

MODULE 8 – SOLUTIONS HANDOUT

Perfect Cognition For Life

WEBINAR SUMMARY:

44% of Americans, 75-84, are currently diagnosed with the most common form of dementia: Alzheimer's disease, which is a slowly progressive, incurable (but as mentioned; now believed to be modifiable) disease.

However, we are learning more and more about what is good, very good, and excellent for brain health and maintenance of cognition.

Make sure that you do not have a "treatable" cause for "early dementia" with a thorough medical check-up.

The following ARE reversible causes:

- **Withdrawal** from alcohol or anti-anxiety drugs
- **Toxic reactions to** drugs often due to decreased liver clearance with age: Antidepressants, antihistamines, anti-Parkinson's drugs, anti-anxiety medications, anticonvulsants, cardiovascular drugs, corticosteroids (such as prednisone), narcotics, sedatives and a special note on two classes of drugs:
- **"Anticholinergics"** such as Benadryl commonly used for sleep (Review module 7: "Perfect sleep" if needed!), and Ditropan, used for bladder issues, are known to cause cognitive loss with just 2 months of use! Luckily we can help you "get this back"!

- **"Statin" drugs:** These common cholesterol-lowering drugs have been shown in some short term studies to cause reversible cognitive loss. But there are NO long term studies.

Therefore, if you are taking one of these statin medications such as Simvastatin or Crestor or Vytorin to lower your cholesterol, we strongly recommend that you take the "brain boosters" we will be recommending, as well as following the healthy lifestyle choices we will review with you.

These measures will help to counteract the possibility that these drugs may be eventually proven to indeed, have more of an effect on cognition than is currently recognized "publicly."

- **Synthetic oral estrogens:** There is a strong statistical relationship between the incidence of Alzheimer's in women who have taken oral estrogens (the most studied: Premarin) and those who have not. If you are taking: stop and switch to bioidenticals via a qualified doctor. If you have just stopped or stopped years ago we suggest the brain boosters for sure.
- **Depression:** Seek a medical opinion or if in doubt, refer to Module 11 for self-evaluation.
- **Vitamin B12 deficiency:** Caused by an absorption problem called pernicious anemia or rarely caused by dietary inadequacy, most often in someone eating a pure vegan diet.
- **Hypothyroidism** (most commonly) and sometimes **Hyperthyroidism** (overactive thyroid): See the Solutions Handout for Module 2: "How to regain the energy of your youth" for the "right" thyroid testing panel.
- **Brain disorders:** Hydrocephalus, Tumors, Subdural hematomas (usually caused by head trauma.).
- **Alcoholism. (Ask your doctor for a recommendation or attend AA).**
- **Use of benzodiazepines such as Xanax, Lunesta, etc. (Easy to wean from).**
- **Vascular dementia/ silent small strokes:** Almost universally associated with a history of things like high blood pressure, diabetes, high cholesterol and of course the big 3: Oxidative stress, Inflammation and Glycation covered in Module 1 so go to that module if needed at this point meaning it's never too late to prevent further damage.

- **Parkinson's disease:** Usually we see a tremor or difficulties with gait or speech but sometimes this "presents" which means starts with depression or memory loss.
- **Infectious disease:**
 - Creutzfeldt-Jakob disease: Extremely rare. One variant is "Mad Cow Disease".
 - AIDS dementia.
 - Lyme or other biotoxin (mold, for example) dementia.
 - Neurosyphilis: Before penicillin, up to 30% of dementias were due to this, as this disorder develops about 15 years after the clinical disease of syphilis. It is now rare, but in a complete "dementia" workup, doctors will typically obtain a blood test to detect this.
- Lastly, **hormonal issues** will not cause "dementia", but can cause symptoms of forgetfulness and "brain fog".

Most commonly: low testosterone in males and low progesterone in females. These blood levels can be easily measured.

NOW let's review lifestyle "things" you SHOULD already be doing!

- **Diet:** The Anti-inflammatory diet is perfect for the brain. Eat this way and use supplementation (found in Module 1: "Why we age and how to slow it dramatically"), as needed in order to avoid brain busting issues such as inflammation, oxidative stress and glycation. These are all STRONGLY linked to the development of Alzheimer's disease. If you have been diagnosed with certain genetic defects associated with Alzheimer's you may benefit from eating a nutritional ketosis diet.

We'll talk about more specific brain boosters in a bit.

- **Exercise:** We gave you a good start in Module 5: "Perfect Fitness," so let's just emphasize here that exercise is absolutely crucial for brain health. If you are NOT exercising, you should return to the Solutions Handout for that module and get motivated!

Note that exercise not only carries oxygen to the brain, thus preserving brain cells, but it also enhances the effect of helpful brain chemicals.

- **Sleep:** We reviewed the whole process in Module 7: "Perfect Sleep," so if you are not getting a good 7-8 hours of truly refreshing sleep, please review the Solutions Handout for this module. If you are "doing everything" and are unsuccessful it might be hormonal so please seek out a hormone specialist.

Research shows that sleep is needed for memory consolidation with the key components of this occurring during the deepest stages of sleep.

- **Laughter:** Are you seeking out people who are FUNNY? Are you sending along internet jokes? Are you laughing at least five times per day?

Laughter engages multiple regions across the whole brain, reinforcing circuitry.

- **Stress:** If your stress levels are still NOT under control, please see which of the stress management techniques you find amongst the many blogs in this website "resonates" with you. Practice one or more of these techniques regularly. If anxiety is an issue please refer to the specific Questionnaire and then the Solutions Handout for Module 11: "Preventing age related mood decline."
- **Brain "exercises":** If you don't use it you lose it! The brain activity can be anything you choose, as long as it meets these requirements: It's new/It's challenging/It's fun! This includes everything from learning a new sport, taking educational classes, reading information-packed books, doing a new crossword puzzle, or learning to grow your own herb garden. Playing whack-a-mole does nothing for your brain, despite the advertisements you may have seen in favor of silly games such as these.
- **Relationships:** Studies show that close, "safe" relationships are brain-engaging.
- **Pets! Pets! Pets!:** Ever since "Dr.Kim" was a medical student she encouraged all of her patients to adopt dogs and then walk them. Studies now confirm that pets (especially "interactive pets") are GREAT for your overall health and that includes brain health. Interestingly enough; the microbiomes of dog owners are healthier than non-dog-owners; and by now you know that the microbiome health is key for the health of all parts of the body; including the brain.
- **GI Health:** Speaking of microbiomes, there is a direct GI-brain communication via the vagus nerve. We know that when someone has leaky gut, their blood-brain barrier is breached, causing neuroinflammation. Therefore good "gut health" is of paramount importance for good brain health. If you haven't "cleaned up your microbiome", be sure to take a good look at the "GI module" and do what you need to do.

BRAIN BOOSTERS

All improve cognition and help protect the brain.
They can all be safely taken together.

All the following products can be found in the "brain section" of our e-store.

As we age, all of our "neurotransmitters" in our brain diminish, just as our hormones diminish. This is part of the aging process whether we like it or not. This causes a loss of approximately 3 IQ points each decade after age 30.

But the good news is that we can speed up brain activity, neural transmission, enhance memory storage and prevent further decay. There is evidence we can even regain those lost IQ points.

Acetyl-N-Carnitine: 800mg Caps

» For Cognition Boosting & Brain Preservation

Precautions Warnings	None.
Benefits	It does improve cognition or thinking, while being a great neuro-protectant. It comes in 800 mg capsules. It is one of the first three things used in patients with mild cognitive impairment.
Additional Benefits	You might recall that this amino acid variant helps to lower blood sugar and is used to improve energy, with or without "adrenal fatigue" (information in Module 2: "How to regain the energy of your youth"). Remember that it also improves muscle mass.
Dosage	<ul style="list-style-type: none">- 3 capsules in the morning and 3 at lunch which is noon-2 PM.- This is the usual dose for energy dips in the mid-afternoon. However if more convenient you may take all 6 capsules in the morning.
Additional Remarks	If you take any after 3 PM, this might (very occasionally) interfere with sleep. Obviously, this schedule must be adjusted if you are working "nights".

Carnosine Complex: 450 mg Caps

» *For Cognition Boosting & Brain Preservation*

Precautions Warnings	None.
Benefits	Like Acetyl-N-Carnitine, it improves cognition and is neuro-protective.
Additional Benefits	It also improves muscle mass.
Dosage	- 2 caps AM and 2 caps with the Acetyl-L-Carnitine dose above, or all 4 in the morning if more convenient.
Additional Remarks	This is the second amino acid that should be added to the regimen of someone with "MCI" (Mild Cognitive Impairment).

Brain Rejuv™: Caps

» *For Cognition Boosting, Neural Transmission Speeding & Some Brain Preservation.*

» *Recommended To All.*

Precautions Warnings	Since this contains a small amount of ginko biloba, please check with your doctor before taking, if you are on blood thinners such as Coumadin.
Benefits	This is an assortment of neuro-protectant and enhancing products. These include Inositol, Phosphatidyl Serine, Ginko Biloba, and a small amount of Acetyl-N-Carnitine to match up with your dose above. It also contains a small amount of Alpha-glycerylphosphorylcholine which is very important as we age. Read further below please, for more information about the Alpha glycerylphosphorylcholine.
Additional Benefits	Anti-inflammatory and mood enhancing.
Dosage	- 2 caps, 2x daily at meals (breakfast & dinner).
Additional Remarks	Great all-around brain booster.

GPC (GlyceroPhosphoCholine): 300 mg Caps

- » For Optimal Neural Transmission Speeding
(Meaning The Speed At Which You THINK).***
- » Recommended For IQ Preservation To All.***

Precautions Warnings	Do not take if you are on drugs to treat Alzheimer's disease such as Exelon patch, Namenda, Aricept (we just don't want you giving this one to a parent).
Benefits	The neurotransmitter AcetylCholine, (with GPC as the main building block), is responsible for the synaptic speed of information transfer in our brain, and has a lot to do with memory storage as well.
Additional Benefits	GPC is one of the neurotransmitter precursors that most likely will stabilize or even raise back your lost IQ. Two other things we'll discuss contribute to this process as well.
Dosage	- Take 1200 mg or 4 caps each AM for only one month, and then maintenance is 2 caps each AM.
Additional Remarks	In patients with MCI, (Mild cognitive impairment), we treat them with 1200 mg a day of GPC. This is precisely what drugs such as Aricept, etc., are trying to SIMULATE via synthetic means! (with a host of side effects as is the case with any pharmaceutical).

C3 CURCUMIN or Cumetra™ (if your inflammation level is moderate to high):

» For brain preservation and Alzheimer's prevention.

» Recommended to all.

Precautions Warnings	Do NOT take if you have an active peptic ulcer. Best if taken with food.
Benefits	Not only does Curcumin lower insulin and CRP levels and inflammation in general, it ALSO decreases Beta-Amyloid formation, which is the abnormal protein formed in the brains of people with Alzheimer's disease. This process begins 20-30 years prior to diagnosis so why NOT take it now?
Additional Benefits	It also inhibits AGE's (Advanced Glycation End-products), which, to refresh your memory, are the abnormal protein-glucose bonds which occur when blood sugar is too high, a process that ages your cells prematurely, and this absolutely includes brain cells.
Dosage	- Take 2-4 caps with breakfast and dinner (2 for low, 4 for high inflammation as estimated on your first questionnaire).
Additional Remarks	Because Curcumin is derived from the spice Turmeric, it is believed to be the reason why the Indian population in Asia has fewer inflammatory diseases and less Alzheimer's than populations in other countries. If you are already taking this for inflammation (see Module 1), then good for you. If not, why not?

UltraOmega DHA fish oil:

» *For brain preservation (Recommended to all).*

If difficulty with Fish Oil capsules, try:

UltraOmega Lemon Smoothie: (Tasty!)

Precautions Warnings	Do NOT take if you are on blood thinners such as Coumadin, it is fine however with aspirin or Plavix. Do not take if you are allergic to fish.
Benefits	<p>There is a choice of Fish oil preparations available, and if you DID module 1, you are most likely already on one. However, if, for some reason you are not, here is your reminder.</p> <p>Everyone over 30 years of age should be on fish oils.</p> <p>No one truly eats enough servings of wild caught fish, which are great for many things, including inflammation and high triglycerides, as well as "brain protection" from toxins.</p>
Additional Benefits	<p>We now know that fish oils pass through the blood-brain barrier to protect brain cells, especially from things like alcohol and "toxic fats" and much more.</p> <p>It also probably slows brain aging according to most studies.</p>
Dosage	<p><u>Caps:</u></p> <ul style="list-style-type: none">- Take 2 caps 2x daily, with breakfast and dinner. <p><u>Smoothie:</u></p> <ul style="list-style-type: none">- Take 2 tsp, 2x daily, with breakfast and dinner.
Additional Remarks	<p>Recent studies show brain protection from the effects of alcohol if taken prior to consumption.</p>

EGCg, Decaf Green Tea:

» Enhances brain alertness most prominently.

Precautions Warnings	NEVER exceed 4 caps per day as it might interfere with the absorption of some essential minerals.
Benefits	As far as your brain is concerned, studies show it probably enhances memory and mental alertness in addition to slowing brain aging in general.
Additional Benefits	<p>If you know you have an elevated CRP, you have hopefully already added this supplement to your regimen.</p> <p>Also, if you just want decreased inflammation and protection from several cancers, in addition to some protection from heart disease, EGCg DECAF GREEN TEA is a great supplement.</p> <p>As a bonus, it does increase your metabolic rate, so weight loss/maintenance is easier AND it also helps periodontal disease, as long as you also take care of your oxidative stress.</p>
Dosage	- 4 caps daily. Can all be taken in the morning, but if you want it as a metabolic booster, take 1 capsule 4x daily.
Additional Remarks	How's that for a multi-functional solution?

Melatonin: 3 mg Tabs

» Recommended to all.

Precautions Warnings	Might cause initial AM grogginess and increased dreaming.
Benefits	<p>What is so exciting about this (as well as DHEA, another product you will hear about here and during Module 12: "All about male and female hormones"), is that melatonin stimulates neural stem cells!</p> <p>We were always taught that the brain was "fully formed" by a certain stage in infancy, but now we know that's not true. We CAN grow new brain circuits and therefore restore lost IQ!</p>
Additional Benefits	Sleep Enhancement and lots more*.
Dosage	<ul style="list-style-type: none">- Start with ½ tab for a few days, then increase to one tab each evening, before bedtime.- Research shows that a gradual increase such as ½ tab every other month is beneficial for brain preservation.- Suggested dose limit: 15 mg.
Additional Remarks	<p>*This is one thing which will help you sleep through the night of course.</p> <p>If you have reviewed the "Additional Hand Out" in Module 7: "Perfect Sleep" on Melatonin, you already know what else is amazing about this supplement.</p>

DHEA: 5 mg Tabs & 25 mg Tabs

» *Recommended to all, except those affected by the "Cautions" below.*

Precautions Warnings

CAUTION 1:

If you are taking the keto form of DHEA (7-Keto®) to up your metabolism (as introduced to you in Module 4: "Mid-Life Weight Gain-How To Reverse It And Stop It Once And For All!"), you do not need to add "regular" DHEA to your regimen, as it will be too high of a level and the keto form will do everything we are about to list.

CAUTION 2:

If you are a female with polycystic ovary syndrome, Keto-DHEA is fine (7-Keto®: no testosterone or estrogen conversion), BUT DHEA will convert to these other hormones which you MUST not take. The same caution applies to women with a history of breast or uterine cancer

CAUTION 3:

If you are a male with a history of prostate or testicular cancer, switch to the non-testosterone producing keto form (7-Keto®) in order to avoid getting any testosterone by-products.

As a reminder to all who have to abide by these cautions, the Keto-DHEA (7-Keto®), in the correct and safe dose for men and women, can be found in the Weight loss section of our e-store.

Benefits

DHEA, like melatonin, aids in neural stem cell stimulation.

Additional Benefits

It also:

- Enhances bone remodeling, helping to avoid osteoporosis in men and women.
- Amps up your immune system.
- Is anti-inflammatory.

Dosage

For women:

- 10 mg daily (2 x 5 mg tabs), or 25 mg daily (1 x 25 mg tab), but use the Keto-DHEA (7-Keto®) instead if the higher dose causes acne, if acne-prone.

For men:

- 50-75 mg daily (2-3 x 25 mg tabs)

Additional Remarks

NOTE about dosages: The higher recommended doses are better due to enhance immune stimulation and neural stem cell stimulation.

Other honorable mentions to be found in the "brain pod":

Resveratrol: ("*Resveratrol Complex*")

Best supplement to increase brain derived neurotropic factor (**BDNF**).

Magnesium Threonate: ("*Mag-CNS*")

Most important mineral for the brain that most Americans (80%!) are deficient in.

SPECIAL NOTE ON COGNITION REGARDING UPCOMING MODULE 11:

"Preventing age-related mood decline"

We will be discussing brain chemicals (neurotransmitters) that decline with age, which ALSO play a role in cognition (which of course can be replaced).

So be sure to check out THAT module! Note that if you have some anxiety or depression which is not addressed, we have Solutions!

§

We hope you have benefitted from reviewing this module, and invite you to read the "helpful articles" and download the free "brain book" offered on the first page of this website.

We are sure you will notice a difference when you get on the "brain health bandwagon" with us.

Nothing in this life is guaranteed, but scientific evidence points to the fact that we absolutely can influence the way our brains age and the way we lose (or choose NOT to lose) our cognitive skills. Let's all keep these skills, shall we?

As always, Dr.Kim is here to answer your e-mailed questions.

Best Wishes for your Life and Health,

Kim Crawford, M.D., and the drkimsagewellsolutions.com team.