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NANCY LONSDORF, M.D.



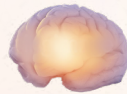
The Foundational Healthy Brain Success Program™

We are very pleased to now offer a comprehensive program to support individuals and families implementing the program for preventing and reversing cognitive decline formulated by Dale Bredesen, M.D.

Dr. Nancy Lonsdorf personally studied with Dr. Bredesen at the *Institute of Functional Medicine's Reversing Cognitive Decline, Advanced Clinical Training* for physicians and has over 32 years of integrative medicine practice helping individuals implement lifestyle-based health programs to resolve chronic disorders.

In addition to her Western medical training at Johns Hopkins and Stanford, and decades of functional medicine experience, Dr. Lonsdorf is an expert in clinical and integrative Ayurveda, a time-tested system of natural medicine. Her expertise in Ayurveda is a valuable asset and adds a gentle yet powerful adjunct therapy to restore balance and support the healing process.

Dr. Bredesen uses Ayurvedic principles and herbals in his program and has published several papers on Ayurveda and cognitive health.



The Foundational Healthy Brain Success Program™

Dr. Bredesen's integrative, non-drug program is the first ever to demonstrate reversal of cognitive decline. It uses a multi-modality lifestyle, diet and supplement program to restore health to the brain and mind at the same time that it promotes the overall health and wellness of the body.

Our *Foundational Healthy Brain Success Program™* supports you and your loved ones in implementing the program in your daily lives to prevent and reverse cognitive decline and maximize memory and intellectual ability. Our aim is to help you live and enjoy your lives to their fullest.

Prospects for Success

Research thus far shows that this program works best in those 75 y.o. and under, and those in the earlier stages of decline. However, we have witnessed life-changing improvements in patients as advanced in age as 80 y.o. Results vary per person, but improvement is experienced by a high proportion of individuals and is usually sustained as long as the program is followed.

Over the past two years since implementing our *Foundational Healthy Brain Success Program*[™], patients have consistently reported enhanced cognitive function along with better quality of life, restoration of diminished abilities, more fulfilling social interactions and a greater sense of happiness within themselves and their family members.

The Keys to Getting Results are:

1. Proper diagnosis of causative factors via:
 - Thorough history and physical exam
 - Complete neurological and cognitive assessment
 - Ayurvedic pulse evaluation
 - Comprehensive laboratory testing - the “cognoscopy”
2. Correcting the underlying causes using customized recommendations based on your individual exam and test findings.
3. Re-evaluating your progress regularly and adjusting the recommendation program on a regular basis to support optimal progress.

As Dr. Bredesen states, “Living the Protocol for 6-9 months” is what brings results. Our *Foundational Healthy Brain Success Program*[™] supports your implementation of the program over time, while tailoring it to your specific, individualized needs.



Our Foundational Healthy Brain Success Program[™] Includes Two Phases:

PHASE I

1. Comprehensive Initial Evaluation and Recommendations
2. Two Doctor’s Visits with Follow-Up Health Education Sessions
 - Your program will begin with a 2-3-hour visit with Dr. Lonsdorf for a full clinical evaluation (including history, physical exam, neurological exam and cognitive assessment) and to identify risk factors and causes, define priorities for therapeutic focus, receive initial personalized diet and lifestyle recommendations and to provide a customized, comprehensive set of orders for blood testing—the “cognoscopy.”
 - Testing will include standard blood tests as well as specialty testing as indicated: nutritional, gut health, inflammatory/allergic, toxin levels, hormone levels, etc. (Tests covered by your insurance or Medicare will be used as much as possible. Specialty tests not usually covered by insurance or Medicare involve additional fees.)
 - As an expert in Integrative Ayurveda, Dr. Lonsdorf will also provide natural, nurturing and effective, time-tested recommendations for creating balance from the Ayurvedic health perspective. This has proven to be a valuable addition that “tips” the balance towards recovery of cognitive function in some patients, as well as improving other, seemingly unrelated chronic health problems that may be present.
 - Interim Time - You will have several weeks to complete the testing and will return for the second visit of Phase I once the test results are complete.

- Your second visit will be a 2-3-hour session with Dr. Lonsdorf to review all your test results, learn your hierarchy of subtype(s)/causes, receive orders for any further in-depth testing, and co-develop a prioritized, doable program for step-wise implementation of the recommendations, personalized to your or your loved one's individual needs and capabilities.
- Includes one 45-minute Healthy Brain Support health education session with one of our experienced Healthy Brain Wellness Educators over the phone or by video call after each visit. Our Healthy Brain Wellness Educators will review your recommendations with you, answer your practical questions, provide valuable tips and help you plan your implementation of the recommendations. They are highly experienced in guiding individuals through the protocol and are also very knowledgeable in Ayurveda and Dr. Lonsdorf's integrative approaches. They work very closely with Dr. Lonsdorf to help you achieve the improvements you desire.
- Email or private portal messaging support is available for your questions from the start of your program through two month following your last visit.

PHASE II

1. Extended Support

2. Three Doctor's Visits with Follow-Up Health Education Sessions

- Includes three 90-minute physician visits over the next 6-9 months to monitor your progress, optimize your personalized Healthy Brain home program, follow-up with any new test results and receive updated guidance on your supplements, diet, lifestyle, and other personalized recommendations as needed.
- Includes one 45-minute Healthy Brain Support health education session after each visit to go over your recommendations and answer practical questions you may have. You will meet with one of our experienced Healthy Brain Wellness Educators over the phone or by video conference. Our Healthy Brain Wellness Educators are highly experienced in guiding individuals through the protocol, are very knowledgeable in Ayurveda and work closely with Dr. Lonsdorf to help you achieve the results you desire.
- Email support for your questions between visits and health education sessions.

What Dr. Nancy's Patients say:

My mind is noticeably clearer and stronger. I feel younger, with more determination and well-being. I enjoy people more and am more talkative and fluent. I easily recognize people and no longer stay home to avoid embarrassment. I am a lot happier.

—C.P. 80 yo meditation and yoga teacher

I have a lot more mental energy to get things done. I'm no longer sitting around wishing I could get things done. I'm getting through my to-do list and have more clarity of thought.

—G.D., 69 yo, project manager and philanthropist

I'm just so very pleased with my progress. My sleep, my cognition, my moods- There's been so much change. The right words come, I remember numbers that I had to write down before. My joints, hip and knee no longer hurt—It's just remarkable. A tremendously good investment!

—S. P., Social Worker and Trainer