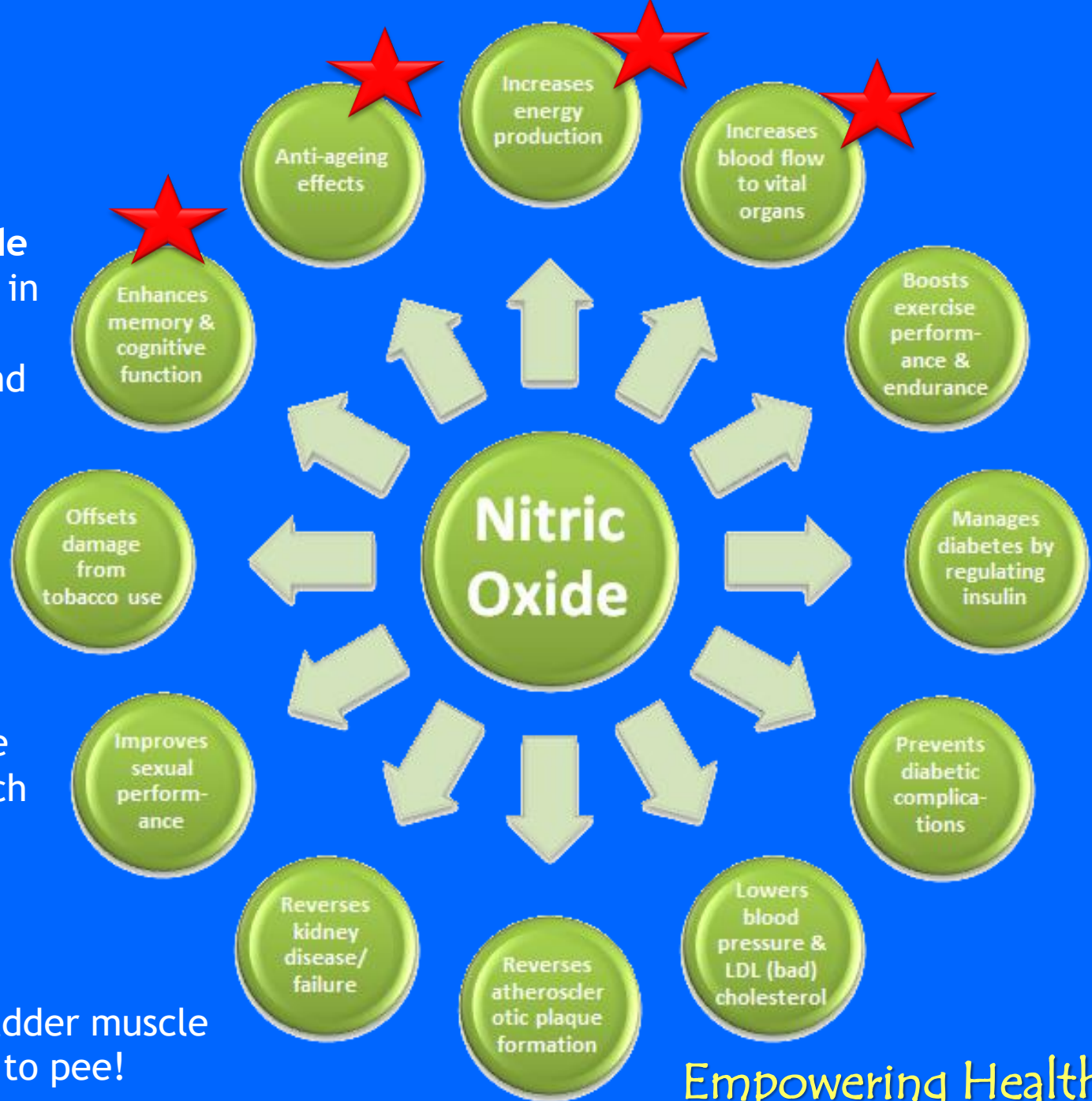
1. Sleep

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!



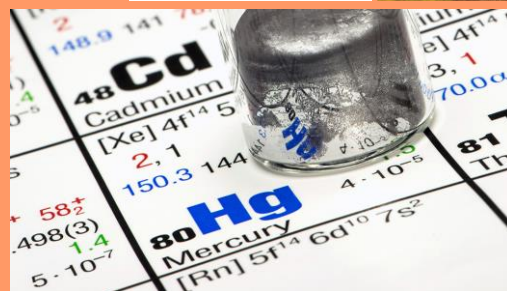
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2. Detox

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



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

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?

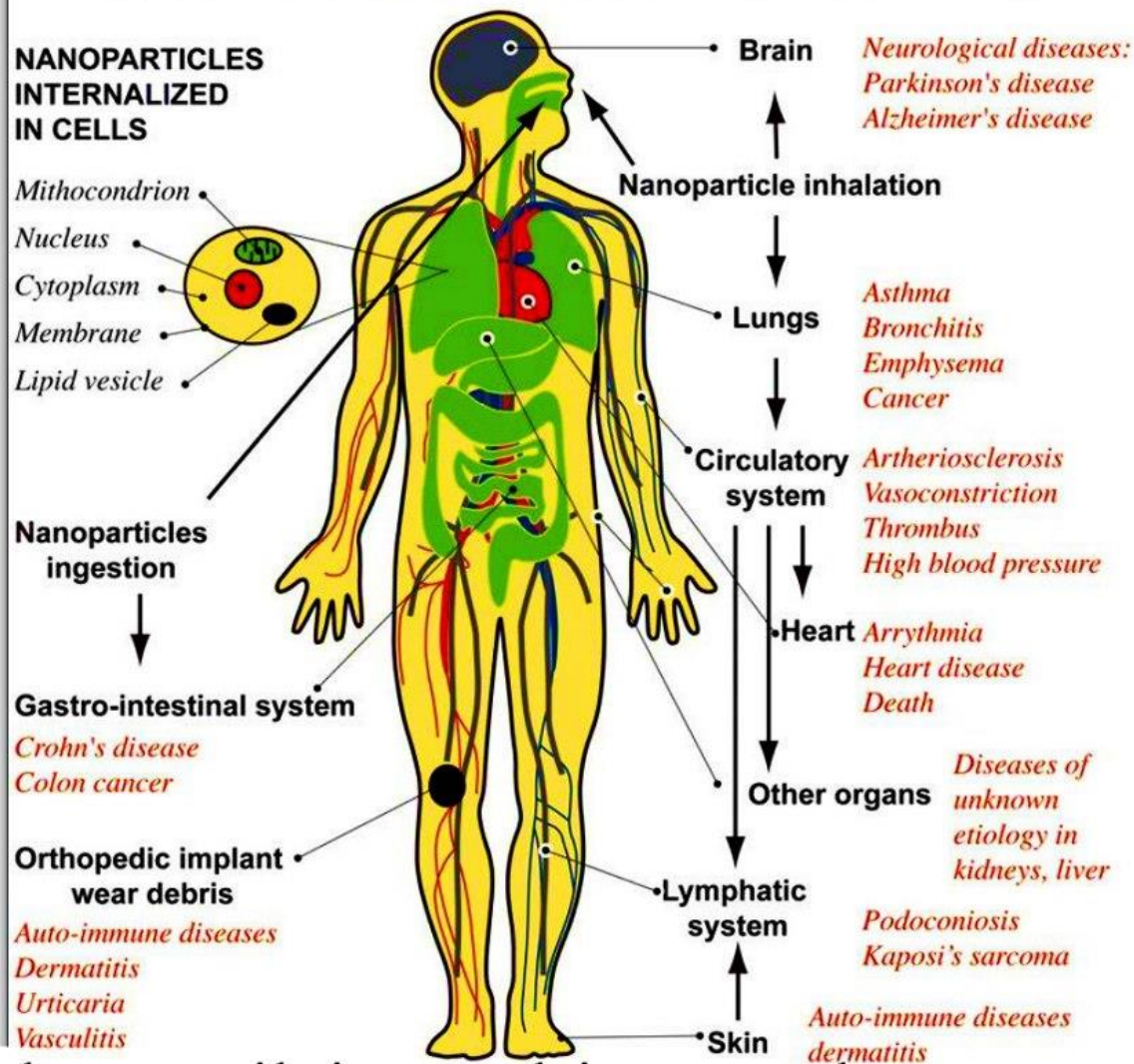
For starters, drink horsetail tea. Silica derived from horsetail chelates (bonds to metal atoms) and helps detox the body. This is not intended to replace medical advice (consult a doctor).



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

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.

GeoengineeringWatch.org

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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



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2. Detox

15 DETOX FOODS THAT SUPPORT NATURAL DETOXIFICATION

FOODS THAT DETOX THE BODY

RawForBeauty



FLAXSEED OIL



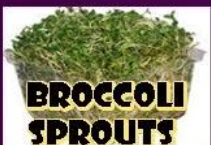
TURMERIC



KALE



WHEATGRASS



**BROCCOLI
SPROUTS**



**BLUE GREEN
ALGAE**



OLIVE OIL



SPIRULINA



SPINACH



ONIONS



AVOCADO OIL



COCONUT OIL



ARUGULA



LEMONS



CABBAGE



CHARD



HEMP OIL



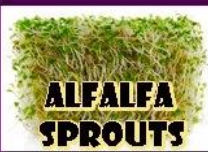
GARLIC



LIMES



**BRUSSEL
SPROUTS**



**ALFALFA
SPROUTS**



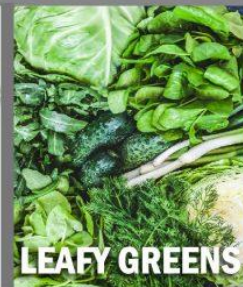
CHLORELLA



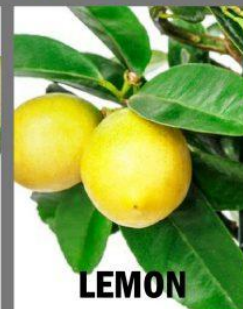
AVOCADO



CULANTRO



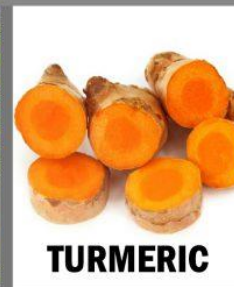
LEAFY GREENS



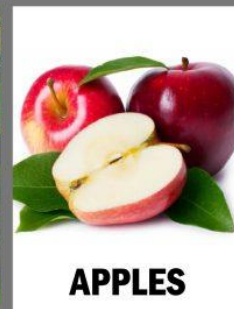
LEMON



BLUEBERRIES



TURMERIC



APPLES



RED ONIONS



BEETS



GREEN TEA



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

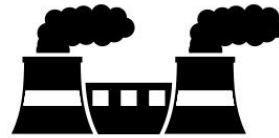


- Stop eating 3 hours before bedtime

Natural News GOOD FAT VS. BAD FAT



✓ **BUTTER**
✓ **TALLOW**
✓ **LARD**
✓ **COCONUT OIL**
✓ **AVOCADO OIL**
✓ **OLIVE OIL**

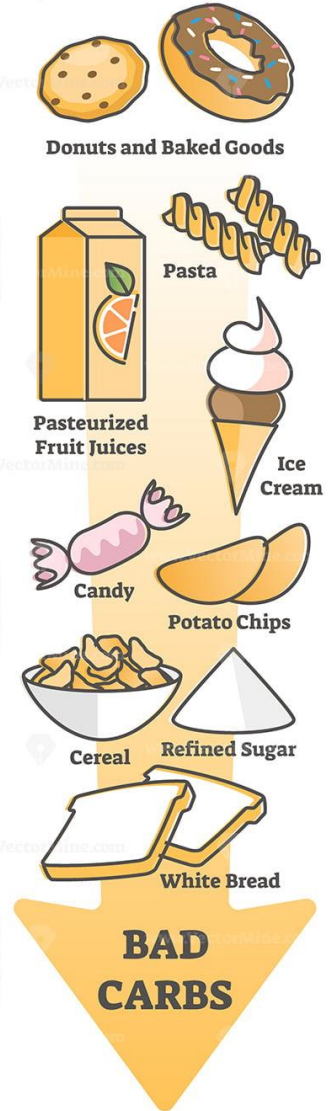
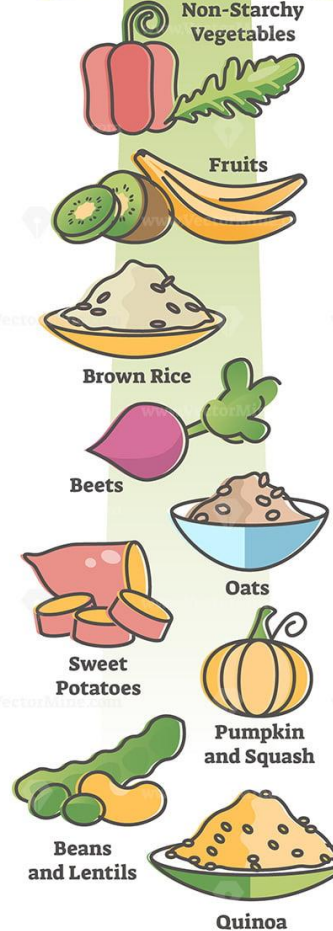


✗ **CANOLA**
✗ **SOYBEAN**
✗ **SUNFLOWER**
✗ **CORN**
✗ **SAFFLOWER**
✗ **GRAPESEED**
✗ **MARGARINE**

NATURE DOESN'T MAKE BAD FATS. FACTORIES DO.

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

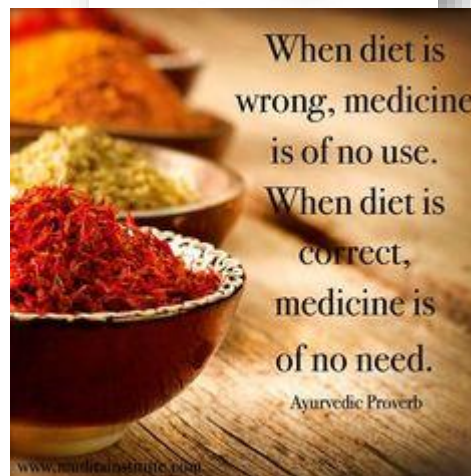
GOOD CARBS



Empowering Health



Good for
our
Health



			
आलू - Potatoes	बिंदी - Eggplants	बोली - Cauliflowers	बोली - Cauliflowers
			
टमाटर - Tomatoes	मिर्च - Chilies	प्याज - Onions	लड्डू - Bottle gourd
			
गुरा - Carrots	लड्डू - Lady's fingers	लड्डू - Bottle gourd	प्याज - Pumpkin



Empowering Health



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



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

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



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



SWEET POTATOES → THE PANCREAS



AVOCADOES → THE UTERUS



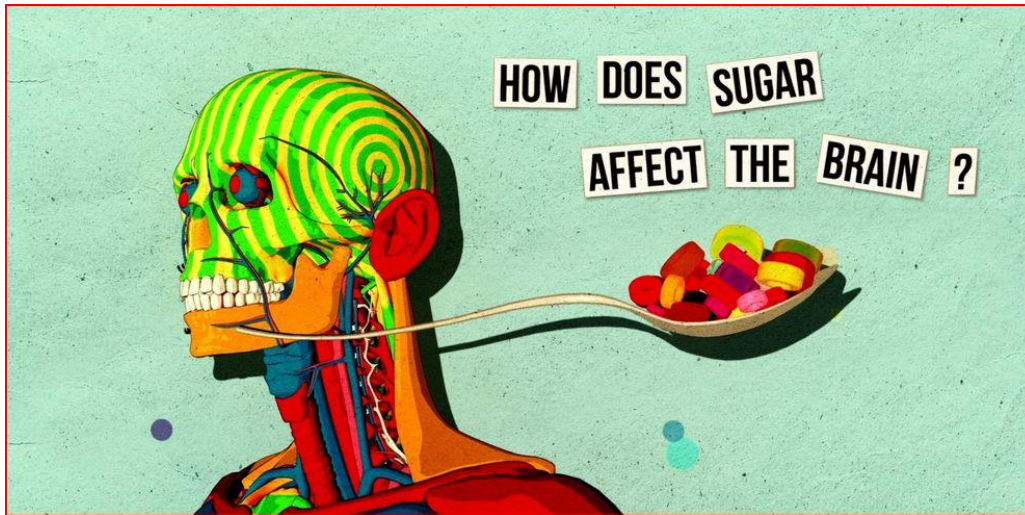
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easyhealthoptions.com

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.**"

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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



Tai chi



Yoga



Brisk walking

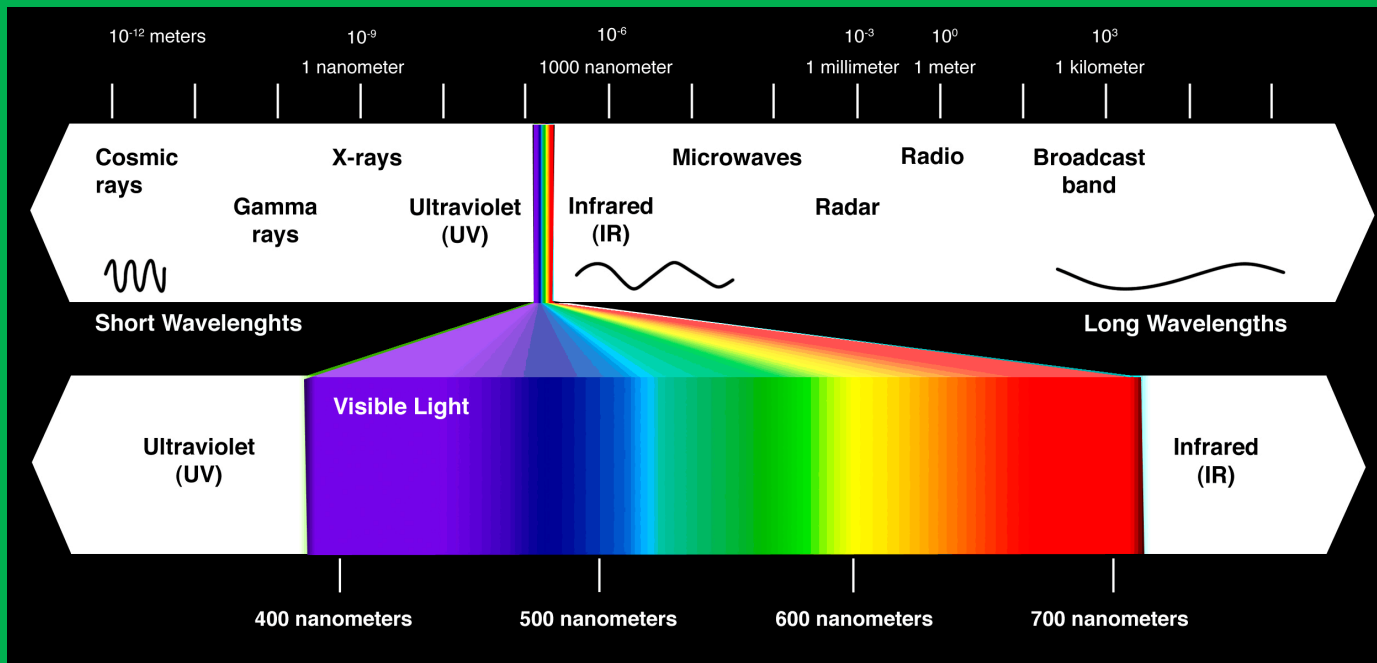
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4. Movement and Nature

- 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.



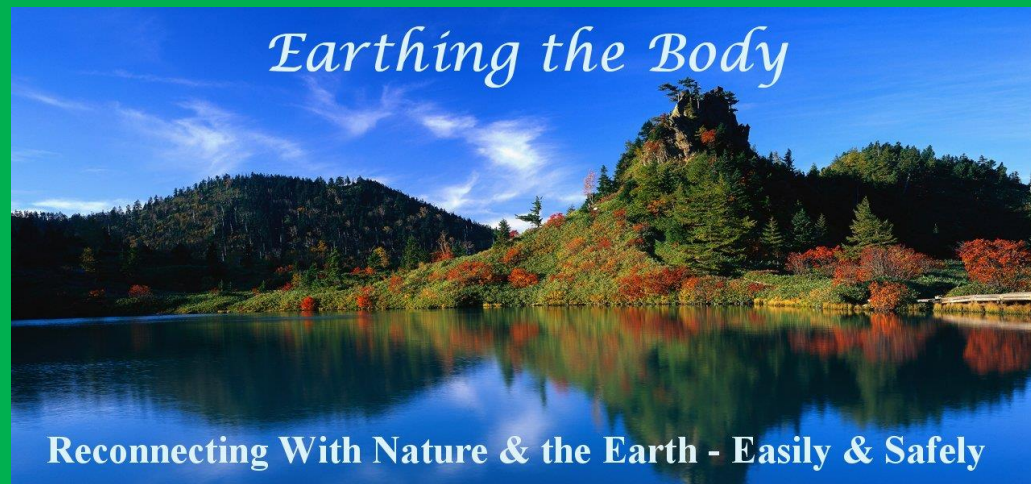
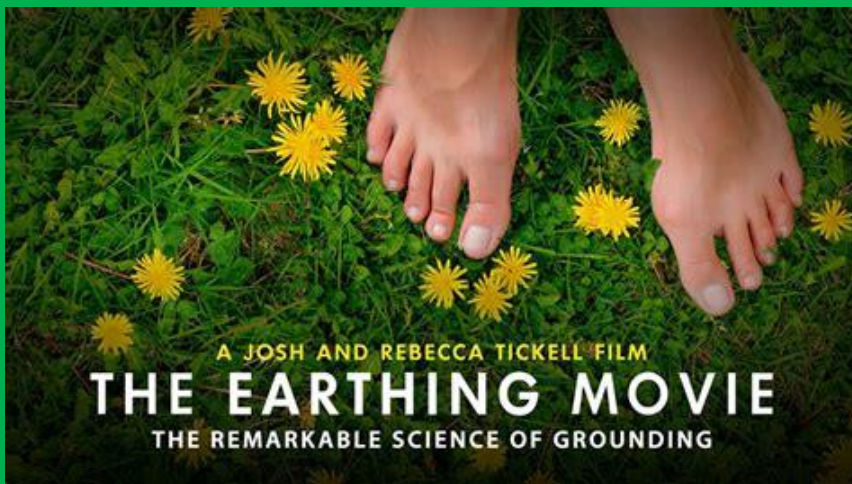
Sun gazing



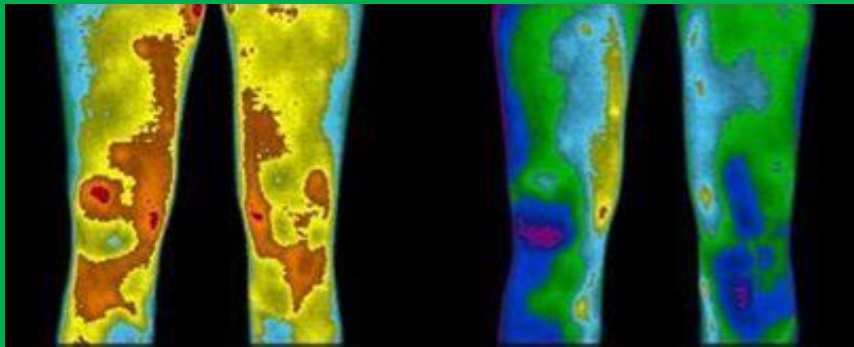
Fire gazing
Empowering Health

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 Health

Chores, Exercise, Animals and Nature



Keep busy



Caring for Plants & Animals

What improves?

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



Exercise outdoors

Empowering Health



Make art

Food
growing
Flowers
Gardening



Use your Brain



Touch soil

Empowering Health



Artwork



LAND ART FOR KIDS
thepinterestedparent.com



Art
and
Nature

Empowering Health

Movement and Nature



Grounding
demonstration with
client and staff at the
opening of a Chalfont
Design day centre
garden for
Age Concern (2014)



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



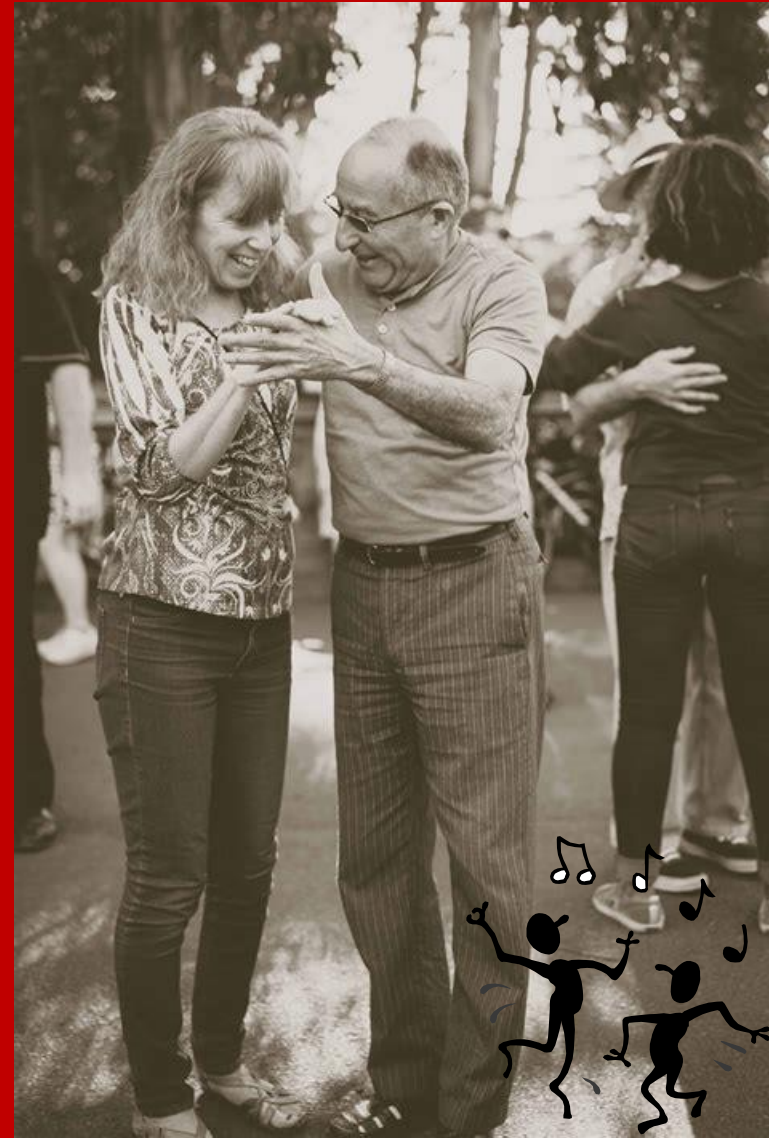
Great
mind-body
workouts
at any age!



Dancing is
great social
exercise!



Movement, Exercise & Music



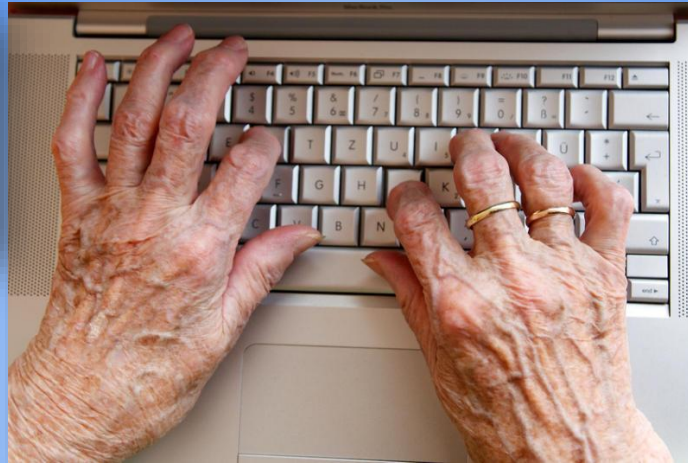
Empowering Health

5. Cognitive Stimulation – Brain training

Improves memory and reasoning



BrainHQ
Dual-tasking



Reduces depression



Empowering Health

Bonus! Stress reduction

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

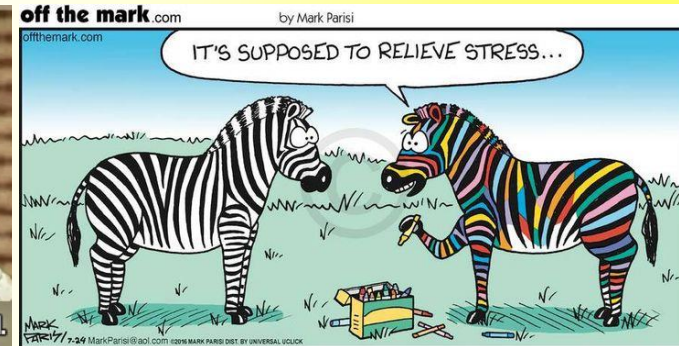
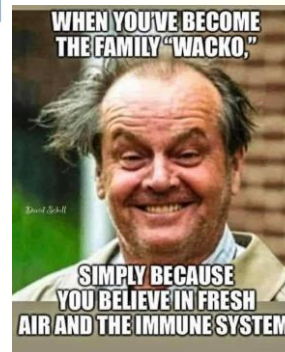
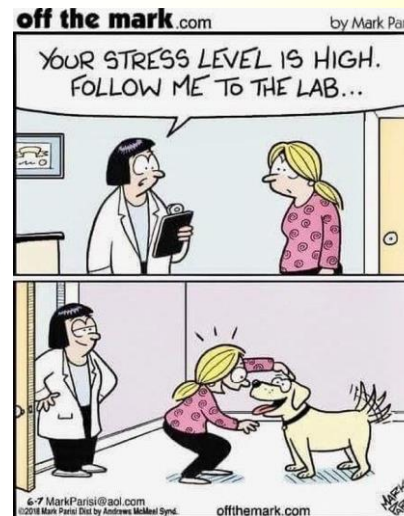


Personally meaningful music
Inspiring real-life stories

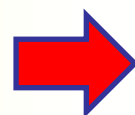


BEFORE

AFTER
LOCKDOWN



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

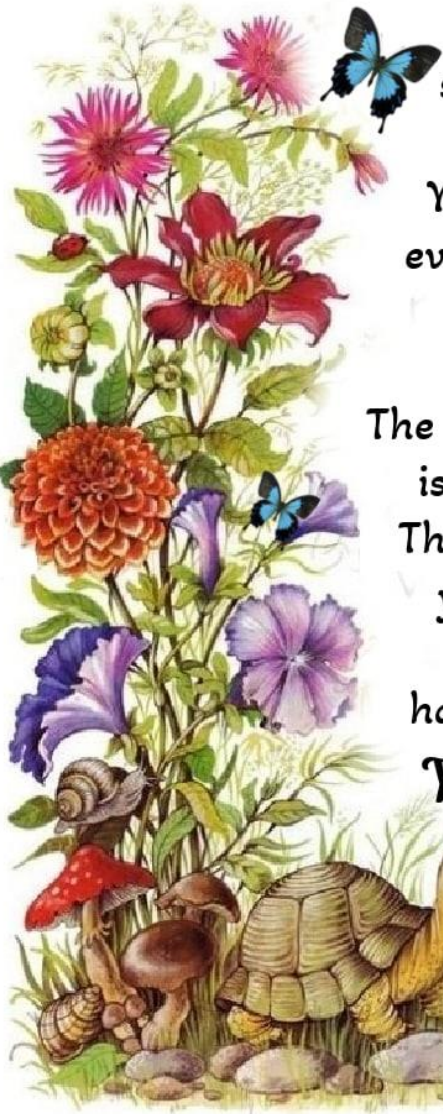


Escape the matrix - get news & science from credible sources!

Empowering Health

Final thoughts...

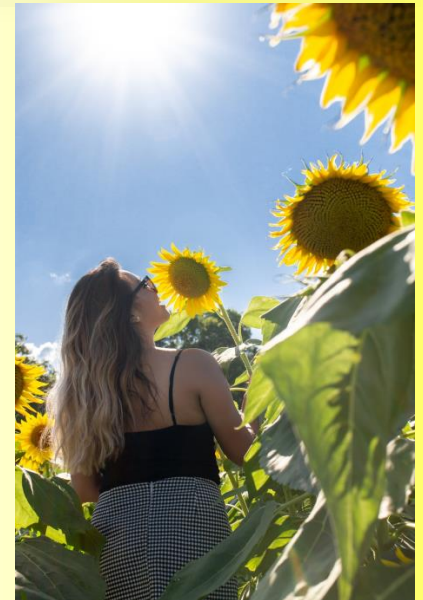
If you are
struggling today,
remember this:
You have survived
everything you have
gone through
up to this point.
The best day of your life
is still yet to come.
There are still people
you haven't met,
and things you
haven't experienced.
You can do this!



inspire *Positive* soul sensations **IPSS**



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



Empowering Health

Questions?

EMPOWERING HEALTH

Thank
you!



Dementia Health Blog:
Back on Track

Don't give up, sharpen up!

www.dementiapioneers.uk

Email dementiapioneers@gmail.com

On

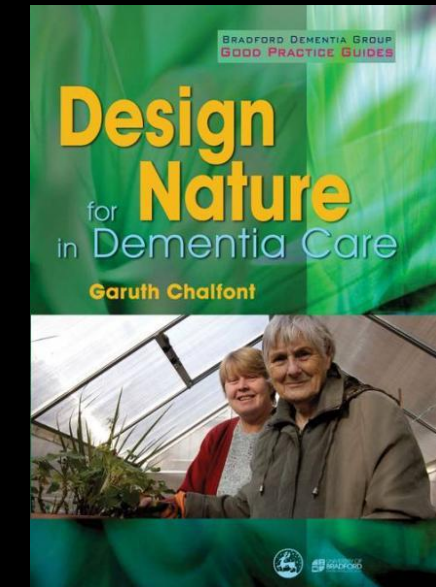


Dementia Beat Camp

On twitter



@Garuth_Chalfont



Book available here:
www.chalfontdesign.com

Dementia Green Care
HANDBOOK

of Therapeutic Design and Practice

Garuth Chalfont
Alex Walker



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www.chalfontdesign.com