

My Ageless Brain™

7 Keys to Staying Sharp

with

NANCY LONSDORE, MD



My Ageless Brain™

*7 Keys to Staying Sharp**

with

Nancy Lonsdorf, MD

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My Ageless Brain™ *7 Keys to Staying Sharp**

with

Nancy Lonsdorf, MD

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

- What it is
- How it works
- Who does it work for

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.

Key #2: Tame Your Inflammation

- Inflammation and Your Brain
- Cardiovascular and Brain health

Key #3: Heal Your Gut-

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

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

- Diet
- Exercise

Key #5: Nine Nutrients Your Brain Craves

Key #6: Hormones and Your Brain

- Hormones – do you have enough?
- Is taking hormones safe?
- How stress affects memory
- How best to de-stress
- Expert Interview excerpt: *How Meditation Types Differ*, Fred Travis, PhD

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 and *more*

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My Ageless Brain™ *7 Keys to Staying Sharp**


INTRODUCTION

The Discovery:

How to Heal Your Magnificent Brain

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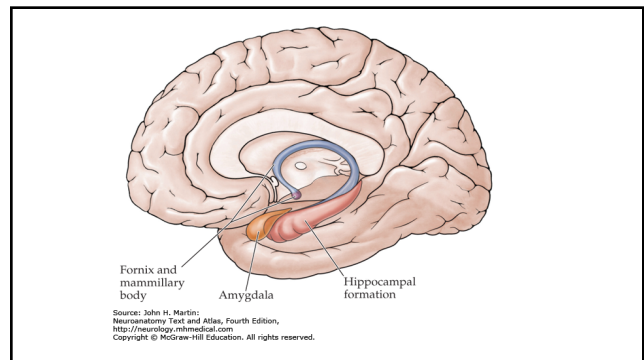
dr.nancy
NANCY LONSDORF, M.D.



The Healthy Brain Solution

*Reversing Cognitive Decline with the Bredesen ReCODE Protocol
and
Ayurvedic Medicine*

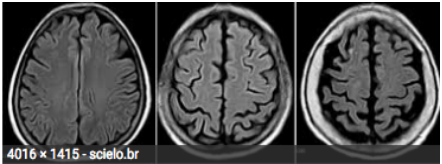
Del Mar Community Connections
6-6-19



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Brain Atrophy

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4016 x 1415 - scielo.br

www.impactaging.com **AGING, September 2014, Vol 6 N 9**

Review

Reversal of cognitive decline: A novel therapeutic program

Dale E. Bredesen^{1,2}

¹ Mary S. Easton Center for Alzheimer's Disease Research, Department of Neurology, University of California, Los Angeles, CA 90095;
² Buck Institute for Research on Aging, Novato, CA 94945.

Key words: Alzheimer's, dementia, mild cognitive impairment, neurobehavioral disorders, neuroinflammation, neurodegeneration, systems biology


Received: 9/15/14; Accepted: 9/26/14; Published: 9/27/14

Correspondence to: Dale E. Bredesen, MD; E-mail: dbredesen@mednet.ucla.edu; dbredesen@buckinstitute.org

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Metabolism and Cognition Go Hand in Hand

66M ApoE4/3	2014	2015 (Rx 10 mos.)
Fasting insulin	32	8
Hs-CRP	9.9	3
Homocysteine	15	8
Vitamin D3	21	40
Symptoms	Struggling	Working full-time
MRI hippocampal volume	17%ile	75%ile



Journal of Alzheimer's Disease & Parkinsonism

Bredesen et al., J Alzheimer Dis Parkinsonism 2018, 8:5
DOI: 10.4172/2161-0460.1000450

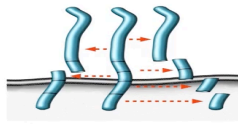
Case Report **Open Access**

Reversal of Cognitive Decline: 100 Patients

Dale E Bredesen^{1*}, Kenneth Sharlin², David Jenkins³, Miki Okano³, Wes Youngberg⁴, Sharon Hausman Cohen⁵, Anne Stefan⁶, Ronald L Brown⁷, Seth Conger⁸, Craig Tanio⁹, Ann Hathaway⁹, Mikhail Kogan⁹, David Hagedorn⁹, Edwin Amos⁹, Amylee Amos⁹, Nathaniel Bergman⁹, Carol Diamond⁹, Jean Lawrence⁹, Ilene Naomi Rusk⁹, Patricia Henry⁹ and Mary Braud⁹

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⁵Bueller Health, Austin, TX, USA
⁶Carolina Healthspan Institute, Charlotte, NC, USA
⁷Rizzoli Health, Hollywood, FL, USA
⁸Integrative Functional Medicine, San Rafael, CA, USA
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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
¹⁵Lawrence Health and Wellness, Toccoa, GA, USA
¹⁶Brain and Behavior Clinic, Boulder, CO, USA

APP- The “Barometer”



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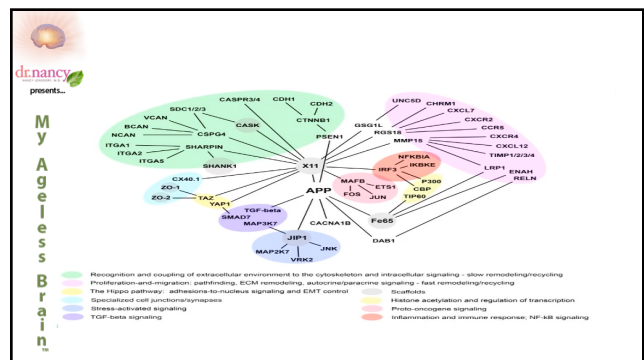


BALANCE

“It’s all about Balance”

“Balance is the Key to Perfect Health”

--- Maharishi Ayurveda



A Roof with 36 Holes



Alzheimer’s and The New Medicine

Outdated:

- We don’t know the cause and there’s no cure.

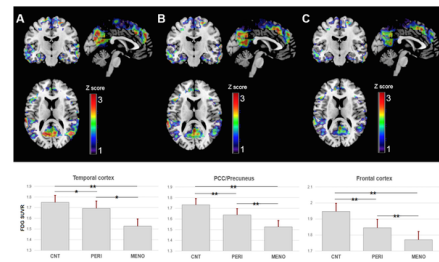
Now:

- *No one loses memory for no reason.*
- There are over 36 contributors to cognitive decline.
- Fix enough of them, people get better.

Dr. Nancy's "Patient Zero"



Fig 1. FDG-PET brain glucose metabolism as a function of endocrine aging.



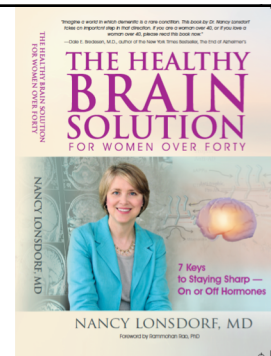
Mozzari L, Berti V, Gayara Quin C, McHugh P, Petrosillo G, et al. (2017) Perimenopause and emergence of an Alzheimer's biomarker phenotype in brain and periphery. PLOS ONE 12(12): e0185926. <https://doi.org/10.1371/journal.pone.0185926>

PLOS ONE

Reduction in Brain Metabolism in Memory-Related Brain Regions

8% drop: Pre- to Peri-menopausal

13% drop: Peri to Post-menopausal



SUB-TYPES OF DEMENTIA

- ◆ Type 1- Inflammation
- ◆ Type 1.5 - Sugar
- ◆ Type 2 - Atrophic
- ◆ Type 3 - Toxic
- ◆ Other - Vascular dementia
- ◆ Other - Traumatic dementia


The Power of Food, Sleep and Ayurveda



 **10 TOP TIPS FOR YOUR MEMORY**


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- ◆ Eat mainly organic, fresh vegetables, berries, olive oil
- ◆ Cut out sugar and refined flour
- ◆ Eliminate "bad" fats and processed (chips, deep fried,) GMO
- ◆ Drink 6-8 cups of pure water daily, warm

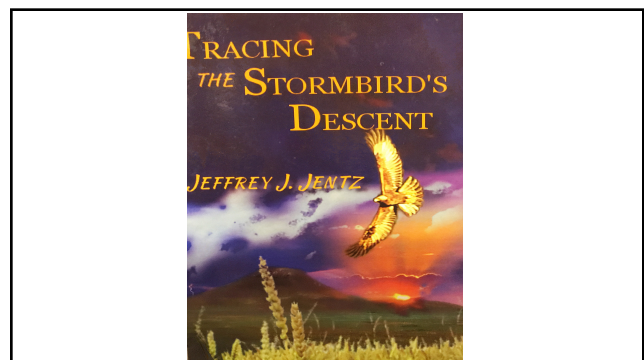
 **10 TOP TIPS FOR YOUR MEMORY**

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- ◆ Get good sleep! 7-8 hr.
- ◆ Don't eat for 3 hr before bed; "Autophagy"
- ◆ Fast for 12 hr. between dinner and breakfast
- ◆ Brain Training 3X/ week for 15 min
- ◆ Get 50 grams of protein, methyl-B12, vitamin D
- ◆ Take Ayurvedic Brain Rejuvenatives – Bacopa, Gotu kola

 **My Ageless Brain™**

*It takes 4-12 months of
"Living the protocol" to stop or reverse
Cognitive decline.*



 **From Alzheimer's to Wholeness Restored**

My Ageless Brain™



Tracing the Stormbird's Descent

Dear Nancy, Lonsdorf, M.D.,
Most of all I wish to thank
you for your priceless know-
ledge & guidance to work
with me this past year.

For you gave me and
showed me the right methods
to break through the
right mental wall in my head.

Only then was I able to
reclaim the keys to momentum
to open & reopen my heart & mind.
Above all, you've guided me
to cultivate the essence for
body, mind, heart & soul.
May the Blessings of the
Blessed Beauty shine upon you & yours.


With Wonder & Wellness,
Jeff Jentz

*Thank you for....the right methods
to break through the ...mental wall
in my head.*

*Only then was I able to reclaim
the keys to momentum to open
and reopen my heart and mind.*

*Above all, you've guided me to
cultivate the essence for body, mind,
heart, and soul.*

... With Wonder & Wellness,
Jeff J.



dr. nancy
presents...

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*"A physician is obligated to consider more than a diseased organ,
more even than the whole man –
He must view the man in his world."*

---Harvey Cushing, MD

My Ageless Brain [™] *7 Keys to Staying Sharp*

Key #1


Know Thyself

Comprehensive Lab Testing: The “Cognoscopy”

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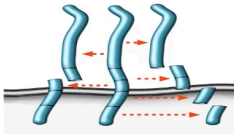
Key #1:

The Cognoscopy

with
Nancy Lonsdorf, MD

APP- The “Barometer”

[Amyloid Precursor Protein]



The diagram illustrates the processing of Amyloid Precursor Protein (APP). It shows a blue, Y-shaped protein molecule embedded in a cell membrane. Red dashed arrows indicate the cleavage of the protein by enzymes, resulting in smaller fragments. Some fragments are shown being released from the membrane, while others remain attached. The overall process is depicted as a series of sequential cleavages.

APP- The “Barometer”


[Amyloid Precursor Protein]

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My Aggregates

Brain



- Recognition and coupling of extracellular environment to the cytoskeleton and intracellular signaling - slow remodeling/recycling
- Proliferation and migration, differentiation, ECM remodeling, autocrine/extracrine signaling - fast remodeling/recycling
- The Hippo pathway, adhesion to cytoskeleton signaling and EMT control
- Specialized cell junctions/synapses
- Intra-cellular signaling
- Interleukin signaling
- Histone acetylation and regulation of transcription
- Information and structure response, NF- κ B signaling
- Stress activated signaling



dR. nancy
promotes...

My Angel's Brain™

"No one loses memory
for no reason."





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3 KEYS TO STAYING SHARP

- ◆ "Cognoscopy"
- ◆ Inflammation, BP, arteries
- ◆ Sugar
- ◆ Gut health
- ◆ Nutrients
- ◆ Hormones
- ◆ Detox


Dr. Nancy Agelinks Brain presents...



3 SUB-TYPES OF ALZHEIMER'S


- ◆ Type 1- Inflammation
- ◆ Type 1.5 - Sugar
- ◆ Types 2 - Atrophic
- ◆ Type 3 - Toxic
- ◆ *Other* - Vascular dementia
- ◆ *Other* - Traumatic dementia

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 **SUB-TYPE 1 - INFLAMMATION**

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- ◆ hsCRP
- ◆ Homocysteine
- ◆ Glutathione
- ◆ Omega 6: 3 Ratio
- ◆ Vitamins C, E
- ◆ Anti-gliadin (gluten antibodies)

 **SUB-TYPE 1.5 – “SWEET”**

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- ◆ Fasting blood glucose, AM
- ◆ Fasting insulin
- ◆ HgA1C

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 **SUB-TYPE 2 - ATROPHIC**


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Nutrients:

- ◆ B12, Folate, Homocysteine
- ◆ Riboflavin, Thiamine
- ◆ Vitamin D
- ◆ Minerals: Copper, Zinc, Selenium, Magnesium

Hormones:

- ◆ Estradiol, Progesterone, Testosterone, Free and Total
- ◆ TSH (thyroid stimulating hormone)
- ◆ AM Cortisol, DHEA-s, Pregnenolone

 **SUB-TYPE 3 - TOXIC**

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- ◆ Heavy metals: Lead, Mercury, Cadmium, Arsenic
blood, urine (with NAC or DMSA challenge for most accurate)
- ◆ TGF- Beta 1
- ◆ Infections: Herpes, Epstein Barr, Lyme, other
- ◆ Test for Mold- ERMI cloth test, mycotoxins (urine)

*Maharishi
Ayurveda
Science of Life*



Self-Pulse Practice






My Ageless Brain™

Support and Resources

Join the My Ageless Brain™ Private Facebook Community


- Monthly webinars
- Latest information
- Q and A

One-on-One, Personalized Healthy Brain Program – CA, IA



dr.nancy

NANCY LONSDORF, M.D.



The Healthy Brain

ReCode *Success Program™*






My Ageless Brain™

7 keys to staying sharp

Friday, August 9 - Sunday, August 11


Swiss Mountain Air Retreat and Workshop
with Dr. Nancy Lonsdorf


breathe • refresh • learn • rejuvenate • heal



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Sadhaka Pitta: Heart-Brain Connection






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Sadhaka Pitta

Balancing the Heart-Brain Connection

Sadhaka pitta = to achieve or to fulfill
-> Located in both heart and brain


- The finest and most subtle of all the 5 pittas
- Memory
- Mental functions
- Decisiveness
- Intellectual acuity
- Effectiveness, Efficiency



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Healing The Emotional Brain: 2 Bonus Episodes





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Healing The Emotional Brain:

Upcoming Online Course: I Bloom in June



My Ageless Brain™ *7 Keys to Staying Sharp*

Key #2

Tame Your Inflammation

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7 Keys to Staying Sharp

Your Whole Brain-Body Transformation

A LIVE, Interactive Online Course
with
Nancy Lonsdorf, MD

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3 SUB-TYPES OF ALZHEIMER'S

- ◆ Type 1- Inflammation
- ◆ Type 1.5 - Sugar
- ◆ Types 2 - Atrophic
- ◆ Type 3 - Toxic
- ◆ *Other* - Vascular dementia
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SUB-TYPE 1 - INFLAMMATORY

- ◆ ApoE - lipoprotein, carries cholesterol
- ◆ Increase dementia risk by 2X (1 copy) - 12 X (2 copies)
- ◆ Increased inflammation, amyloid, vascular disease
- ◆ **Loss of new memory formation**
- ◆ Silver lining - Responds quickest to Protocol!

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WHAT IS INFLAMMATION?

Inflammation is a local response to cellular injury.

- capillary dilatation
- leukocytic infiltration
- redness
- heat
- pain

Purpose: Serves as a mechanism to clear noxious agents and damaged tissue

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WHAT IS INFLAMMATION?

See Video on Inflammatory Response

<https://www.youtube.com/watch?v=9bvMv5dQ7RU>

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BALANCE

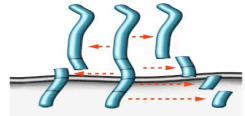
"It's all about Balance"

"Balance is the Key to Perfect Health"

--- Maharishi Ayurveda

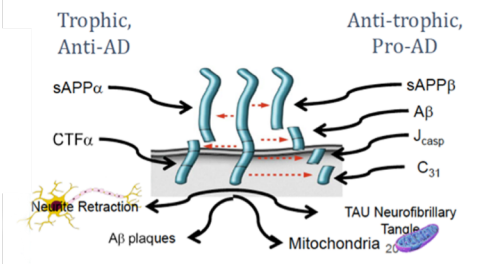
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APP- The "Barometer"



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Healing in Overdrive → Too Much Amyloid



IMBALANCE CAUSES

BALANCED: Good immunity, robust healing response and detox

OUT OF BALANCE: Excess immune activity, inflammation, "friendly fire"

CAUSES:

- -- DIET
- -- Toxins
- -- Stress
- -- Lack of sleep and exercise

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IMBALANCE "CURES"

BALANCED: Good immunity, robust healing response and detox

OUT OF BALANCE: Excess immune activity, inflammation, "friendly fire"


"CURES":

- -- DIET
- -- Detox
- -- Stress reduction
- -- Good sleep and regular exercise

VIDEO of "Jeannie" – a 2 week turn-around: diet and sleep alone

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Artery health = Brain health



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HEART (ARTERY) – BRAIN CONNECTION

- Issues coexist in 25-50% of patients
- Synergistic damaging effects
- Amyloid + Artery disease = Alzheimer's ?

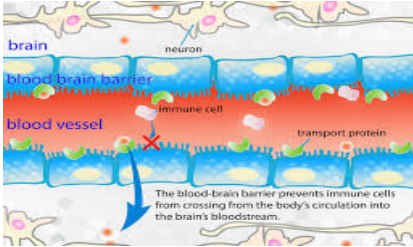
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3 Ways Arteries Can Damage the Brain:

1. Leaky Blood-Brain Barrier
2. Sudden Blockage (stroke)
3. Slow, progressive narrowing due to plaque

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Healthy Blood-Brain Barrier



The blood-brain barrier prevents immune cells from crossing from the body's circulation into the brain's bloodstream.

Healthy vs Leaky Blood-Brain Barrier

https://www.google.com/search?q=image+damaged+blood+brain+barrier+and+amyloid&source=Inms&tbm=isch&sa=X&ved=0ahUKEwiYpLme_O3gAhXGz4MKHUOdDBsQ_AUIDigB&biw=933&bih=469#imgsrc=w9anxPUHc_TJ4M

3 Ways Arteries Can Damage the Brain:


1. Leaky Blood-Brain Barrier
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3. Slow, progressive narrowing due to plaque

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HIGH BLOOD PRESSURE

- Damage to the blood vessel lining
- Tiny “tears” lead to inflammation, “patches”
- Inflammation promotes free radicals
- LDL “bad cholesterol” goes into artery wall
- “Patches” become plaques, narrowing, clogging
- Less blood flow leads to still higher BP
- Vicious cycle!


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HIGH BLOOD PRESSURE

- Age 50 BP > 130: associated with increased AD
- Can lower with exercise, diet, L-arginine, medications,
- Weight loss (even 5% of body weight– 10 lb, if 200 lb.)
- BP greater predictor than amyloid or MRI, PET
- Goal: get BP < 120/80


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EXERCISE VS SEDENTARY

- Anti-inflammatory, increased blood flow, sugar metabolism
- Get up every 25 min; standing and walking desks
- 10 min of Tai Chi, yoga, light exercise increases blood flow to memory centers of brain immediately ☺
- 30 min. at least 4 times a week or 2 hr/week
- Morning Walk (Ayurvedic wisdom)
- Leg strength– lowers risk of decline 10 yr later


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SUPPLEMENTS

- Check with your doctor
- Turmeric – use in all your dishes and meals daily
- Omega 3's:
Hemp, flax, chia
Fish- wild caught salmon, sardines, herring, “SMASH”
Fish oil- distilled, mercury and PCB free, DHA 900 mg


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3 ANTI-INFLAMMATORY SPICES

- Turmeric
- Ginger
- Cinnamon


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Amrit Nectar (tablet)

- Anti-inflammatory
- Anti-oxidant
- Shankapushpi and Gotu kola
- Rejuvenated mitochondria, metabolism
- Increases Acetylcholine


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KEYS to Calm Inflammation

- DIET – whole food, organic, “Mediterranean”
- Exercise- 2 hr per week
- Amrit Nectar
- Sleep - 6-8 hr
- Control BP and artery health

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How Much Inflammation Do YOU Have?

Blood tests to do:

- hsCRP (high sensitivity C-Reactive Protein)
- Homocysteine
- ESR (sedimentation rate)
- TGF-Beta 1 (Transforming Growth Factor Beta 1)
- Omega 6: omega 3 ratio (www.lifeextension.com if your local lab doesn't do)

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My Agiles Brain

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Key #3

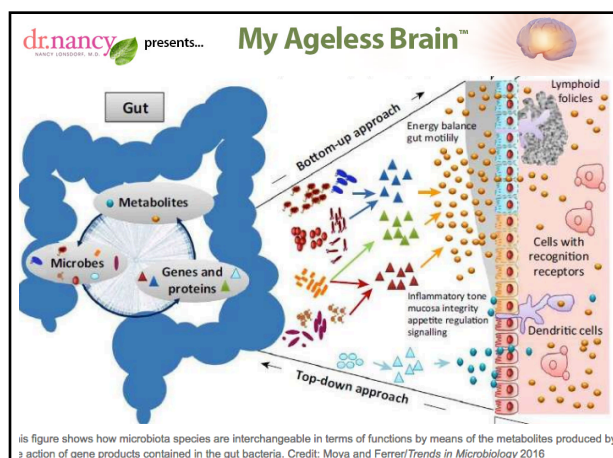
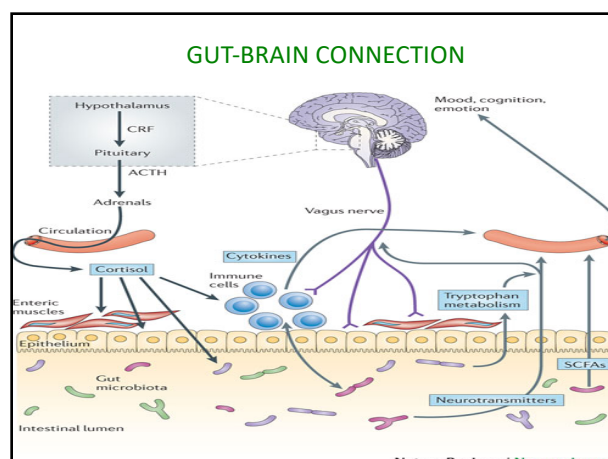
Heal Your Gut, Heal Your Brain

dr.nancy presents... **My Ageless Brain™**

Key #3

Heal Your Gut and Balance Your Digestive Type

Nancy Lonsdorf, MD



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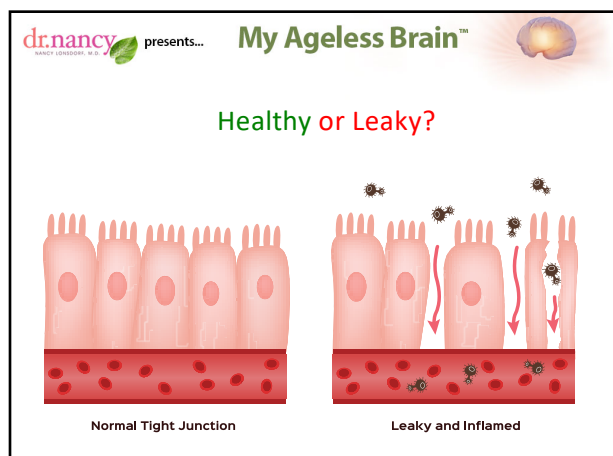
Absorption

The process by which food molecules move into the blood stream to be carried to the cells of the body.

Assimilation

The incorporation of food molecules into the cells of the body to be used as energy, structural materials, or storage products.

Digestive System




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Major Action Steps for Our Gut Health

- Organic food diet
- Plant-based— fruits, vegetables, whole foods
- Avoid the “aisles” at the grocery store
- Alcohol consumption- limit to 2-4 oz red wine, if any
- Quit smoking
- Sleep
- Exercise
- Re-consider birth control pills, non-essential medications

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Zonulin

An inflammatory, protective protein molecule that promotes the “leakiness” of both gut and brain barriers to the blood.


Higher levels open and lower levels close the spaces between cells.

Gluten triggers elevations of zonulin in celiacs and “gluten-sensitive.” Brain fog, fatigue, joint aches...

 presents... **My Ageless Brain™**


CONTRIBUTORS: GUT INFLAMMATION, ENDOTOXINS AND BBB

- Incomplete digestion
 - Improper digestion/metabolism of food constituents
- Food Constituents
 - Pro-inflammatory; trans fats, sugar, etc
 - Food additives; GMO's, herbicides, pesticides, etc
- Inflammation and leaky gut
 - Including glyphosate (herbicide residues; GMO)
- Bacterial Problems
 - Imbalance in type of bacteria
 - Bacteria in the wrong place- SIBO
 - Endotoxins from “normal” bacteria
- Liver insufficiency- incomplete detoxification of the blood
- Gut inflammation


 presents... **My Ageless Brain™**

It's More than What You Eat.....


How You Digest is Key!

 presents... **My Ageless Brain™**

A Doctor's Discovery





- 1984--Hospital food is *unhealthy!*
- Gas, bloating, indigestion, moody

 presents... **My Ageless Brain™**

Physician, Heal Thyself!



- Rx- Try the Ayurveda Clinic for a “Cleanse?”
- Discovery: An approach to health that actually makes you *healthier*— and happier!

Ayurveda

Traditional Natural Health System of India

- Longest continuously practiced medical system
- Yoga's Sister Health Science





dr.nancy presents... My Ageless Brain™

“Without proper diet, medicine is of no use.

With proper diet, medicine is of no need.”

-Ayurvedic aphorism



dr.nancy presents... My Ageless Brain™

Digestion


di·ges·tion
dəˈjesCH(ə)n, dīˈjesCH(ə)n/

= the process of breaking down food by mechanical and enzymatic action in the alimentary canal into substances that can be used by the body.

dr.nancy presents... My Ageless Brain™

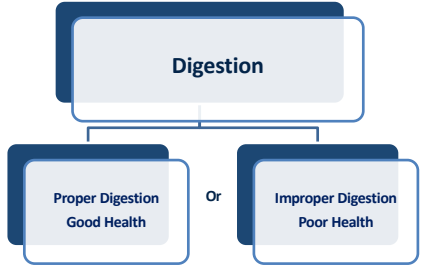
Ayurveda on Gut Health

A Whole New Dimension!



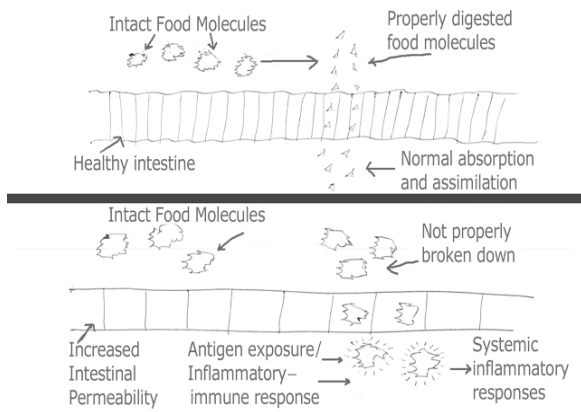
- ❖ Ideal breakdown of ingested food, proper absorption and elimination
- ❖ *Ojas* vs. *Ama*
- ❖ **The 3 Supersystems- doshas** - and their role in Digestion

Digestion: Key to Health or Disease



```

graph TD
    A[Digestion] --> B[Proper Digestion  
Good Health]
    A --> C[Improper Digestion  
Poor Health]
    B --- D[Or] --- C
  
```



Healthy Intestine: Intact Food Molecules → Properly digested food molecules → Normal absorption and assimilation

Unhealthy Intestine: Intact Food Molecules → Not properly broken down → Increased Intestinal Permeability → Antigen exposure/Inflammatory-immune response → Systemic inflammatory responses

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Signs and Symptoms of Ama-Product of Incomplete Digestion

- Diminished strength and stamina
- Mental and physical fatigue
- Heaviness in the body
- Lack of mental clarity (“brain fog”)
- Chronic congestion
- Reduced immunity,

e.g., frequent colds

- Frequent indigestion
- Constipation
- Repeated spitting
- Lack of taste for food
- Coating of tongue

How to Improve Your Digestion

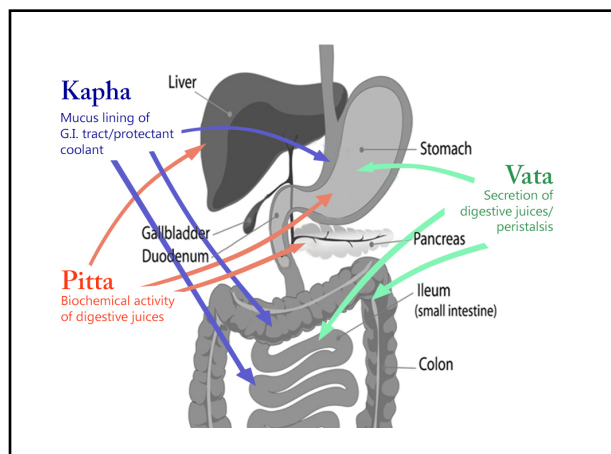
- Favor fresh foods, freshly prepared, organic, wholesome.
- Eat to about 2/3 capacity, avoid overeating
- Eat on a regular schedule, with main meal at noon
- Eat only after previous meal has been digested
- Avoid heavy, cold, rough, or unsuitable foods, including stale or processed foods, leftovers, unhealthy fats, sugar, etc
- Include spices and herbs in your cooking.
- Adapt your diet to time, place, and season.
- Sip warm water with meals.
- Avoid cold drinks and foods, eating late at night, cheese, meat or yogurt in the evening.
- Eat foods in accord with constitutional type or dosha imbalances

3 Supersystems
A Whole New Dimension!

VATA- *Movement*-- Neuroendocrine, circulation, flow, regulation, peristalsis

PITTA- *Transformation*-- digestion and metabolism- acids and enzymes

KAPHA- *Structure and substance*- Mucus secretions, gut lining, integrity of junctions, 2-6 lb of gut bacteria immune system



Personalized Gut Health-
Which Digestive Type Are You?

TAKE THE QUIZ!.....

Digestive Type Quiz

Column 1	Column 2	Column 3


How To Score

0- Not at all

1- Once in awhile


2- 1/3 to 1/2 of the time

3- Most of the time



Digestive Type Quiz


Column 1	Column 2	Column 3
0		
3		
2		
2		
1		



Column 1 Questions

- ◆ Gas or Bloating
- ◆ Belching
- ◆ Variable symptoms
- ◆ Hunger unpredictable
- ◆ Tendency for Constipation


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Column 2 Questions

- ◆ Heartburn or burning sensations
- ◆ Sour or acidic stomach
- ◆ Ravenous hunger
- ◆ Can't skip a meal
- ◆ Tendency for loose or soft stools


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Column 3 Questions


- ◆ Feel heavy after eating
- ◆ Food just "sits there"
- ◆ Sleepy after eating
- ◆ Mild or absent hunger
- ◆ Stool sticky or with mucus

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Digestive Type Quiz

Column 1	Column 2	Column 3
0		
3		
2		
2		
1		
Total= 8		



Which Tips to Follow

- If total column score is 6 or higher--- follow diet tips for that dosha, your "type."
- If no column is 6 or higher, follow "Healthy Meal Plan for All Imbalances"
- If more than one dosha is 6 or more, follow tips for both types.
- If tips conflict between two types, favor the Vata tips, plus
 - If second dosha is K, avoid heavy foods
 - If second dosha is P, avoid hot spices and acidic foods (tomatoes, citrus, vinegar, etc)




Tips-- Digestive Type 1-- Vata- *Airy*

- ◆ Eat in a settled environment.
- ◆ Eat sufficient quantity.
- ◆ Favor warm foods and drinks.
- ◆ Drink boiled hot water with fennel and cumin seeds- ¼ tsp whole seeds each.
- ◆ Include plenty of healthy oils.
- ◆ Favor sweet, sour and salty tastes (adjusted to health conditions)
- ◆ Minimize light, crunchy foods, raw vegetables, cold foods and drinks, iced desserts, cruciferous vegetables, dried peas and beans.
- ◆ Favor tender cooked vegetables, cooked grains, soft noodles, cooked fruit, soaked nuts



Tips-- Digestive Type 2-- Pitta- *Fiery*

- ◆ Eat your meals on – don't skip meals.
- ◆ Eat sufficient quantity and keep snacks handy.
- ◆ Avoid alcohol, coffee, caffeine, vinegar, tomatoes, hot spices, deep fried, sour and very salty foods.
- ◆ Consume foods warm, not too hot.
- ◆ Drink boiled warm water with coriander and fennel- ¼ tsp whole seeds each
- ◆ Favor sweet, bitter and astringent tastes. (adjusted to health conditions)
- ◆ Favor: Coconut water, melons, aloe vera juice, ghee, zucchini, cucumber, summer squash.




Tips-- Digestive Type 3-- Kapha- *Earthy*

- ◆ Eat main meal at noon. Light evening meal and breakfast.
- ◆ Start day with warm water and lemon.
- ◆ Favor warm/hot foods and drinks.
- ◆ Drink boiled water with fresh ginger slice
- ◆ Have more cooked vegetables and legumes, low-glycemic fruits, some nuts and seeds.
- ◆ Favor hot spicy, bitter and astringent tastes (adjusted to health conditions)
- ◆ Minimize heavy foods, cheese, meat, yogurt except as lassi, wheat, rice, sweets, oils.



How to Improve Your Digestion

- Favor fresh foods, freshly prepared, organic, wholesome.
- Eat to about 2/3 capacity, avoid overeating
- Eat on a regular schedule, with main meal at noon
- Eat only after previous meal has been digested
- Avoid heavy, cold, rough, or unsuitable foods, including stale or processed foods, leftovers, unhealthy fats, sugar, etc
- Include spices and herbs in your cooking.
- Adapt your diet to time, place, and season.
- Sip warm water with meals.
- Avoid cold drinks and foods, eating late at night, cheese, meat or yogurt in the evening.
- Eat foods in accord with constitutional type or dosha imbalances



More Resources ...

Take the digestive quiz and get weekly tips:
www.drlonsdorf.com/digestivequiz

My Ageless Brain™ *7 Keys to Staying Sharp*

Key #4

Better Your Blood Sugar, Better Your Brain

dr.nancy
NANCY LONSDORF, M.D.

My Ageless Brain™

7 Keys to Staying Sharp

Your Whole Brain-Body Transformation

A LIVE, Interactive Online Course
with
Nancy Lonsdorf, MD

dr.nancy presents... My Ageless Brain™

Key # 4:

Curb Your Carbs for a Better Brain

with
Nancy Lonsdorf, MD

dr.nancy presents... My Ageless Brain™

Action Steps for Your Gut Health

- Drink boiled hot water
- Go organic, plant-based, whole foods
- Have ½ plate of cooked vegetables at least one meal/day
- Eat at least two fruits per day (berries, apple, etc.)
- Include ½ tsp of turmeric powder with each meal
- Have your main meal at noon
- Take the Quiz– www.drnancyhealth.com
- Follow the Tips for your Type– 1/week

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Action Steps for Your Gut Health - Testing

Do Objective Testing

1. Check your microbiome (Doctor's Data – "Comprehensive Parasitology X 3")
 - Medicare
 - Private insurance
 - Self-pay w/o dr. (online sources)
2. SIBO testing
 - Test for Co2 production for fructose and other sugars (insurance may cover with dr's order)
 - Home Breath Kit at lifeextension.com
 - Affordable, no doctor's order needed
3. Leaky Gut (need drs. order; no insurance yet)
 - Zonulin – serum level (Doctor's Data lab)
 - LPS antibodies (Cyrex lab)

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Is Alzheimer's Disease—

"Diabetes of the Brain?"

--Suzanne de la Monte, MD PhD

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Insulin Resistance → Cascade of Neurodegeneration

- Metabolism imbalance (including fat/lipid synthesis)
- Mitochondrial dysfunction
- Oxidative stress
- Inflammation of the brain

End Result → Neurodegeneration

- Amyloid deposition
- Tau tangles
- Glial cell damage and dysfunction
- Early cell death

Action Steps for Optimizing Metabolism

- **Finish your dinner at least 3 hours before you go to sleep** (ideally by 7 pm and go to bed by 10 pm.). If not possible, do the best you can ☺
- **Allow 12 hour between dinner and breakfast** without consuming calories.
- If too hungry in the morning, you may take 1 tsp. of MCT oil, ghee or coconut oil. (Can work up to 1 Tbsp 3 times a day if hungry/weak.)
- You may consume water or herb tea. Caffeinated beverages are not recommended unless you routinely consume them.
- If you like hot boiled milk before bed, "golden milk," try having in late afternoon instead. If you have optimal sugar tests, and no elevated AD risk, and love your hot milk, it's ok ☺
- If you find you need food at bedtime to sleep, try taking 1 tsp. of MCT oil, ghee or coconut oil in a few Tbsp. warm water instead (promotes brain switching to burning fat/ketones.)


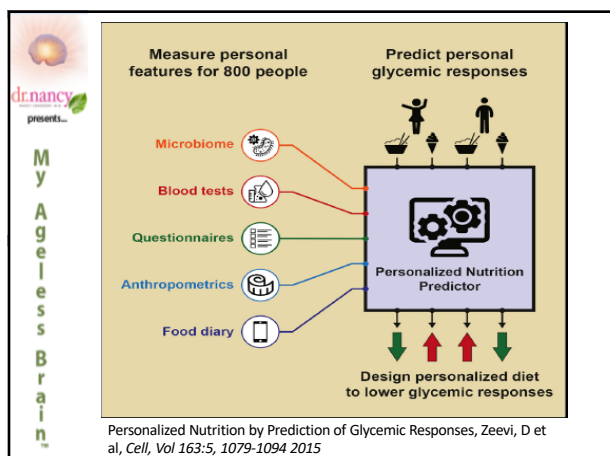
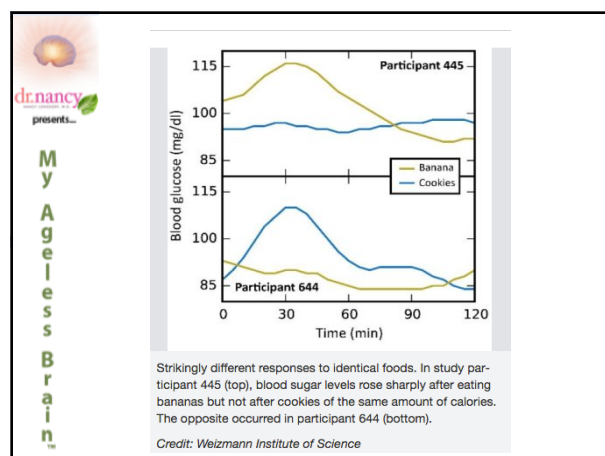
My Ageless Brain™

It's More than What You Eat.....

How You Metabolize is Key!

Which Raises Blood Sugar More???


OR

**Personalized Health-
Your Metabolism**

It's More than Just The Food....


Glycemic Response is Personal!



Action Steps for Metabolism

- 12/3 Ketoflex Eating
- Test: FBS (fasting Blood Sugar,) Hg A1C, Fasting insulin
- Optimal: FBS <90; Hg A1C < 5.6, Fasting Insulin 4.5 or less
- Check after Meals if needed (post-prandial)
 - 1 hr 90-120
 - 2 hr 90-110
 - 5 hr 70-90


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Action Steps for Ketosis Metabolism

- **Do under doctor's personal one-on-one supervision only!**
- When FBS is 70-90, start to check BHB (ketones)
- Goal in AM is .5 or more
- Goal in the day is .5- 4
- Be "Metabolically Flexible"
- Do NOT do if thin or YOU DON'T NEED TO (your values are optimal) or YOU DON'T FEEL WELL ON IT
- Increase fatty snacks; use MTC oil if hungry
- MTC oil: Start with ½ tsp- increase to max. 1 Tbsp- 3X/day
- Add olive oil, coconut oil or ghee to food; up to 80% fat

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Empowering Actions

- **Finish your dinner at least 3 hours before you go to sleep** (ideally by 7 pm and go to bed by 10 pm.). If not possible, do the best you can ☺
- **Try to allow 12 hour between dinner and breakfast** without consuming calories.

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My Ageless Brain™ *7 Keys to Staying Sharp*

Key #5

The Nine Nutrients Your Brain Craves

dr.nancy
NANCY LONSDORF, M.D.

My Ageless Brain™

7 Keys to Staying Sharp

Your Whole Brain-Body Transformation

A LIVE, Interactive Online Course
with
Nancy Lonsdorf, MD

dr.nancy presents... **My Ageless Brain™**

KEY #5

Key Nutrients for A Better Brain

with
Nancy Lonsdorf, MD

Key Dietary Nutrients

VITAMINS

- B12
- Folate
- B6
- B1- Thiamine
- Vitamin D, Vitamin K2 (MK7)
- Vitamin E
- Vitamin C

MINERALS

- Magnesium
- Copper
- Zinc
- Selenium

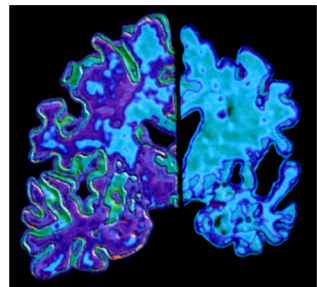
Key Brain Nutrients: B12

- Myelin production, memory, focus, concentration, clarity, energy, blood
- Depression, memory, tingling, balance, dementia
- Highly prevalent: 39% < 258 pm/ml
- Age was no protection
- Lower IQ in teens with lower B12

B12 LEVEL for PREVENTION

- B12 should be > 400; Bredesen >500 pg/ml
- B12 < 200 = 2X increased risk of Alzheimer's
- B12 = 300; still increased risk
- "Norm" for population/labs- > 200; not optimal!

Folate- Deficient Brain = Shrinkage



Key Brain Nutrients: B Vitamins

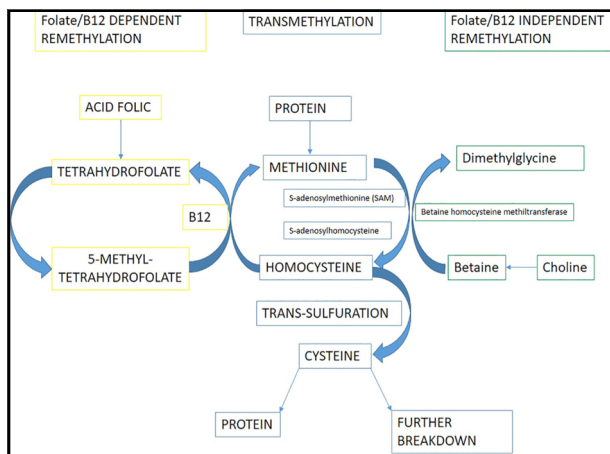
→ B Vitamin Supplementation Lowers Homocysteine and Slows GM Brain Shrinkage: in memory areas, up to 7-fold

- B12
- Folate
- B6

Douaud G, Refsum H, de Jager CA, et al. Preventing Alzheimer's disease-related gray matter atrophy by B-vitamin treatment. *Proc Natl Acad Sci U S A*. 2013;110(23):9523–9528. doi:10.1073/pnas.1301816110

Homocysteine- Toxic to Brain Cells

- Reduces mitochondrial metabolism (energy)
- Inflammatory (amyloid)
- Oxidative stress (amyloid)
- Protein/enzyme damage → inflammation and autoimmunity
- Increases MMP-9 → leaky blood-brain barrier (matrix metalloproteinase 9)



Let food be thy medicine.
--Hippocrates

- ex. Resveratrol vs. Grapes
- Whole food products vs. supplements
- Synergistic activity; protective action against SE's
- Healthy or chronic disease: whole food
- Advanced diseases: extracts

Singh CK, Liu X, Ahmad N. Resveratrol, in its natural combination in whole grape, for health promotion and disease management. *Ann N Y Acad Sci*. 2015;1348(1):150–160. doi:10.1111/nyas.12798


RESVERATROL

- Anticancer and antimutagen
- Supports detox, Ph 2
- Antioxidant
- Mimics calorie restriction effect on longevity
- Supports mitochondrial function

Singh CK, Liu X, Ahmad N. Resveratrol, in its natural combination in whole grape, for health promotion and disease management. *Ann N Y Acad Sci*. 2015;1348(1):150–160. doi:10.1111/nyas.12798

Key Trophic Nutrients
(Nerve Growth Factor Support – BDNF)

- Whole Coffee Fruit Extract (3 mo.)
- Hericium erinaceus (lion's mane)
- Citicoline – synaptic growth
- ALCAR- acetyl-L-carnitine
- Omega 3 fatty acids – neurogenesis
- Exercise –survival of new neurons ☺
- Mild ketosis (12/3 ketoflex) - BDNF



Key Dietary Nutrients


TRIAD for Synapse Formation

- DHA
- Choline (Citicoline)
- 5' uridine monophosphate

Boosts enzyme activity


Increases Phosphatidylcholine synthesis
(essential synaptic membrane constituent)

Nutrients **2014**, 6(4), 1701-1710; <https://doi.org/10.3390/nu6041701>;
Wurtman, R, MIT



Key Mitochondrial Nutrients


- Ubiquinol (CoEnzyme Q10)
- Nicotinamide riboside (NAD)
- PQQ (polyquinoline quinone)



Key Dietary Nutrients

Vitamin D

- Suboptimal level - risk for dementia, depression
- D3 vs D2; D3 more effective
- Take with Vitamin K2 (MK7): 100 mcg per Vit D dose




KEY MINERALS

Magnesium – magnesium L-threonate

- Most effective for brain
- Crosses BBB more effectively
- Improves cognitive ability
- Increases density of brain synapses
- RBC magnesium blood test

Dietary Sources:
Quinoa and whole grains
Dark leafy greens (remember the lemon!)
Almonds, cashews
Black beans, edamame



KEY Minerals

Copper:Zinc Ratio


- Should be close to 1:1
- Copper no more than 1.3:1 zinc (dementia risk)

Too Little Zinc

- Associated with dementia, depression, aging
- Often low in Type 3, "Toxic"
- Zinc supplementation enhances cognition (also wound healing, sense of taste)

Dietary Sources of Zinc:

- Nuts and Seeds, Beans and legumes, Dairy, Meat, Poultry, Seafood, whole grains




KEY HERBS

Gotu Kola (*Centella asiatica*)

- Memory, learning
- Focus and concentration
- Anti-amyloid
- Calming and Anti-depressant effects
- Reduced "startle" to sudden, loud sound

Bacopa (*Bacopa monnieri*)


- Antioxidant, anti-inflammatory, anti-amyloid
- Promotes acetylcholine levels
- Learning, memory
- Protective effect on neurons against amyloid



Empowering Actions

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- "Cognoscopy" - check your nutrient levels :
- Correct your deficiencies
- Healthy: add "Nectar tablet" – www.mapi.com
- Consider additional supplements depending on your risk level



Key Dietary Nutrients
B1- Thiamine

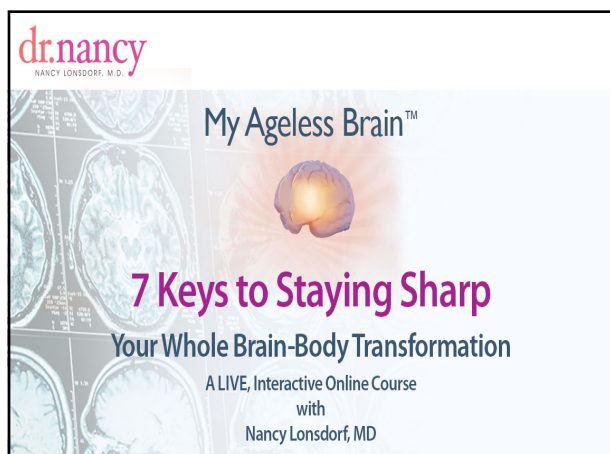
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- Usually Adequate in Developed countries
- Can be low in certain conditions:
 - Alcohol dependence
 - Advanced age
 - HIV/AIDS
 - Diabetes
 - Eating disorder
 - Bariatric surgery
 - Dialysis
 - High-dose diuretic use
- Symptoms: low appetite, N/V, tingling, weakness, fatigue, irritability, optic nerve, SOB, slow heart rate, W-K syndrome: confusion, memory loss, hall's, delirium

My Ageless Brain™ *7 Keys to Staying Sharp*

Key #6

Hormones for a Healthy Brain



My Ageless Brain™

Key #6:

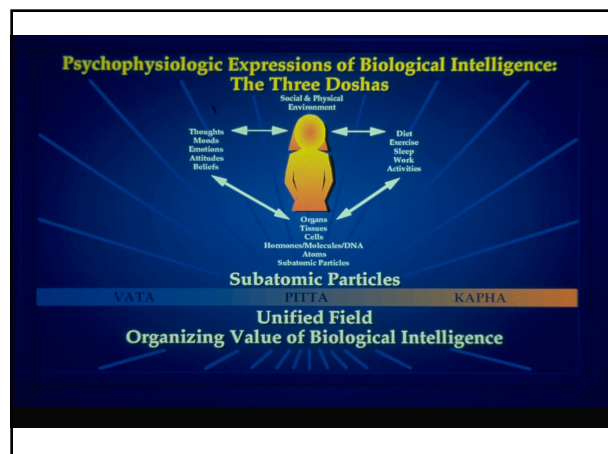
**Power Up Your Brain
with
Optimal Hormone Balance**

with
Nancy Lonsdorf, MD

Hormones Properties

- Regulate (point and click)
- Potent
- 10 million Calcium to 1 Estradiol
- Keyed to receptors
- Highly interactive

My Ageless Brain™



Dosha Functions

VATA-- Moving

- Neuroendocrine
- Circulation

PITTA--Transforming

- Digestion
- Metabolism

KAPHA-- Structural

- Physical body

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Balance for Healthy Aging

GROWTH

DECAY



Three Stages of Life

- Birth to age 30—Kapha
- Age 30 to 60—Pitta
- Age 60 +—Vata



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Hormone Decline with Age

- Growth hormone
- Melatonin
- DHEA
- Estrogen, progesterone
- Testosterone



My Ageless Brain™

Hypothalamic-Pituitary-Adrenal Axis

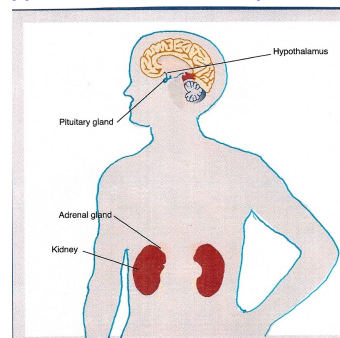


Figure 1 Location of the components of the hypothalamic-pituitary-adrenal (HPA) axis. The hypothalamus is located in the brain, directly above the pituitary gland. The adrenal glands are located in the lower back, one atop each kidney.

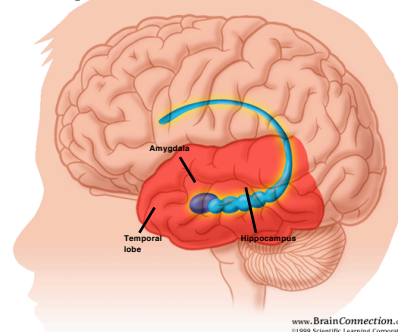
Steroid Family of Hormones

- Stress response
- Reproductive hormones
- Repair and recovery
- Blood sugar
- Fluid balance, BP
- Strength and vitality



My Ageless Brain™

Hippocampus, Amygdala and Temporal Lobe



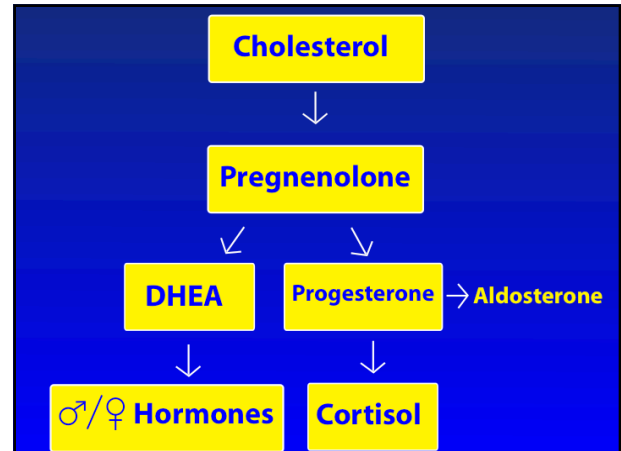
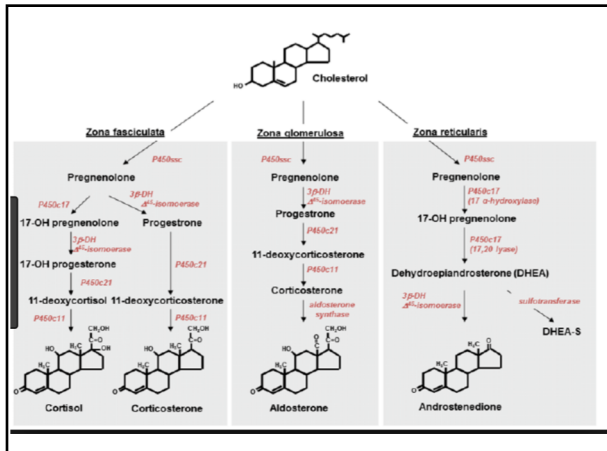
www.BrainConnection.com
©1999 Scientific Learning Corporation



"An adrenal gland is a terrible thing to waste."
--Adrenaline "junkie"

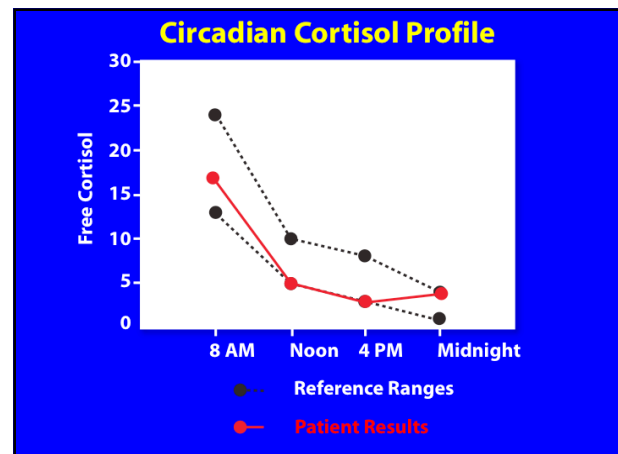


Difficult as it was to cut down on her caffeine consumption, Marcie strictly observed her self-imposed limit of one cup of coffee a day.



Stress Response

Cortisol-- "the stress hormone"
Sympathetic Nervous System
Adrenaline; Noradrenaline



Excess Stress → Excess Cortisol

- Overweight, Diabetes, CVD
- Memory, Mood, Brain
- Muscle, Bone, Collagen loss
- Immune suppression, Cancer

Excess Cortisol → Hormone d/o

- Male: ↓↓testosterone ↑↑estradiol
- Female: ↓↓progesterone
- Resistance to thyroid and other hormones

Chronic Stress Warning Signs

- Fatigue
- Lack of energy
- Irritability
- Hostility
- Demoralization

Postmenopausal Estradiol Sources

- Adrenals*
- Fat, brain
- Arterial walls, skin
- Ovaries

Recovering Balance

The 3 Pillars of Health

- Stress management (mind/cs)
- Diet— (digestion, eating habits, gut health)
- Sleep— (timing, length)
- Exercise— (physical, mental)
- Detox

Circadian Rhythm Balance

- Get sunlight exposure outdoors
- Dim lights in the evening
- Go to bed by 10 pm; Arise by 6 am
- Avoid device displays after 8:30 PM
- Avoid cell phone use in evening

Healthy Oils

Olive oil
Ghee
Coconut oil
Avocado oil
Sesame oil



Cortisol Balance= Better Brain

- Nutritional supplements
- Herbal therapies
- Panchakarma
- Bioidentical hormonal support

Brahmi

(*Bacopa monniera*)



- Enhance learning
- Improves memory
- Reduces negative effects of drugs on mental ability (phenytoin)
- Antioxidant for the brain

Gotu kola

(*centella asiatica*)



- *Smritida* (best at enhancing memory)
- Reduces aging and helps skin
- Contains asiatic acid, a potent inhibitor of amyloid formation

Cortisol Modulators

- Ashwagandha (*Withania somnifera*)
- Licorice root (*Glycyrrhiza glabra*)
- Amrit Kalash Ambrosia® tablet
- Holy Basil "Tulsi" (*Ocimum sanctum*)

Cortisol and Brain

- Gotu Kola
(*Centella asiatica*)
- Brahmi
(*Bacopa monniera*)
- Worry Free®

MAPI Stress Protectors

- Stress-Free Mind®
- Youthful Mind®
- Ashwagandha
- Ambrosia® tablet

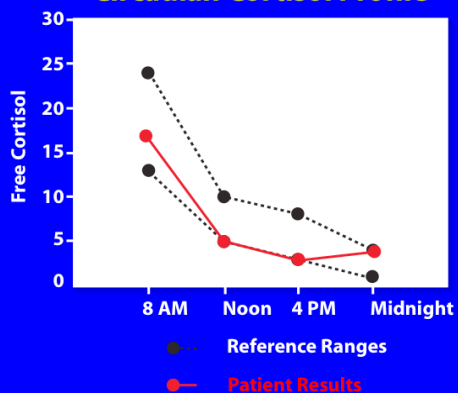
Hormone Support- Women

- Hot Flash Relief (shatavari)
- Vital Lady

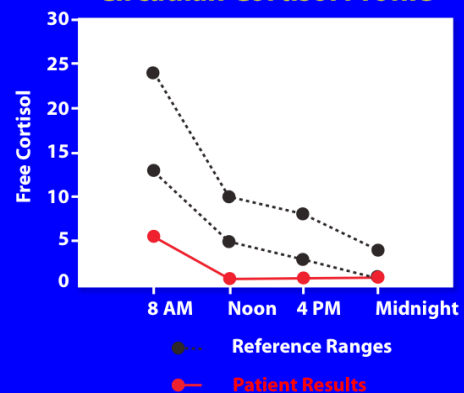
Hormone Support- Men

- Rejuvenation for Men
- Vital Man

Circadian Cortisol Profile



Circadian Cortisol Profile

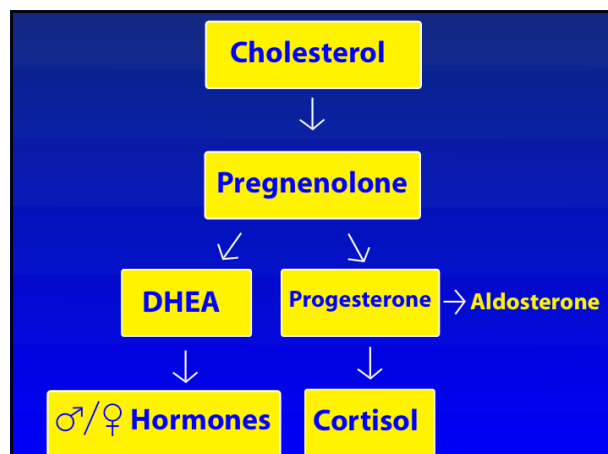


Case of Mysterious DHEA

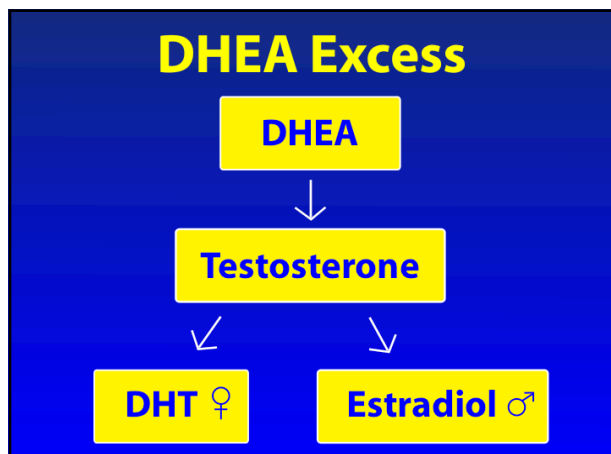
51 y.o. perimenopause, low progesterone

Fatigue, mild hot flashes → hair thinning

	DHEA	Testosterone (DHT)
9/09	4 (3-10)	33 (15-75)
12/09	25 ↑↑	75 ↑↑



DHEA Excess



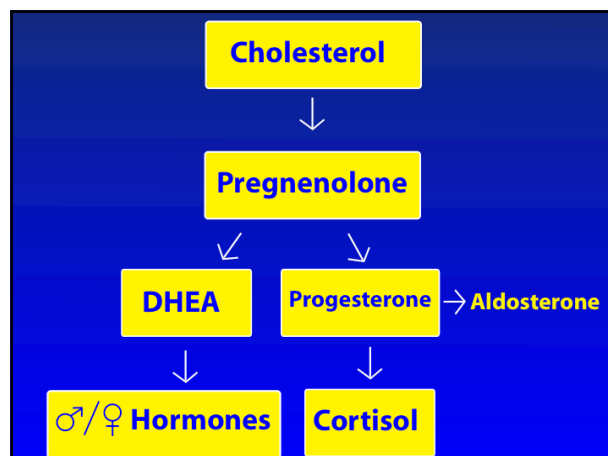
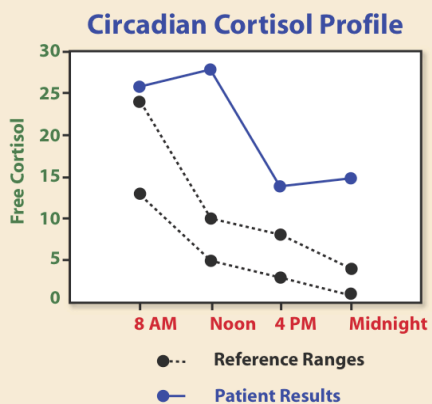
Bioidentical Hormone Cream Overdose


Estradiol --- >99 (<20)

Progesterone -- >1000 (<500)

FSH — 124 (< 125)

LH — 170 (< 30)

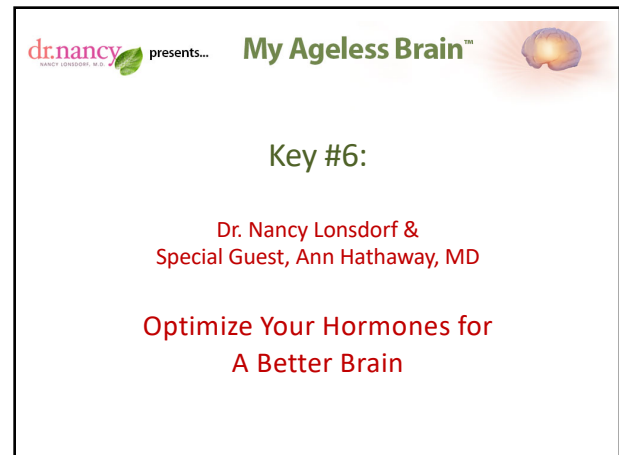
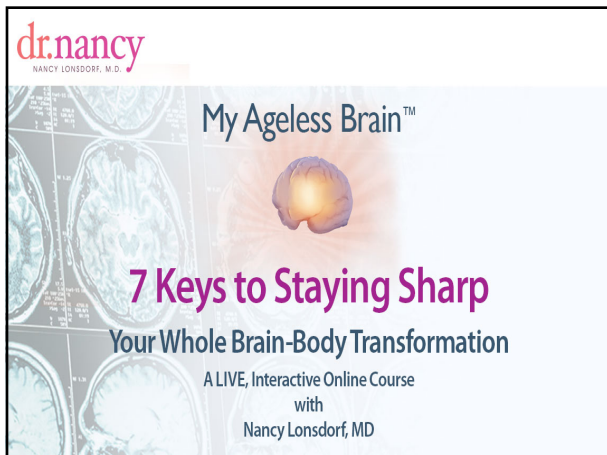




Episode #8 Power Up Your Brain with Optimal Hormones

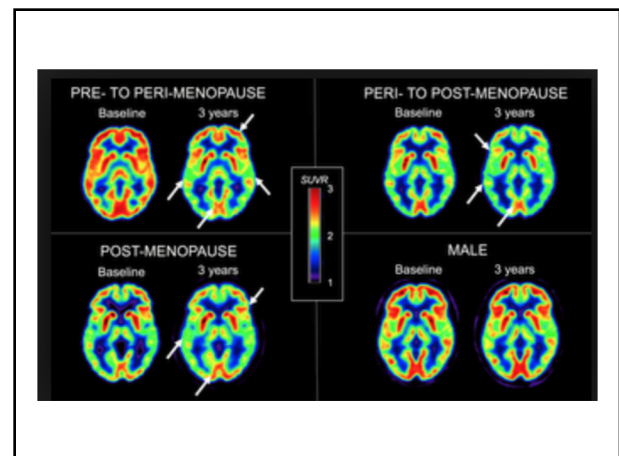
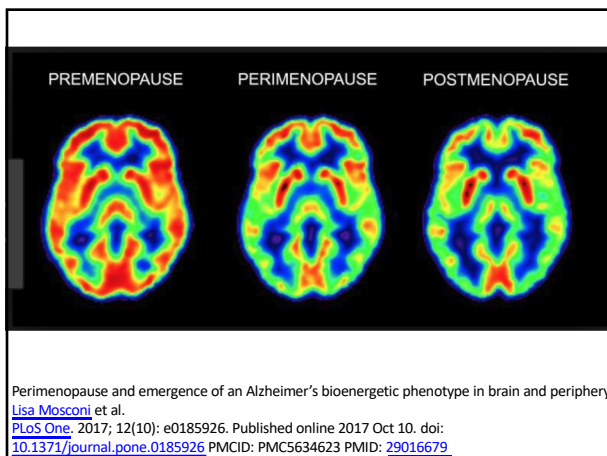
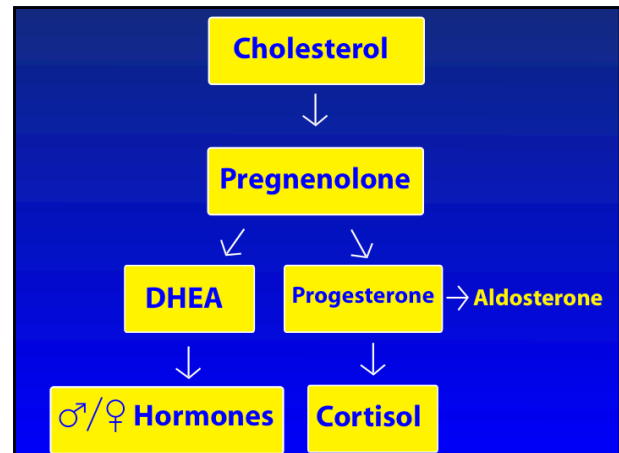
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- Get your Hormones Tested (cognoscopy)
- Transcendental Meditation (or evidence-based cortisol and stress reduction of your choice)
- Take Amrit Ambrosia (if no licorice contraindication)
- Choose one formula for Brain: Youthful Mind, Stress-Free Mind or Bacopa



Stress Response

Cortisol-- "*the stress hormone*"
 Sympathetic Nervous System
 Adrenaline; Noradrenaline



BIOIDENTICAL HORMONE THERAPY

slides by Ann Hathaway, MD

- Quality of Life improved
- Improved vasomotor symptoms, less hot flashes and night sweats
- Decreased insomnia, better quality sleep
- Increased bone density. Most appropriate treatment for osteoporosis.
- Sarcopenia reversal and prevention, increased muscle mass
- Improved genitourinary symptoms and sexual function
- Skin strength, elasticity; hair, connective tissue strength (E receptors in all)
- Decrease dizziness, vertigo and postural balance
- Decreased joint pain, slows RA progression(E receptors in joints, muscles)

Ref: The 2017 hormone therapy position statement of The North American Menopause Society

7

The 2017 hormone therapy position statement of The North American Menopause Society

- Some trials show improvement in mood
- Some trials show improvement in cognition if initiated early
- Prevention of Alzheimer's Disease suggested if initiated early
- WHI: Estrogen only (CEE) decreased risk of breast CA, statistically significant in women who were at least 80% compliant E with therapy.

WHI: CEE only decreased Breast cancer: significant at 13 year follow up.

•

8

Benefit of HRT -- PET Scan and Cognition Study

53 post menopausal women with increased AD risk factors including ApoE4, family hx of AD All on estrogen containing HRT, average of 9 years

FDG PET scan and neuropsychological testing at onset of study

Conclusions at baseline:

- **More years of Estrogen = improved preservation of specific brain areas**, including AD impacted areas
- Women on **E2 performed 3 standard deviations better on verbal memory** than those on CEE
- Improved memory correlated with increased activity in Wernicke's and auditory associated areas
- If on **medroxyprogesterone (MPA)** with estrogen, **decreased temporal brain metabolism** compared with women on estrogen alone

Silverman D. et al., Differences in Regional Brain Metabolism Associated with Specific Formulations of Hormone Therapy in Postmenopausal Women at Risk for AD. *Psychoneuroendocrinology*. 2011 May; 36(4): 502-513.

9

Estradiol: Cognitive

Estrone/CEE: Studies

- **15 of 20 studies show cognitive benefit.**
- None show harm
- **transdermal E2: 15/17 benefit**
- In studies with No Benefit 3 were oral E2 and one was ultra low dose E2 patch
- **7 of 14 studies show benefit**
- **3 show harm**
- All studies showing harm were WHI related: WHIMS, WHISCA(older)
- In WHIMS more harm shown with medroxyprogesterone added to CEE than CEE alone.

Wharton W. et al., Potential role of estrogen in the pathobiology and prevention of Alzheimer's disease. *Am J Transl Res* 2009;1(2):131-137

10

Estradiol-based postmenopausal hormone therapy lowers risk of cardiovascular and all-cause mortality.

- **If using estradiol:**
- Results: Risk of **CHD death was significantly reduced** by 18% to 54% in HT (E2) users and was positively **related to HT exposure time**.
- Risk of **stroke death was also reduced** by 18% to 39%.
- Risk of **all-cause mortality was reduced** in HT users by 12% to 38%, almost in linear relationship with **duration of exposure**.
- All these risk reductions were **comparable in women initiating HT before age 60 years and women initiating HT at age 60 years or older**.
- Conclusions: In absolute terms, the risk reductions means **26 fewer CHD and stroke deaths per 1,000 women using any HT for at least 10 years**.
- Mikkola TS et al., Estradiol-based postmenopausal hormone therapy and risk of cardiovascular and all-cause mortality. *Menopause* 2015, Vol. 22, No. 9, pp. 976-983

11

New evidence Estradiol based therapies reduce CV disease.

New data, from both USA and Europe

- the use of **estradiol-based HT** regimens does not endanger the heart, but rather, it significantly **reduces the incidence of CAD** events and mortality
- To get maximal cardioprotective efficacy of HT, a woman should **initiate HT** as soon as symptoms occur, and preferably **within the first 10 postmenopausal years**.
- because acute withdrawals of estradiol from the circulation may predispose to potentially fatal CAD events **sudden discontinuation not recommended**

Mikkola TS., New evidence for cardiac benefit of postmenopausal hormone therapy. *Climacteric*. 2017 Feb;20(1):5-10.

12

Does BHRT increase or decrease breast cancer risk?

We need more research. No definitive answer. Must individualize.

Only 2 randomized controlled trials and neither suggests an increased risk.

1. WHI Premarin alone arm : 10,600 postmenopausal women. Average age 64. Decrease Breast Cancer, by 7 women/10K women/year.
(PremPro increased by 8/10k/yr)

For women 80% or more compliant, statistically significant reduction at end of active study, 7.2 years

Decreased risk persists and is statistically significant 10 years after study completion.

Bodel P. et al., Anti-inflammatory effects of estradiol on human blood Leukocytes. J Lab and Clin Medicine. 1972 Sept. Vol 80, No 3, pp 373-384

Tannen RL, et al. Perspectives on Hormone Replacement Therapy: The Women's Health Initiative and New Observational Studies Sampling the Overall Population. Fertil Steril. 2008 August ; 90(2): 258-264

13

Does BHRT increase or decrease breast cancer risk?

2. KEEPS Study: Early menopausal women on .05 E2 patch or .45 mg CEE, and oral P4 200mg, **no increased BR CA risk over 4 years** compared to control group.

No body of research for breast cancer risk with transdermal E2 and oral micronized Progesterone.

Risk likely to vary from woman to woman.

Individual assessment as always

KEEPS Report. Presented at 2012 North American Menopause Society Annual Meeting. October 3-6. Orlando FL.

14

Breast Cancer Prevention

Recommendations for prevention and decreased recurrence risk:

- Use only transdermal estradiol. Keep estrone low.
- Use only bioidentical progesterone, NO MPA, no synthetic progestins
- Consume high quantities and varied types/colors of low carb vegetables
- High cruciferous vegetable intake, and I3C or DIM
- Eat organic, unprocessed foods, non GMO, no trans fats, very low sugar. Include EV olive oil, avocado oil, avocado, nuts and seeds. Omega 3
- Maintain appropriate BMI: 18 to 23.
- Lower insulin resistance, low A1c (5.0-5.2) , Insulin (2.6-5.5) and Fasting glucose (80-86)

15

Breast Cancer Prevention

- Adequate exercise: 30 min interval or cardio 5-6x/wk, 30 min 3-4 x/wk strength and core training: lowers breast CA risk
- Low alcohol intake, 0-3 drinks per week, zero may be best
- Avoid tobacco
- Optimal vitamin D levels, (50 to 80)
- Adequate selenium and iodine
- B vitamin support, especially methylation support, methyl B12 and 5 MTHF, B6, B2
- Glutathione support: IV, nebulized or oral liposomal glutathione, R lipoic acid, NAC.
- Avoid xenoestrogens: Bisphenol A, Phthalates, Organochlorines, Hydrocarbons, Parabens. So avoid plastics, pesticides, exhaust fumes

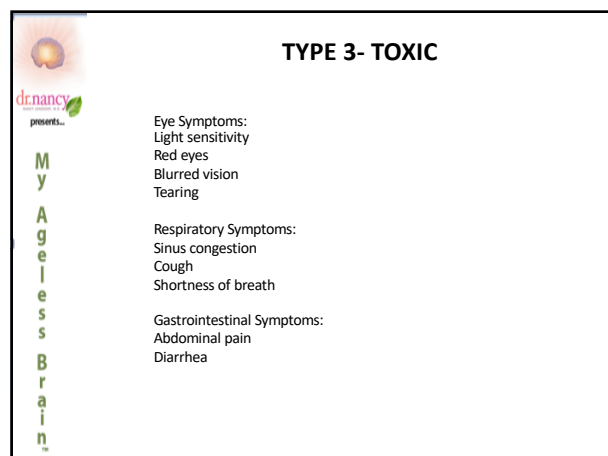
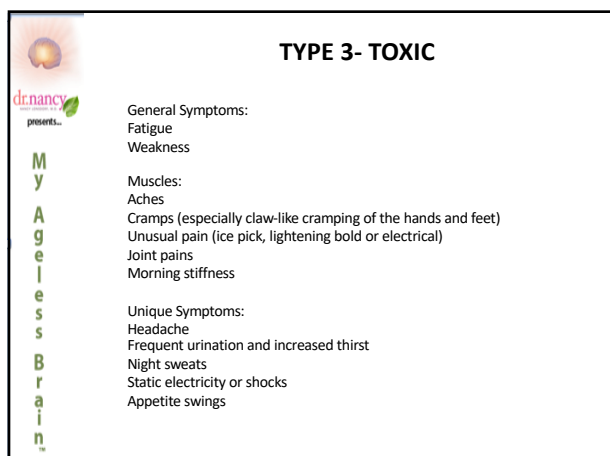
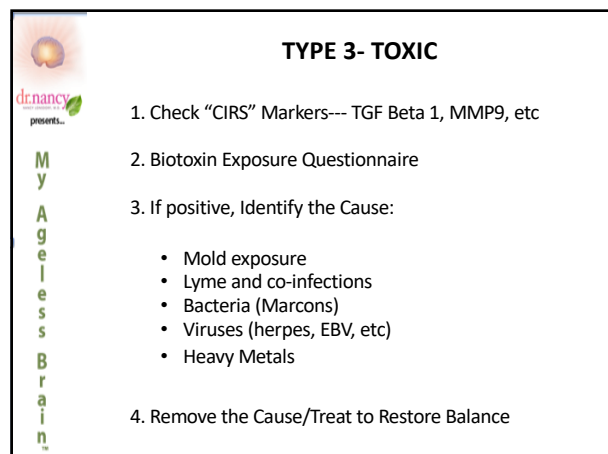
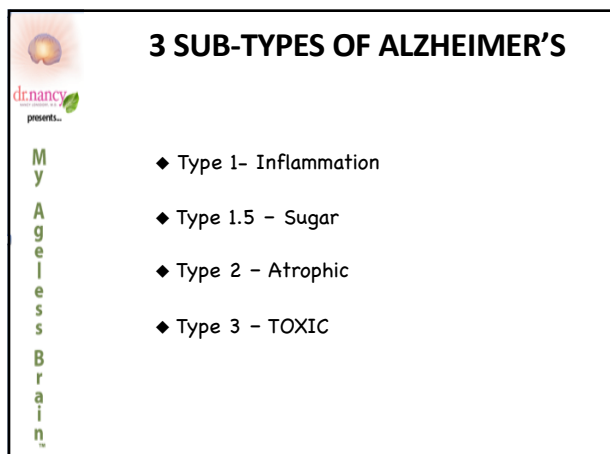
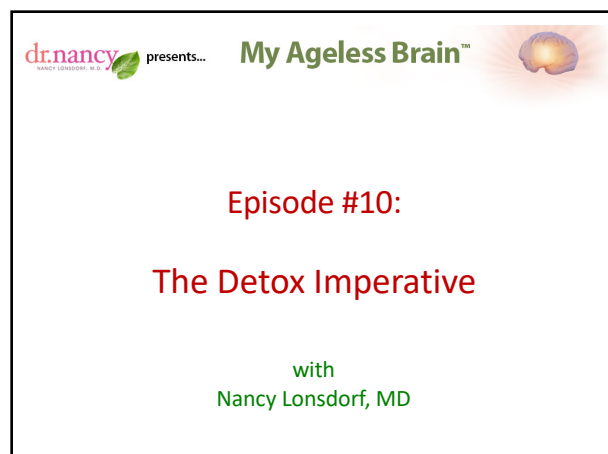
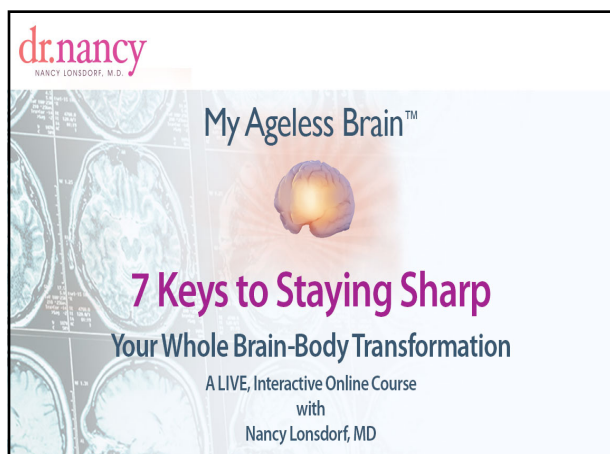
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My Ageless Brain [™] *7 Keys to Staying Sharp*

Key #7

The Detox Imperative:


Clearing the Hazard of Hidden Inflammation



 **TYPE 3- TOXIC**

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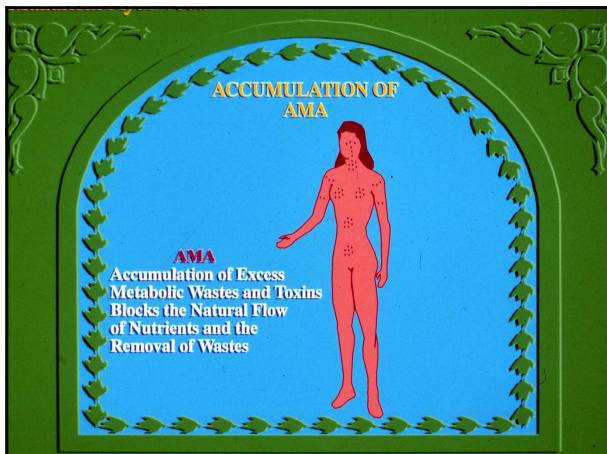
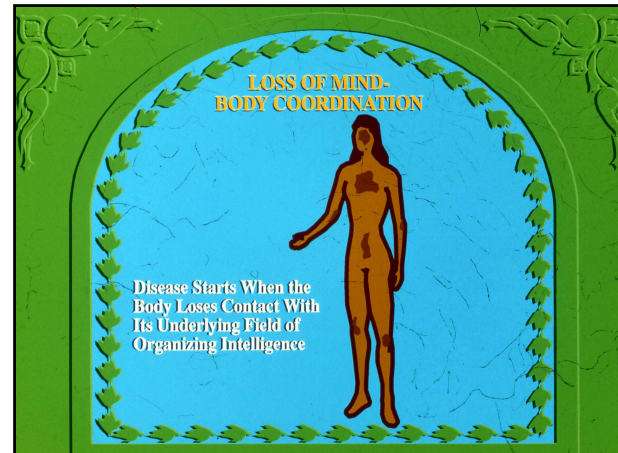
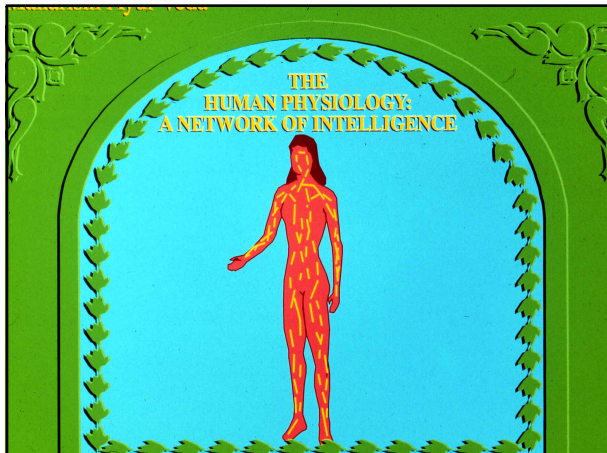
General Neurological Symptoms:
 Numbness
 Tingling
 Metallic taste
 Vertigo
 Temperature regulation problems
 Dizziness
 Tics
 Atypical seizures
 Fine motor skill problems


 **TYPE 3- TOXIC**

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Central Nervous System Symptoms:
 Memory loss
 Concentration difficulty
 Confusion
 Learning difficulties
 Difficulty finding words
 Disorientation
 Mood swings
 Anxiety or panic


Extra Symptoms:
 Noise sensitivity
 Poor sleep
 "Wired and tired"

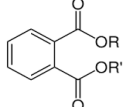


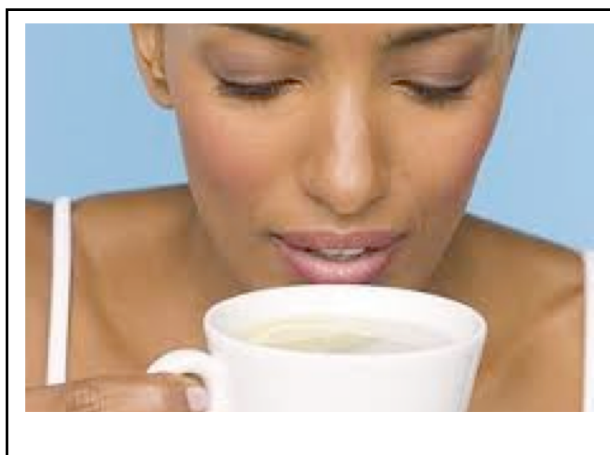
 **What Kind of Toxic? 3 categories**

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Ama— Chemically non-reactive "debris";
 clogs the channels; heavy, sticky, viscous—
 LDL cholesterol 

Ama Visha— Chemically-reactive debris; damages
 the channels, oxidative, corrosive— oxidized LDL 

Gara Visha— From OUTSIDE the body; "slow
 poison," xenobiotics 



HOW CAN WE GET RID OF TOXINS?

Ama— open the channels, “burn off” the waste, stoke the digestive fires, light diet

Ama Visha— pure, easily-digested diet, whole fruits and vegetables, green juices, herbs to cool, stimulate liver detox, antioxidant-rich diet and herbs; avoid alcohol, artificial chemicals, recreational drugs

Gara Visha— All of above, PLUS support Phase 1 and 2 detoxification in the liver, de-toxify chemicals and eliminate

“Detox Tea”

- ¼ tsp coriander seeds
- ¼ tsp fennel seeds
- ¼ tsp cumin seeds

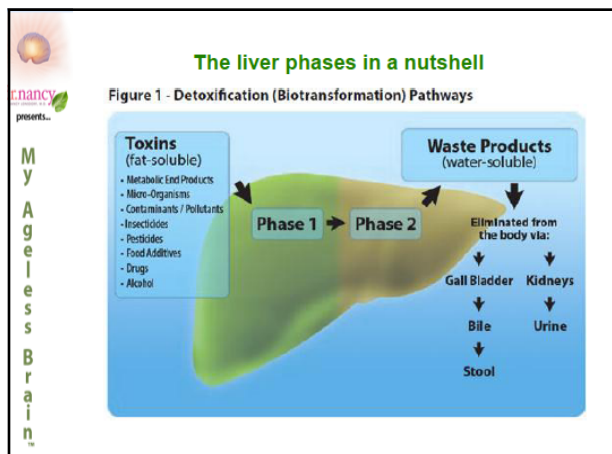
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Two Types of Ama-

- Fiery



- Sluggish



Liver Detoxification of Chemicals


Phase 1—“cytochrome P450” enzymes—break it down

- Hydrolysis
- Oxidation
- Reduction

- Goes out of body directly
- Gets reactive for conjugation
- Can become carcinogenic
- Can produce free radicals

Phase 2—Conjugate and Neutralize (to Eliminate)

- Sulfation, Acetylation, Glucuronidation, Methylation




Detox— How Good is Your Liver?

Phase 1— “cytochrome P450” enzymes—break it down

Q. How sensitive are you to caffeine?

A. few sips keep you awake? → Your Phase I needs support

My Angel's Brain™



Detox— How Good is Your Liver?

Phase 1— “cytochrome P450” enzymes—break it down


Rx: cabbage, broccoli, and Brussel sprouts; high-protein diet; limonene in oranges and tangerines (but not grapefruit, which slows Phase 1)

Nutrients: [niacin](#); [vitamin B1](#); [vitamin C](#)

Herbs: caraway and dill seeds, Milk Thistle, saffrafras tea

Avoid: charcoal-broiled meats, pesticides, paints and exhaust fumes

My Angel's Brain™



Detox— How Good is Your Liver?

Sensitive to caffeine? Increase:


Vitamins : Vitamin B1, [Vitamin B2 \(riboflavin\)](#), [Vitamin B3 \(niacin\)](#), Vitamin B6, Vitamin B9 (Folic Acid), Vitamin B12, [Vitamin C](#)

Lipotropics – compounds that break down fat in metabolism ([cysteine](#), [methionine](#), [choline](#), and [inositol](#))

Minerals: [Magnesium](#) & [Iron](#)

Antioxidants: [Glutathione](#), [Flavonoids](#) (such as [catechins](#)) – found in green tea

My Angel's Brain™




Handle Caffeine Easily?–

Be sure you can mop up those free radicals!

and

Conjugate and eliminate your Phase 1 metabolites with Phase 2 nutrients

My Angel's Brain™




Handle Caffeine Easily?–

Support Phase 2—Conjugate and Neutralize (to Eliminate)

- Sulfation, Acetylation, Glucuronidation, Methylation

My Angel's Brain™



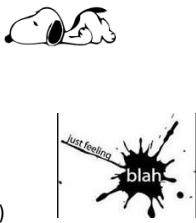
Detox Support- Biochemical

- N-AC
- Liposomal Glutathione
- Glutathione nebulizer
- Coconut charcoal capsules
- Bentonite Clay capsules

My Angel's Brain™

Symptoms of Toxic Overload

- Fluish
- Fatigue
- Depression
- Blah
- Mental dullness
- Rash
- Aching flanks (kidney area)
- Irritated bladder (frequency)
- Aching liver (right upper abdomen)




My Ageless Brain™

My Ageless Brain™

"Surprisingly, some dietary plant extracts showed profound inducing capability as compared to pure compounds indicating combinatorial effects of compounds found in whole foods."

Mol Nutr Food Res. 2011 Feb;55(2):185-97. doi: 10.1002/mnfr.201000204.
Epub 2010 Sep 8. Coffee, broccoli and spices are strong inducers of electrophile
Balstad TR1, et al

Turmeric
(Curcumin longa)



- Perennial, herbaceous, ginger family
- VK pacifying; bitter, astringent


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Turmeric

- Antioxidant, anti-inflammatory
- Reduces amyloid plaques by 50%
- Alzheimer's 1% in Indian villagers
- Hypoglycemic; hypolipidemic
- Cook in with food
- Curcumin; also in turnips, cabbage and brussel sprouts

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Coriander
(Coriandrum sativum)



- Anxiolytic
- Cholesterol lowering
- Detoxifying
- Lowers BP; diuretic
- Anti-mutagenic; antioxidant

Herbal Support for Detox

Nectar— tablets or paste

Milk thistle— "silymarin"


Elim-Tox O

Genitrac

www.mapi.com



My Ageless Brain™



dr. nancy
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Support and Resources

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- Take the digestive or stress quiz and get weekly tips:
www.drnancyhealth.com
- For Healthy Brain Consultations with Dr. Lonsdorf:
healthoffice@drjonsdorf.com or call 641-469-3174



dr.nancy
NANCY LONSDORF, M.D.

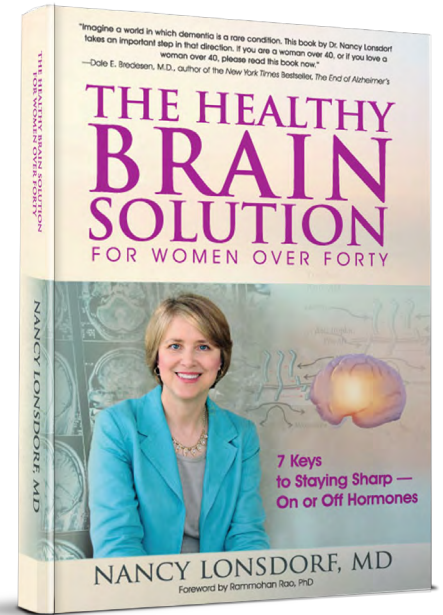
☐

Yes, I would like a complimentary copy of Dr. Nancy's new e-book to be sent upon release in September 2019.

THE HEALTHY BRAIN SOLUTION

FOR WOMEN OVER 40

7 Keys to Staying Sharp - On Or Off Hormones



Send to my e-mail address*:

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First Name:

Last Name *(optional)*:

*In giving my e-mail address, I'm agreeing to receive e-mail notifications of Dr. Nancy's events, webinars, lectures etc. I may unsubscribe at any time.