



## The “Cognoscopy”

### *My Ageless Brain*

#### Assessment Action #1:

#### Check Out Blood testing options

##### [www.directlabs.com](http://www.directlabs.com)

- January- thyroid test sale
- If no insurance, all self-pay:  
    apprx. \$1550 baseline; \$2050 – w/ Standard

##### [www.lifeextension.com](http://www.lifeextension.com)

25% off Until January 25th

##### [www.requestatest.com](http://www.requestatest.com)

- Uses LabCorp and Quest both

### *My Ageless Brain*

#### Empowering Action #1:

#### Do Your First Brain-Training session

##### [BrainHQ.com](http://BrainHQ.com)

- Hawkeye (free)
- Double decision (paid)
- \$62.50 / yr or \$9.10/ mo
- 10-20 min 5X/wk or 30 min 3X/wk

OR

## Lumosity • Dakim • Cogstate

### *Your Cognoscopy*

#### Genetic test – Your ApoE type:

##### [www.MyApoEScore.com](http://www.MyApoEScore.com)

- \$199
- Includes specific subtype of each allele

##### [www.23andMe.com](http://www.23andMe.com)

- \$199
- Simple “yes/no” to ApoE4
- Includes more genetic information

##### [www.lifeextension.com](http://www.lifeextension.com)

- \$198
- Includes specific subtype of each allele

#### Summary of the *Cognoscopy*

##### Main Tests:

Blood tests- Standard \*\*  
Brain Training Baseline \*\*  
Genetic test – Your ApoE type \*  
MRI (brain imaging)  
Sleep Study – home or sleep lab  
Microbiome- Gut, Oral, Nasal  
Blood tests – Inflammatory  
Leaky gut (Zonulin), Leaky BBB, autoab's