

My Ageless Brain™ 7 Keys to Staying Sharp

LIVE Swiss Retreat Weekend

with

Nancy Lonsdorf, MD

Friday, August 9

8:00- 9:30 pm Greetings and Introduction

The Discovery – How to Heal Your Magnificent Brain

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

Special Celebrity Guest Presentation: “Kristin” Shares Her Story of Full Recovery

- Her story - the first documented person to fully recover from Alzheimer’s
- Her path to healing; what worked
- Answers to your questions

Ayurvedic Self-pulse Healing

- Instruction
- Demonstration

Saturday, August 10

11 am – 12:30 pm

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 health and Your Brain

12:30 pm – 1:30 pm- LUNCH BREAK

1:30 pm – 2 pm - GROUP PHOTO (across the street from the Sonnenberg Hotel)

2:00 pm – 2:45 pm - Key #3: Heal Your Gut

- Your gut – Is it leaky?
- Your Gut-Brain Type
- Diet Tips for Your Type – for optimal mind and memory

2:45 pm - 3:15 pm - Key #4: Better Your Blood Sugar for A Better Brain

- Why blood sugar matters
- Diet
- Exercise
- Intermittent “fasting”

3:15 pm - 3:30 pm – BREAK - (with optional standing Yoga Stretches, with Celebrity Guest “Kristin”)

3:30 pm – 4:15 pm - Key #5: Nine Nutrients Your Brain Craves

4:15 pm- 5:00 pm - HERB SHOP is OPEN for Ageless Brain Retreat Guests!

5:00 pm – 8 pm – FREE TIME (*Rest, Rejuvenate, Walk, Swim, Enjoy Dinner*)

8:00 pm – 9:30 pm - 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

Sunday, August 11

11 am – 12:30 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 and *more*

Final: Your Precious Brain - Resources for Prevention and Healing

- T. M. – www.tm.org
- healthoffice@drlonsdorf.com; +1-641-469-3174 (Consults with Dr. Lonsdorf)
- www.myagelessbrain.com – online course with Dr. Lonsdorf
- My Ageless Brain Private Facebook Community – connect with like-minded “Ageless-Brains” and enjoy monthly educational webinars with Dr. Lonsdorf and special guests.
- www.recodereport.com - Online testing program (USA only, so far) and monthly educational webinars with Dr. Dale Bredesen
- Panchakarma:
<https://ayurveda-seelisberg.ch/>, www.theraj.com