

My Ageless Brain™ 7 Keys to Staying Sharp*

with

Nancy Lonsdorf, MD

9:30 am – Introduction and Greetings

9:45 am – 10:15 am:

Introduction to The Discovery – *How to Heal Your Magnificent Brain*

- What it is
- How it works
- Who does it work for
 - Story- Catherine's Memory Recovery

10:15 am – 11:00 am:

Key #1: The Cognoscopy

- Is your diet and lifestyle “brain healthy?”
- How is your brain doing? How to find out.
- Blood tests everyone needs to ensure brain health.

11:00 am – 11:15 am Stretch Break

11:15 am – 11:45 am:

Key #2: Tame Your Inflammation

- Inflammation and Your Brain
 - Story of “Jeannie” – Dietary Miracle: 2 Week Turnaround
- Cardiovascular and Brain health

11:45 am- 12:30 pm:

Key #3: Heal Your Gut-

- Your gut – Is it leaky?
 - Your Gut-Brain Type
 - Diet tips for optimal mind and memory
- Special Training: Ayurvedic self-pulse healing

12:30 pm – 1:30 pm: LUNCH

1:30 pm -1:45 pm: GROUP PHOTO

1:45 pm – 2:15 pm:

Key #4: Better Your Blood Sugar for A Better Brain

- Diet
 - Exercise
- Special Interview Excerpt: Dr. Nancy and Dale Bredesen: *Sugar, Insulin and Your Brain*

2:15 pm – 3:00 pm

Key #5: Nine Nutrients Your Brain Craves

- Top Nine Nutrients – How to Be Sure you have enough!
- Physical exercise – what kind is best, how much?
- How to exercise your Brain-
 - Learn Something new
 - www.BrainHQ.com

3:00 pm – 3:15: STRETCH BREAK: “Brain Boogie Booster”

3:15 pm – 3:45 pm

Key #6: Hormone Replacement for Women: To take or not to take....

3:45 pm – 4:15 pm:

Key #6: Hormones and Your Brain

- Hormones – the steroid hormone family

Story: Patient Zero, “Kristin”—Her amazing story of recovery

4:15 pm – 4:45 pm -

Key #7: The Detox Imperative: How to Protect and Heal Your Brain

- The Hazards of Hidden Inflammation
- Mold exposure
- Heavy metals
- Air pollution
- Infections
- Medications

4:45 pm – 7:00 pm: Rest, Yoga, TM

7:00 pm – 8 pm: DINNER

8:00 pm – 9 pm: 7 Keys to Staying Sharp

- FEEDBACK
- How stress affects memory
- How best to de-stress
- Expert Interview excerpt: *How Meditation Types Differ*, Fred Travis, PhD
- 7 Keys to Staying Sharp: What to Do Now
- Story: “Jeff” - Health as Wholeness: Wholeness Restored