

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

with

Nancy Lonsdorf, MD

9:30 am – Introduction and Greetings

9:40 am – 10:30 am:

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

- What it is
- How it works
- Who does it work for; Results- Patients tell their stories

10:30 am – 11:10 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.

11:10 am – 11:30 am:

Key #2: Tame Your Inflammation

- Inflammation and Your Brain
- Cardiovascular and Brain health

11:30 am – 11:45 am Stretch Break

11:45 am- 12 noon:

Intro to Ayurvedic Self-Healing

12 pm – 12:40 pm:

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

12:40 pm – 1 pm

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

- Diet
- Exercise

LUNCH. 1 pm-2pm

2 pm – 2:45 pm

Key #5: Nine Nutrients Your Brain Craves

2:45 pm- 3:30 pm

Key #6: Hormones and Your Brain

- Hormones – do you have enough?
- How stress affects memory
- How best to de-stress
- Physical exercise – what kind is best, how much?
- How to exercise your Brain

3:30 pm – 3:45 pm - Break

3:45 pm – 4:15 pm:

Key#6, cont'd: Hormone Replacement for Women: To do or not to do....

4:15 pm – 5 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*

DINNER: 5 pm – 7:30 pm

7:30 pm – 9 pm: 7 Keys to Staying Sharp

- What to do now
  - Body
  - Mind
- Expert Interview excerpt: *How Meditation Types Differ*, Fred Travis, PhD