

Grow your Memory with a Healthy Lifestyle!



OUTLINE

- My Path and My Awakening
- ADDRESSING ROOT CAUSES
 1. Breathing & Sleep
 2. Detox
 3. Nature, Light & Grounding
 4. Nutrition
 5. Movement & Exercise
 6. Cognitive Stimulation
- ENERGY and the HUMAN BIOFIELD
- **QUESTIONS??**



Garuth Chalfont, PhD Health Researcher



Kathy Welcomes You!



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 Awakening...

Dementia prevention and reversal!
(Landmark papers beginning in 2014)



Reversal of Cognitive Decline: A novel therapeutic program

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

36 Metabolic Factors

INTERVENTION

- Comprehensive, personalized program to enhance the metabolism with multiple modalities

- Patients had memory loss associated with AD or cognitive impairment

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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



Chronicle / Michael Macor

Dale Bredesen

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

My Path continued...

- Health Researcher - Faculty of Health & Medicine for 8 years



- Began Dementia Pioneers



(a Community Interest Company)

- Promoting Awareness, Practical steps and Inspiration

Meanwhile in the USA in 2018:

“Reversal of Cognitive Decline: 100 patients”
from 15 practitioners!

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Journal of
Alzheimer's Disease & Parkinsonism

Hudson et al., J Alzheimer Dis Parkinsonism 2018, 8:5
DOI: 10.4172/2161-0460.1000430

Case Report

Open Access

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 Tanio¹⁰, Ann Hathaway¹¹, Mikhail Kogan¹², David Hagedorn¹³, Edwin Amos¹⁴, Amylee Amos¹⁵, Nathaniel Bergman¹⁶, Carol Diamond¹⁷, Jean Lawrence¹⁸, Rene Naomi Rusk¹⁹, Patricia Henry²⁰ and Mary Braud²¹

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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 [1,2,3,7] 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 synaptoclastic 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 BACE1 (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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Social
Interaction

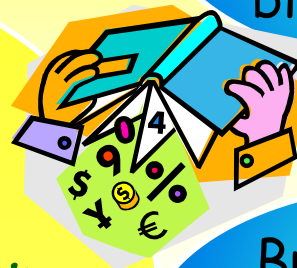


Reducing
stress and
blood pressure

Singing,
Music and
Dancing



Prevention or
Recovery

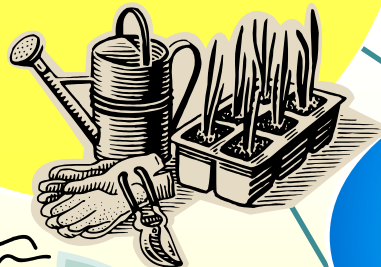


Brain Training
(Cognitive
Stimulation)

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



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



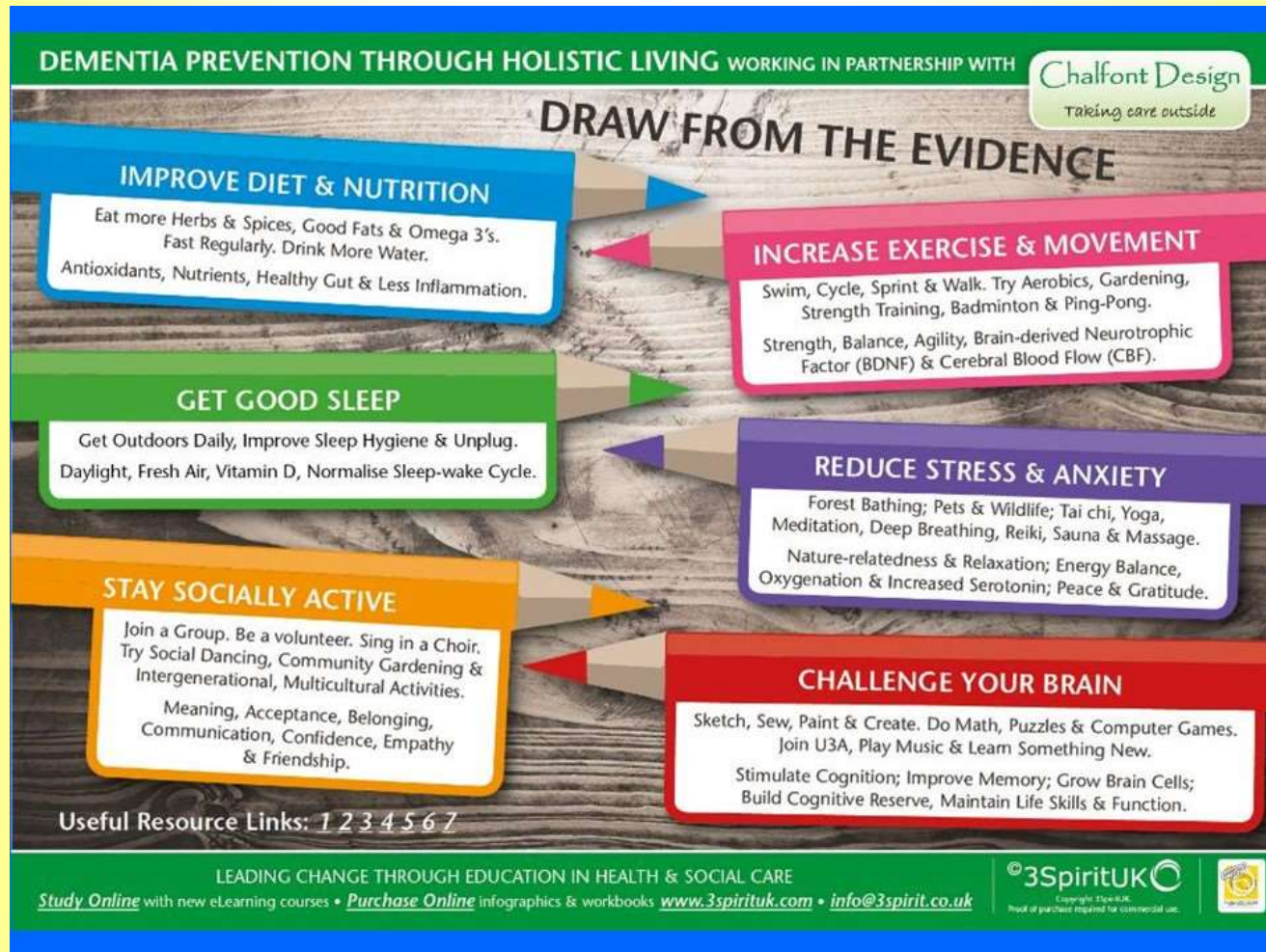
Walking, Aerobic
Exercise, Gardening,
Resistance Training



Genetics
(load the gun, but _____
pulls the trigger?)



I continued to promote prevention...



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

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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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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.geriatri.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

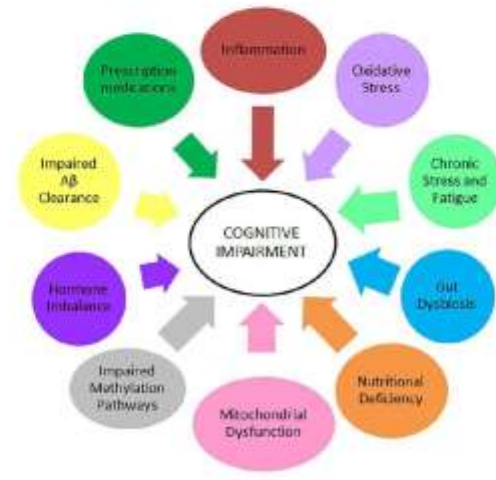


Figure 1 Identified drivers of cognitive impairment.

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

Published in 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

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Empowering Health

DEMENTIA PREVENTION & REVERSAL

1. Breathing, Sleep & Dental
2. Detox
3. Genetics, Trauma, ACEs, Infections
4. Nature, Light & Circadian Rhythm
5. Nutrition
6. Movement
7. Stress Management
8. Strengthening Social Connections

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.

“Dementia is a complex condition with multiple causes, so multi-factorial interventions are needed for network insufficiency, support of cognitive function, and overall network function and support of cognitive function as a 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*.



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1. Breathing & Sleep

Why we need GOOD SLEEP

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. If we are not getting deep sleep every night the brain does not shrink and this does not happen!



Circadian rhythm - This is the 'body clock' which tells the body what time it is and if we need to sleep or wake up. Without an accurate body clock melatonin the sleep hormone **and oxytocin** the happiness hormone **will not be released**.

Rest and Repair - Our body has lots of work to do when we are asleep.

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Breathing & Sleep

SLEEP PROBLEMS

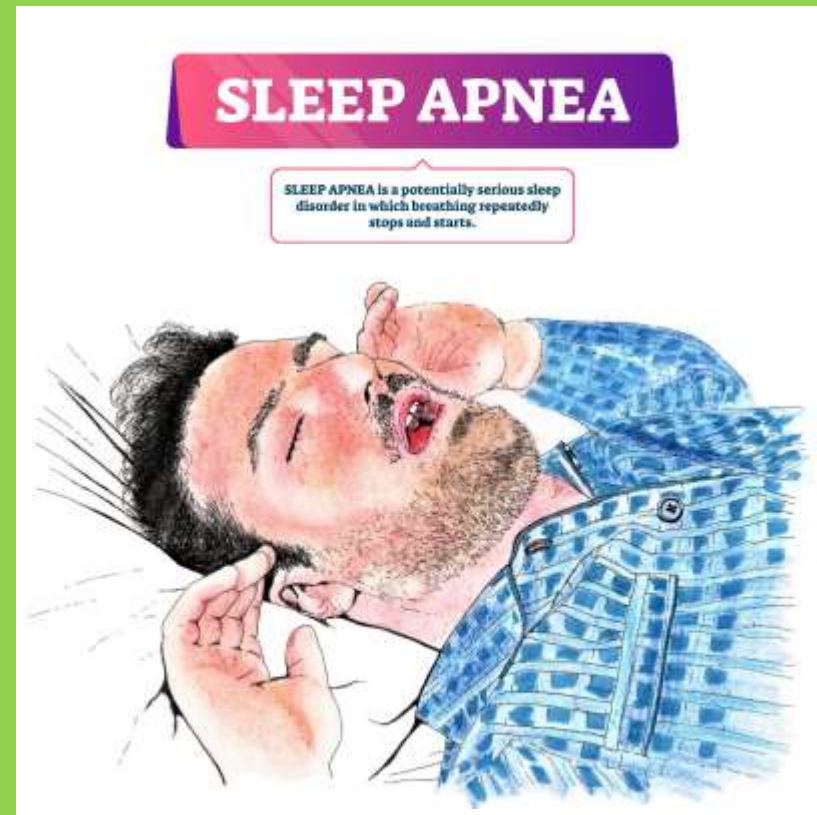
Insomnia

Sleep deprivation - serious risk factor for AZD

Sleep Apnoea

- Affects 2-4% of people
- Causes oxygen deprivation - Blocked airways starve the brain for O₂ and so the mouth opens
- Increases your risk for stroke and diabetes
- Periods of breathlessness (10-30 secs), can happen several 100 times a night!

Mouth-Breathing whilst asleep changes O₂ & CO₂ levels. Muscles in the throat relax and constrict or completely block airflow, starving the brain for O₂. This causes snoring, teeth clenching, disrupted sleep, and leads to migraines, extreme fatigue, stroke, heart disease, cognitive decline and even death.



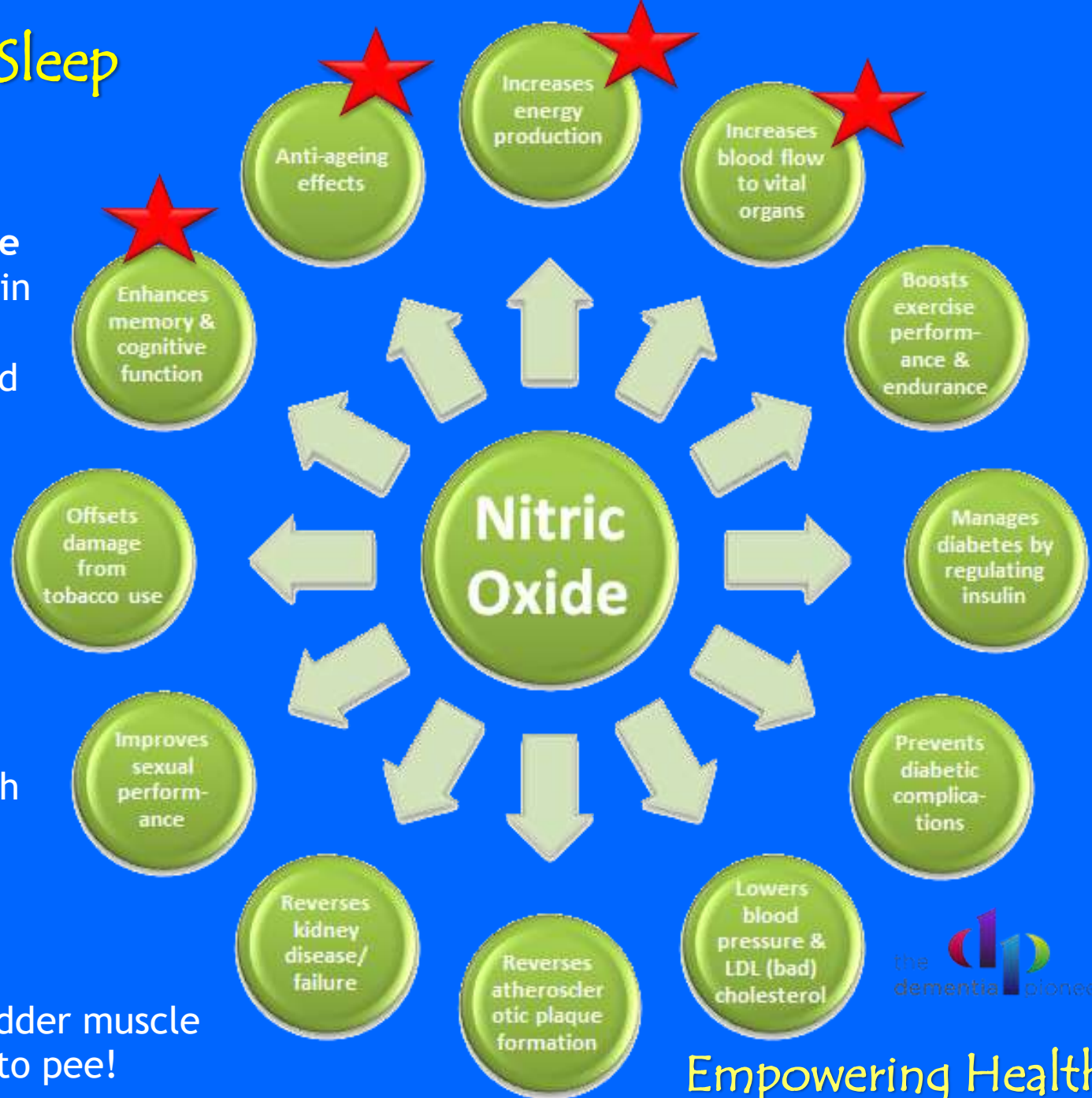
Breathing & Sleep

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!



10 TIPS FOR BETTER SLEEP



1



Maintain consistent
DAILY SCHEDULE

2



Reduce your daily
CAFFEINE INTAKE

3



Turn off the
**COMPUTER
OR TELEVISION**

4



Don't go to a bed on a
FULL STOMACH

5



Don't go to a bed on an
EMPTY STOMACH

6



Engage in
REGULAR EXERCISE

7



Limit beverage consumption
BEFORE BED

8



Keep your bedroom
DARK AND QUIET

9



Invest in a comfortable mattress,
pillow & **BEDDING**

10



Go to sleep and wake up using
your **INTERNAL ALARM CLOCK**

**SURVIVAL
MASTERY**
SOURCE: SURVIVAL-MASTERY.COM

Breathing & Sleep

Which ones could you try with your client...?

“Reversing cognitive decline will be improved significantly by breathing properly at night”
Dr John Roberts

the
dementia  pioneers

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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 & premature ageing.



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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



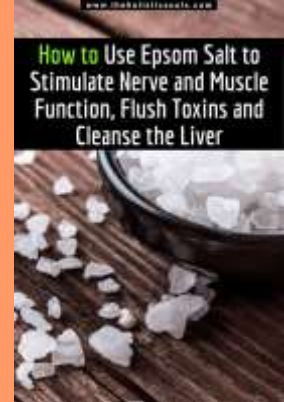
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Detox

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.

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3. Genetics, Trauma, ACEs, Infections & Ticks

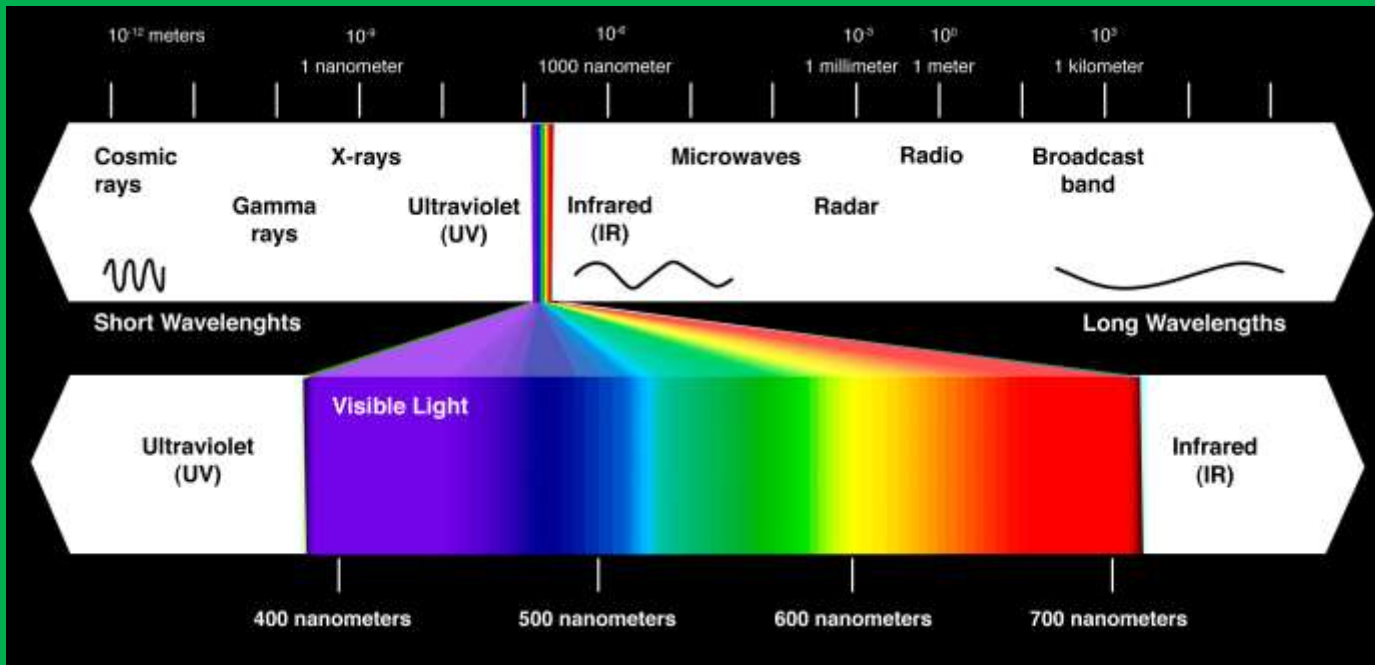
- **Genetics** - 40-80% of AZD cases carry the ApoE ϵ 4 gene. “Genetics load the gun but lifestyle pulls the trigger.”

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).



- Do not use **sunscreen** (it blocks out the healing rays of the sun)
- Take a shirt and hat if you are staying outside for a while
- Recommended **15-20 minutes** a day of exposure to the sun. *The less clothes on the better!*

Earthing or Grounding



The universe is electric



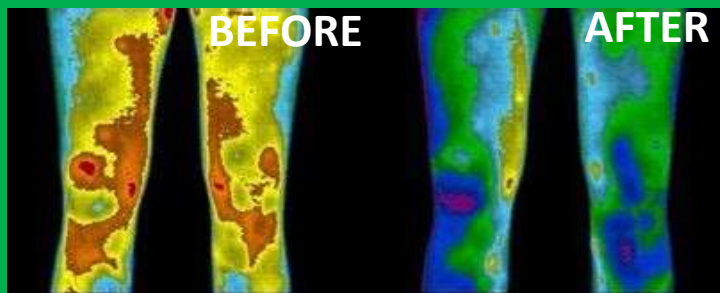
Our bodies need **electrons** which are **antioxidants**.

Being indoors, in a car or in shoes outdoors makes us **nutritionally deficient**.



Benefits

- **Earthing** reconnects us to this essential **nutrient for health** because it **neutralizes oxidation**. The basis of all chronic disease is **inflammation**, the result of **cellular oxidation**.
- **Earthing** **stabilizes the physiology at the deepest levels**, **reduces pain and inflammation**, **accelerates wound healing**, **improves blood flow**, **energy** and **sleep**, **decreases cortisol**, **stress**, **anxiety** and **depression**, **improves mood**, **thyroid function** and **immunity**.



- **Earthing** regulates **correct functioning of the nervous system by influencing electrical activity in the brain**. (Menigoz 2020) (Ober 2010) (Oschman 2015)

Grounding decreases inflammation. The reduced 'heat' effects are measured using thermal imaging.





Grounding
in Day Care

Empowering Health



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



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 Health



Outdoors

Grow some herbs

Research shows benefits for people with memory problems

“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
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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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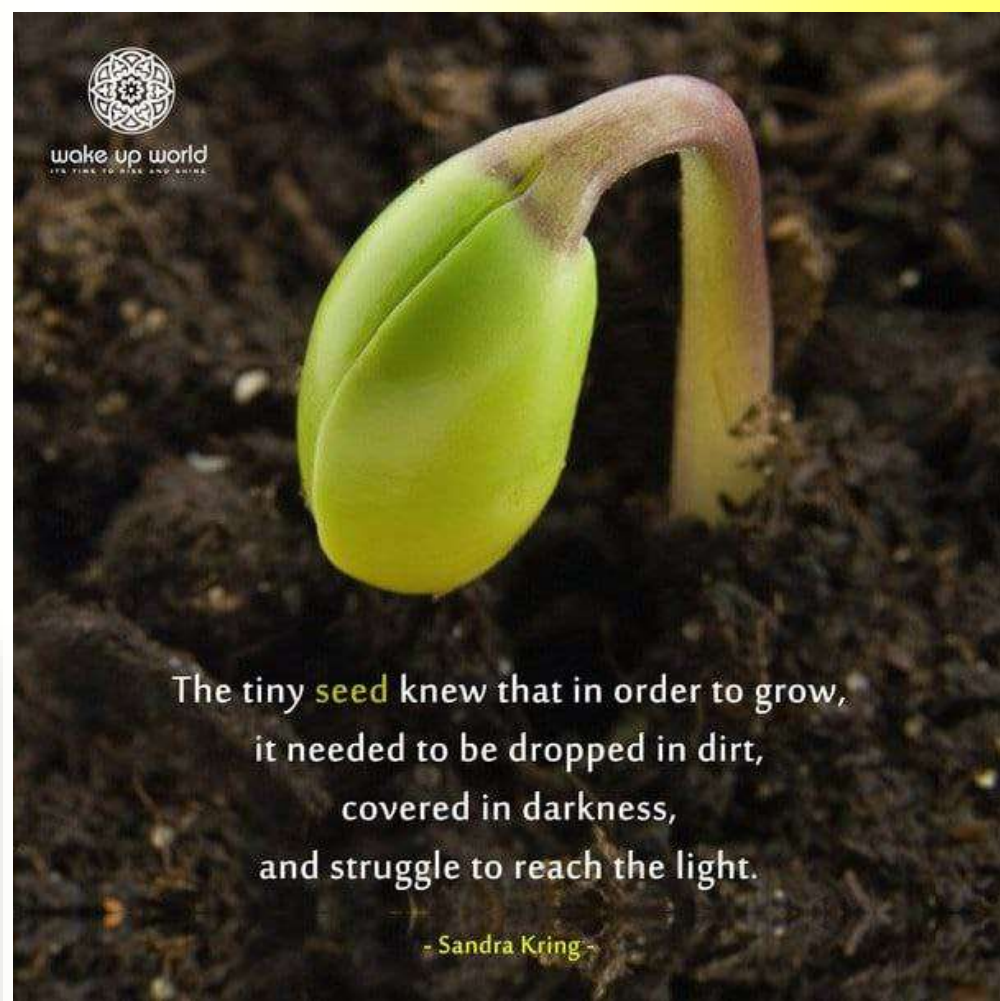


Nature & Spiritual connection



Chalfont Design Rendlesham Care Home Garden 2010

Empowering Health



*The living world
enables a spiritual
connection to the
life force, God,
Prana, Chi,
Source...*



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

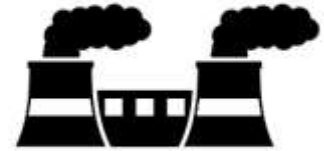
WHY?

- 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

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 BADFATS.
FACTORIES DO.

Empowering 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 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

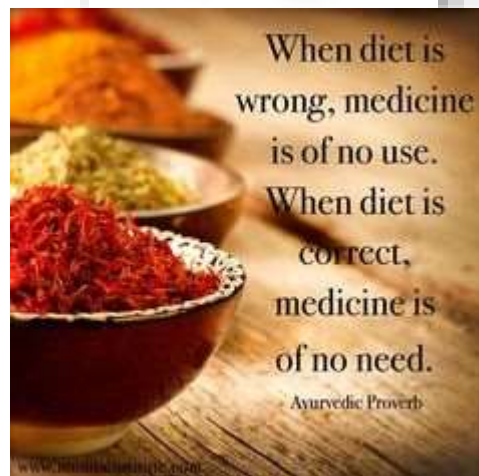


High butyrate foods nourish the microbiome:
Chickpeas, resistant starches, lentils, peas, garlic, butter/ghee, high fibre fruits & veg, seeds & nuts and fermented foods (see probiotics above).

Empowering Health



Good for
brain
health



			
१०३८ - Peanut	१०३९ - Brinjal	१०४० - Cabbage	१०४१ - Cauliflower
			
१०४२ - Tomato	१०४३ - Chilli	१०४४ - Onion	१०४५ - Bottle gourd
			
१०४६ - Carrot	१०४७ - Lady's finger	१०४८ - Bitter melon	१०४९ - Pumpkin



Empowering 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

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



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

Empowering Health

easyhealthoptions.com

5. Nutrition

Brain Food

Empowering
Health



Olive
Oil

= Cell Protection!



Wild Salmon,
Mackerel, Trout

= Think Faster!



Yogurt +
Mixed Nuts

= Calming



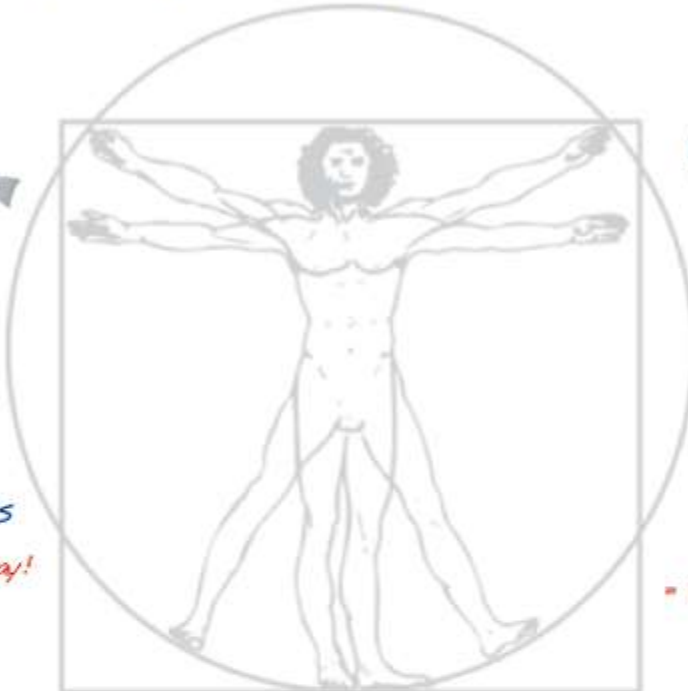
Avocados

= Brain Fuel
Glucose!



Almonds

Ounce a Day!



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!

Vegetables

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



Arugula / Spinach

= Good Moods!

Vitamin B + Iron



Garlic

Fresh Only!



Wholegrain
/ Oatmeal

Cardiovascular



Brown Rice



Cacao/Chocolate

= Cell Defense/memory!



Coffee

= Short Term
Memory!



Eggs

Busy
Brain

Fruit

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



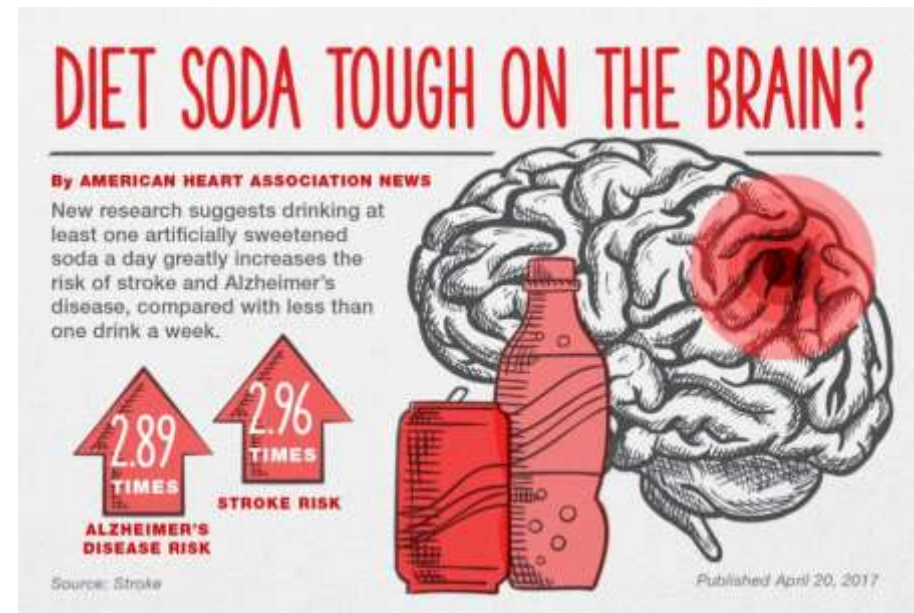
Avoid processed food...



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 Health

6. Movement & Exercise



Benefits of ALL exercise:

- Anti-inflammatory
- Lifts Mood and boosts Self-esteem
- Improves Sleep quality and Energy
- Moves Lymph - benefits the lymphatic/glymphatic systems
- Makes new Brain cells - Brain Derived Neurotrophic Factor (BDNF)
- Reduces your risk of Stress, Depression, Dementia, Alzheimer's and all cause Mortality and Disease



Empowering Health

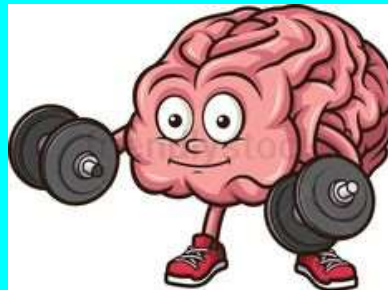
Movement & Exercise



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.**

Movement & Exercise

CARDIO

- Oxygen & Nutrients to the Brain
- Improves Memory & Thinking ability
- Combats decline in Brain function
- Fights Osteoporosis & Reduces Hip fracture risk
- Helps manage Arthritis & decreases Stroke risk
- Increases Blood flow (for clear healthy Skin)
- Maintains Joint Range of motion
- Increases Oxygen supply to muscles
- Safe Weight loss
- Less Chronic disease
- Reduction in Fatigue & shortness of Breath
- Improved Erectile function (better sex)
- Improves Mood, Sleep and Energy

STRENGTH TRAINING

- Builds bone, increases bone health through the piezo electrical system
- Builds muscle & strength
- Builds resilience
- Avoids frailty

Empowering Health



CARDIO + STRENGTH TRAINING

Recommended for **Dementia Prevention and Reversal**





Movement & Exercise



Tai chi
Moving meditation
Yoga

Empowering Health

MIND – BODY – SPIRIT



YOGA, PILATES, TAI CHI, QIGONG, SWIMMING, GARDENING, DANCING & MARTIAL ARTS

- Stimulate both **Body & Mind**
- Combine the **Cognitive & Physical**
- Build **Strength & Flexibility**
- Decrease **Anxiety, Pain & Rx use**
- Focus on **Breathing**
- Strengthen **Immune system**
- Enhance **Ability to Heal**
- Engage in **Social Interaction**





5 TYPES OF MOVEMENT MEDITATIONS



TAI CHI

Originally developed for self defense, Tai Chi has evolved into a graceful form of exercise. It can be beneficial for stress reduction and a variety of other health conditions. It is described as meditation in motion and promotes serenity through gentle flowing movements.



QIGONG

This is a powerful system of healing and energy medicine from China. It is the art and science of using breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate life energy (qi).



YOGA

A 5000 year old Indian body of knowledge. Yoga is not just exercise and asanas. It is the emotional integration and spiritual elevation, with a touch of mystical elements. It is also a great way to meditate.



WALKING

This is using the experience of walking as a focus. Can be just as profound as a sitting meditation. By paying attention to your body as you walk will help you to simply enjoy just being alive. It allows you to be present in your body and in the present moment.



DANCING

A type of meditation that uses rhythm, attentiveness and an intuitive state. Any dancing can be meditative, but sacred dancing is used to explore and express our identity as a soul.

WWW.HOLISTICMINDBODYSOUL.COM

Empowering Health

7. Cognitive Stimulation

Improves memory
and reasoning



How to TRAIN a BRAIN



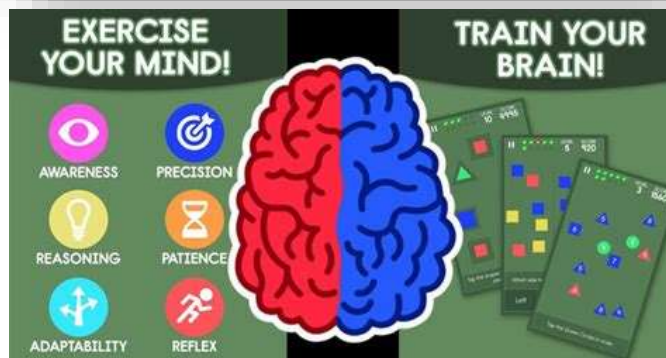
brainHQ

THE top online brain
training program - used
in the trial that reversed
Alzheimer's!



“Neurons that
fire together
wire together”

How routine can kill
brain cells



Reduces
depression



Empowering Health



Brain Retraining

How to TRAIN a BRAIN

For age-related sensory decline

USE
IT
OR
LOSE
IT

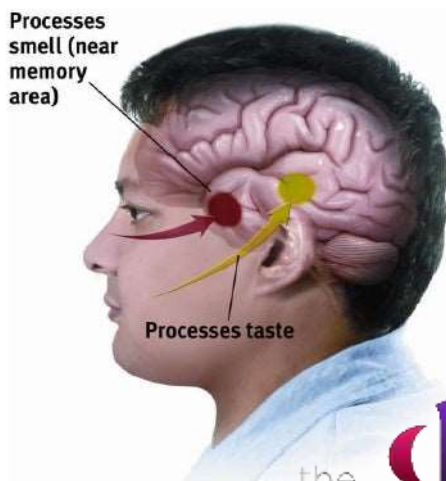


Smell training

- Sniffing the same 4 scents a day
- Spending 20 seconds on each scent

Smell and Memories

The brain region for smell (in red) is closely connected with the brain regions involved with memory (limbic system). That is why strong memories are made through the sense of smell.



the dementia pioneers



Impaired Smell

One of the earliest and most common symptoms of Alzheimer's and Parkinson's diseases.

Odors still stimulate the brain even if patients have no sense of smell, says new research



Empowering Brain Health

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
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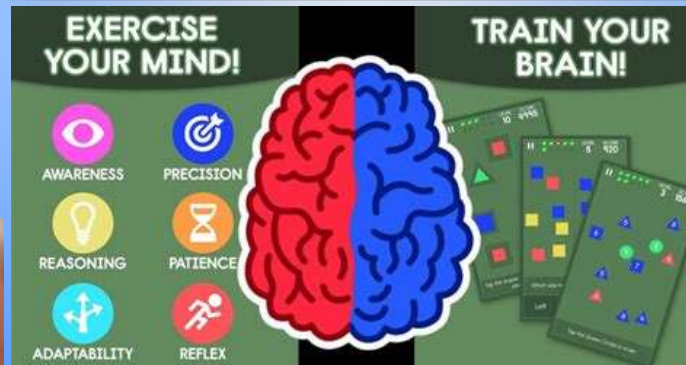
Empowering Brain Health

Stimulation – Cognitive (brain training)

Improves memory and reasoning



BrainHQ
Dual-tasking



Reduces depression



Empowering Brain Health



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)

Vagus/Vagal Nerve Stimulation

11 WAYS TO STIMULATE YOUR VAGUS NERVE AT HOME



AGUTSYGIRL.COM | @AGUTSYGIRL

11 THINGS YOU CAN DO AT HOME FOR VAGUS NERVE STIMULATION

1. Breathing Exercises.
2. Meditation.
3. Exercise. Movement is good; too much is not.
4. Yoga.
5. Omega-3-rich diet.
6. Probiotics and a Probiotic-rich diet.
7. Singing and chanting.
8. Splashing your face with cold water.
9. Hugging.
10. Massages.
11. Intermittent Fasting.



AGUTSYGIRL.COM

Empowering Health

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

Empowering Health

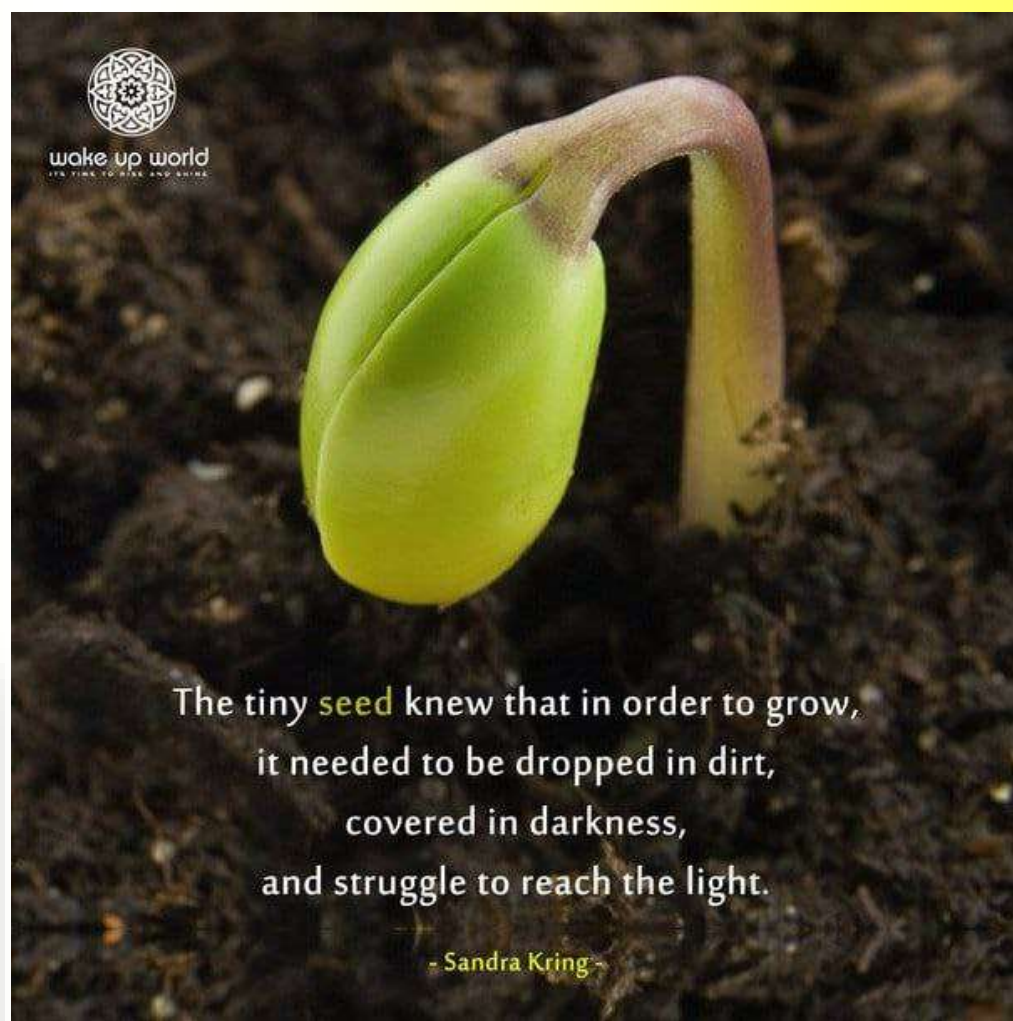


Spiritual connection...



Chalfont Design Rendlesham Care Home Garden 2010

Empowering Health



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



Life force energy

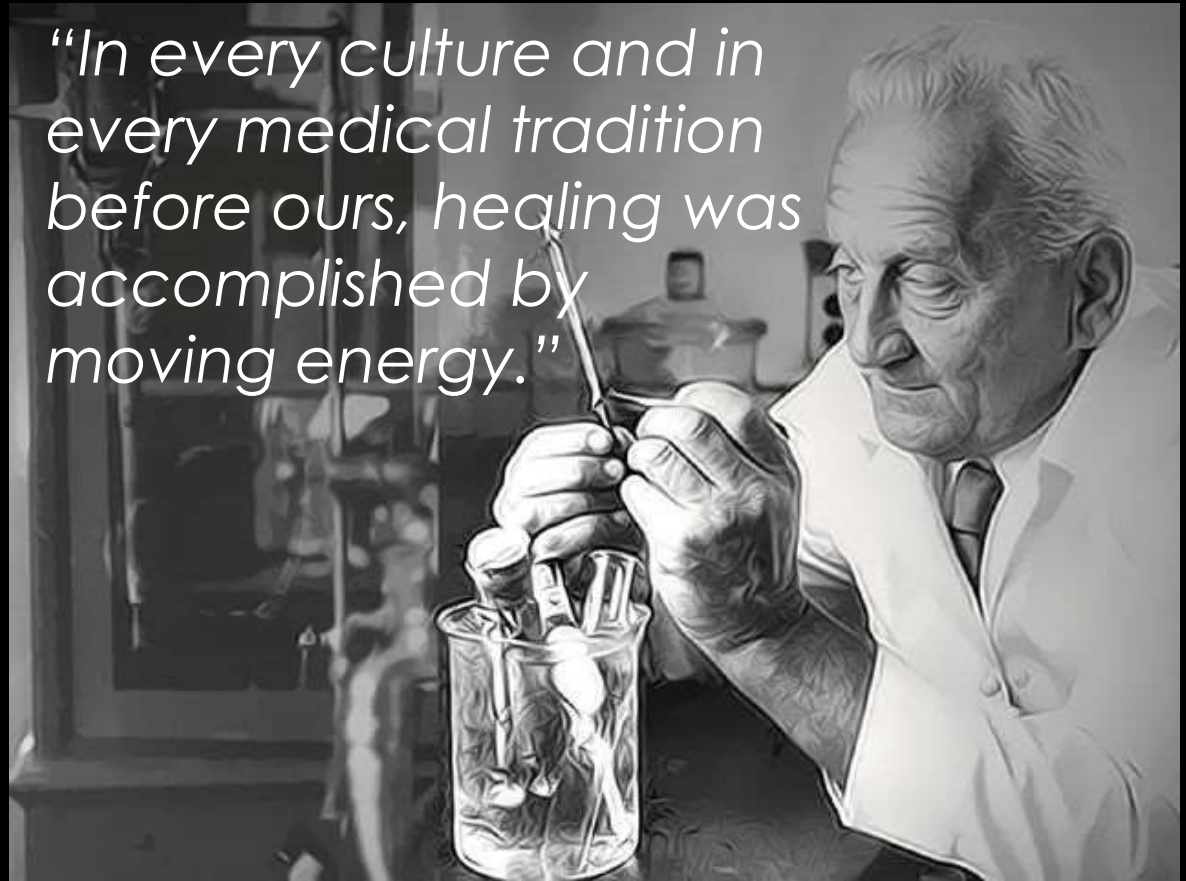
*“Everything in life
is vibration.”*

Albert Einstein

*“Physics always
precedes
chemistry.”*

Dr Jerry Tennant

*“In every culture and in
every medical tradition
before ours, healing was
accomplished by
moving energy.”*



Albert Szent-Gyorgyi, 1937 Nobel Prize
Discovered vitamin C
Father of Modern Biochemistry

Human Biofield

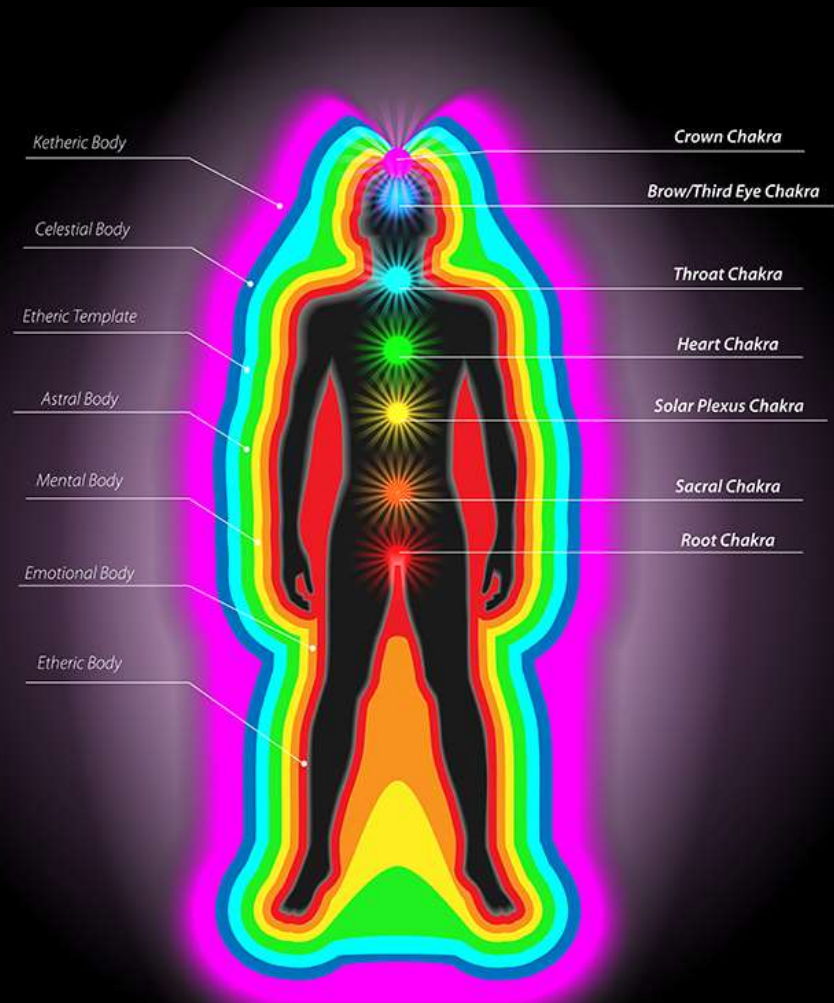
Relates to health through:
Energy **circuitry** in the
Meridians

AND
Energy **storage** in the
Chakras

All living things, including humans, have an aura, an energetic field, encompassing their physical bodies which is of Ovoid shape



Mohsen Paul Sarfarazi, Ph.D

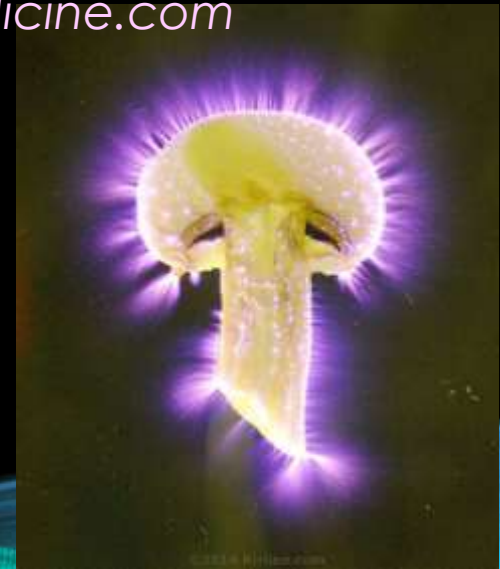


‘Dis-ease’ is a symptom
until we heal what attracts it.

“The body is innately intelligent and when we remove the roadblocks on resistance to health and flow and coherence, the body can self-regulate and heal.”

Christine Schaffner ND,

The Sophia Institute and BeyondBiologicalMedicine.com

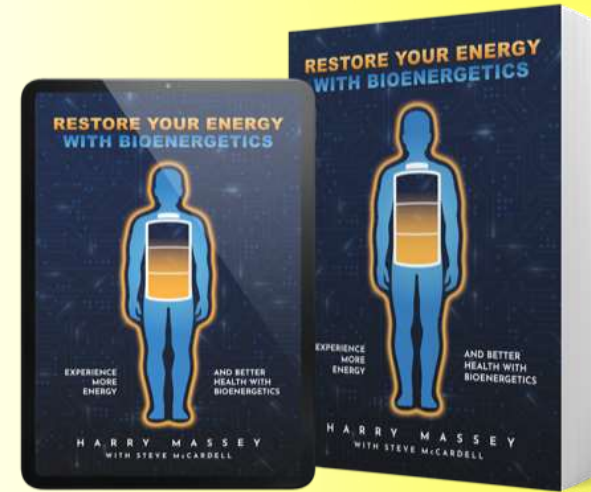
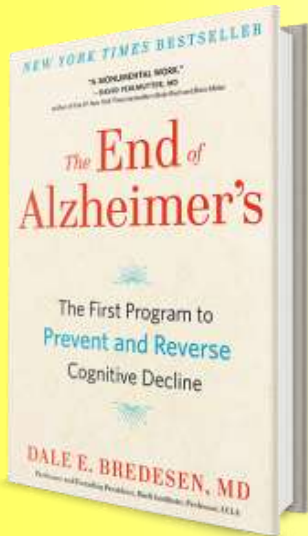


Full presentation is on the blog: www.dementiapioneers.uk

Research & Practice Innovations

Apollohealthco.com

The Marama Experience
Dr Heather Sandison
www.Maramaexperience



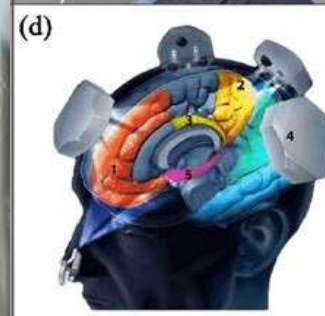
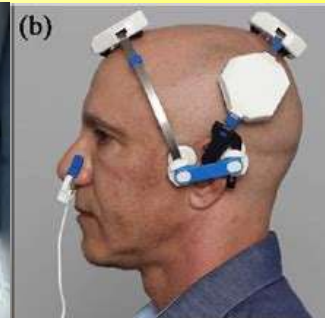
NES Health: The
Leader in Bioenergetic
Health & Wellness



EWOT
(Exercise
with Oxygen
Therapy)

Red Light
Therapy

Empowering Brain Health



VieLight: Photobiomodulation

Grow your Memory with a Healthy Lifestyle



OUTLINE

- My Path and My Awakening
- ADDRESSING ROOT CAUSES

1. Breathing & Sleep
2. Detox
3. Nature, Light & Grounding
4. Nutrition
5. Movement & Exercise
6. Cognitive Stimulation



- ENERGY and the HUMAN BIOFIELD

- **QUESTIONS??**

Garuth Chalfont, PhD Health Researcher

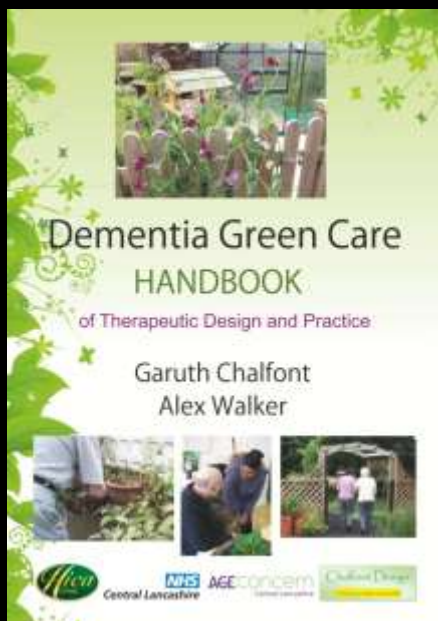
**Kathy Thanks You for
Coming to Learn!**



ONLINE WORKSHOP SERIES

Here is the link to register

<https://payhip.com/b/o7Eq2>



ONLINE WORKSHOP SERIES

With:

THE DEMENTIA PIONEERS



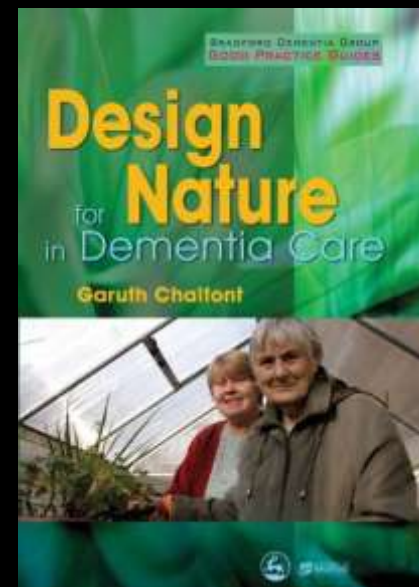
CONTRIBUTERS OF DEMENTIA AND HOW TO ADDRESS THEM

Dementia Health Blog

Back on Track

Don't give up, sharpen up!

<https://dementiapioneers.uk/>



On Facebook



Dementia Pioneers

On twitter



@Garuth_Chalfont

Book available here:
www.chalfontdesign.com

Book free to download:
www.chalfontdesign.com