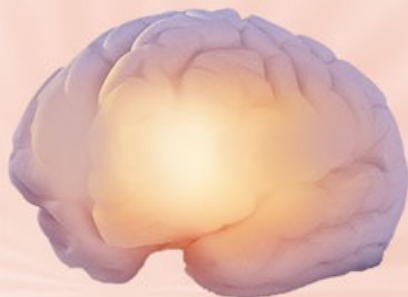


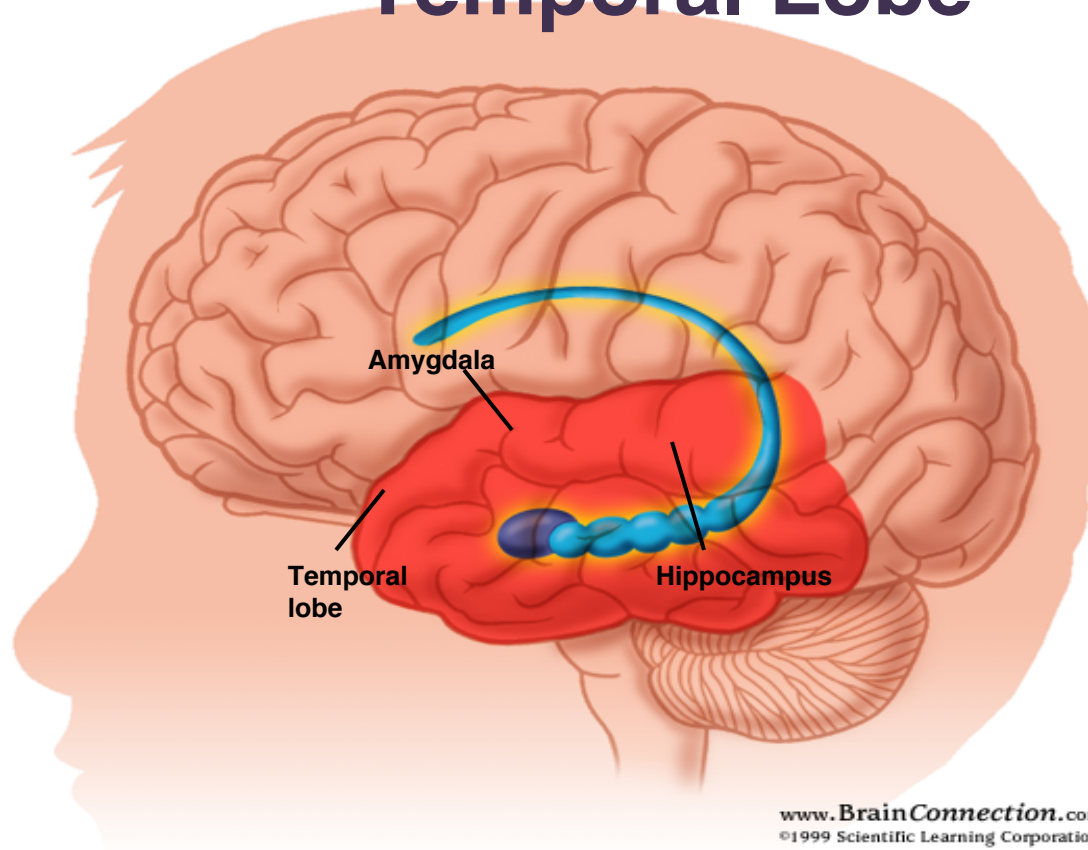
dr.nancy presents...
NANCY LONSDORF, M.D.



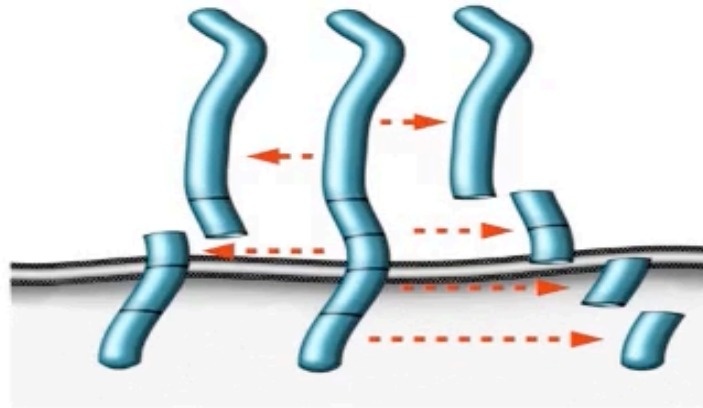
My Ageless Brain™

**How to Sharpen Your Memory and Prevent and Reverse Alzheimer's
using the *Bredesen ReCode™ Protocol* - A New Proven, Evidence-Based Approach**

Hippocampus, Amygdala and Temporal Lobe



APP- The “Barometer” [Amyloid Precursor Protein]

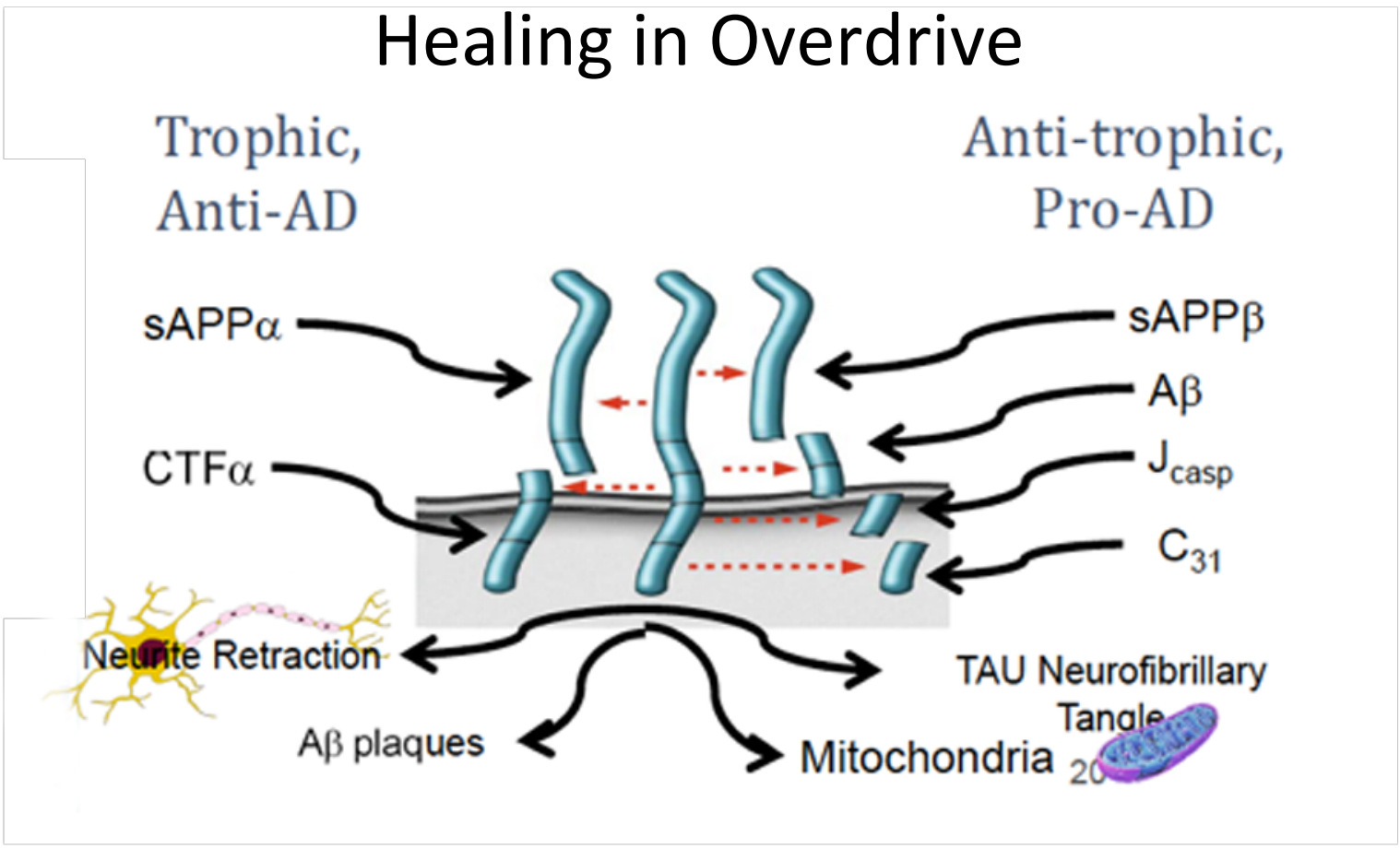




dr.nancy
NANCY LONSDORF, M.D.
presents...

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Healing in Overdrive

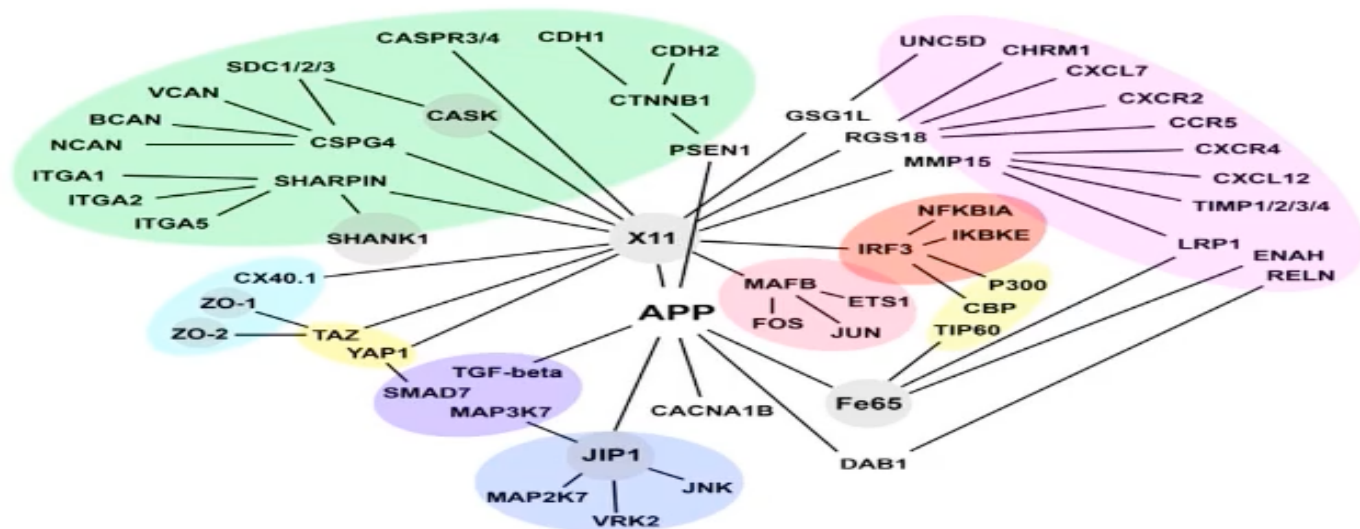




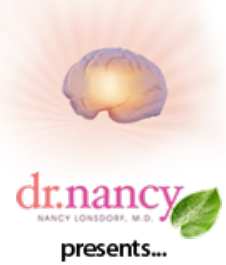
dr.nancy
NANCY LONSDORF, M.D.

presents...

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- Recognition and coupling of extracellular environment to the cytoskeleton and intracellular signaling - slow remodeling/recycling
- Proliferation-and-migration: pathfinding, ECM remodeling, autocrine/paracrine signaling - fast remodeling/recycling
- The Hippo pathway: adhesions-to-nucleus signaling and EMT control
- Specialized cell junctions/synapses
- Stress-activated signaling
- TGF-beta signaling
- Scaffolds
- Histone acetylation and regulation of transcription
- Proto-oncogene signaling
- Inflammation and immune response; NF-kB signaling



A Roof with 36 Holes

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3 SUB-TYPES OF ALZHEIMER'S

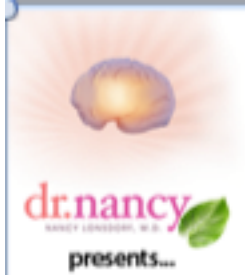
- ◆ Type 1- Inflammation
- ◆ Type 1.5 - Sugar
- ◆ Types 2 - Atrophic
- ◆ Type 3 - Toxic
- ◆ *Other* - Vascular dementia
- ◆ *Other* - Traumatic dementia



Dr. Bredesen.....

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“No one loses memory
for no reason.”



Dr. Bredesen.....

50 yo is time for your colonoscopy.

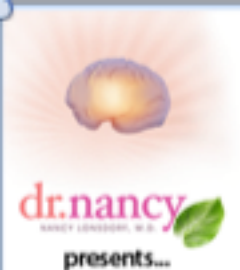
“40 yo is time for your *cognoscopy*.”

The *Cognoscopy*

- 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

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dr.nancy
SMITH, D.O., M.D.
presents...



MAB Assessment Action #1: → Check Out Blood testing options

www.directlabs.com-

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

www.lifeextension.com

- 25% off Until January 25th

www.requestatest.com

- Uses LabCorp and Quest both



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MAB Empowering Action #1: → Do Your First Brain-Training session

BrainHQ.com

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



MAB More Brain-Training options

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- Lumosity
- Dakim
- Cogstate



Your *Cognoscopy*

Genetic test – Your ApoE type

www.MyApoEScore.com

- \$199
- Includes specific subtype of each allele

www.23andMe.com

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

The *Cognoscopy*

- 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

Maharishi
Ayurveda
Science of Life



ANATOMY

dr.nancy

NANCY LINDSEY, M.D.

presents...

My Ageless Brain™

BRAIN

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LUNGS

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HEART

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LIVER

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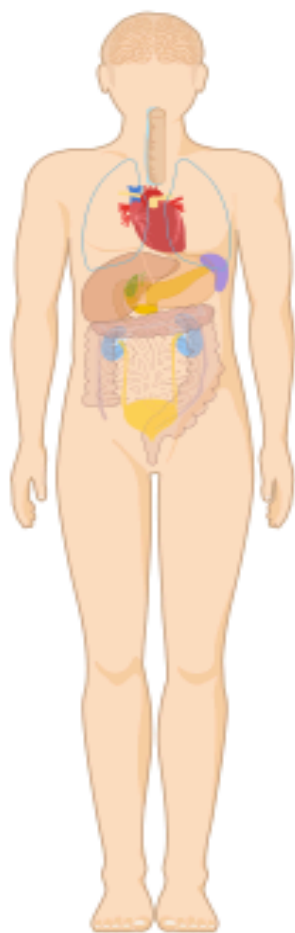
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PANCREAS

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GALLBLADDER

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SPLEEN

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KIDNEYS

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BLADDER

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SMALL INTESTINE

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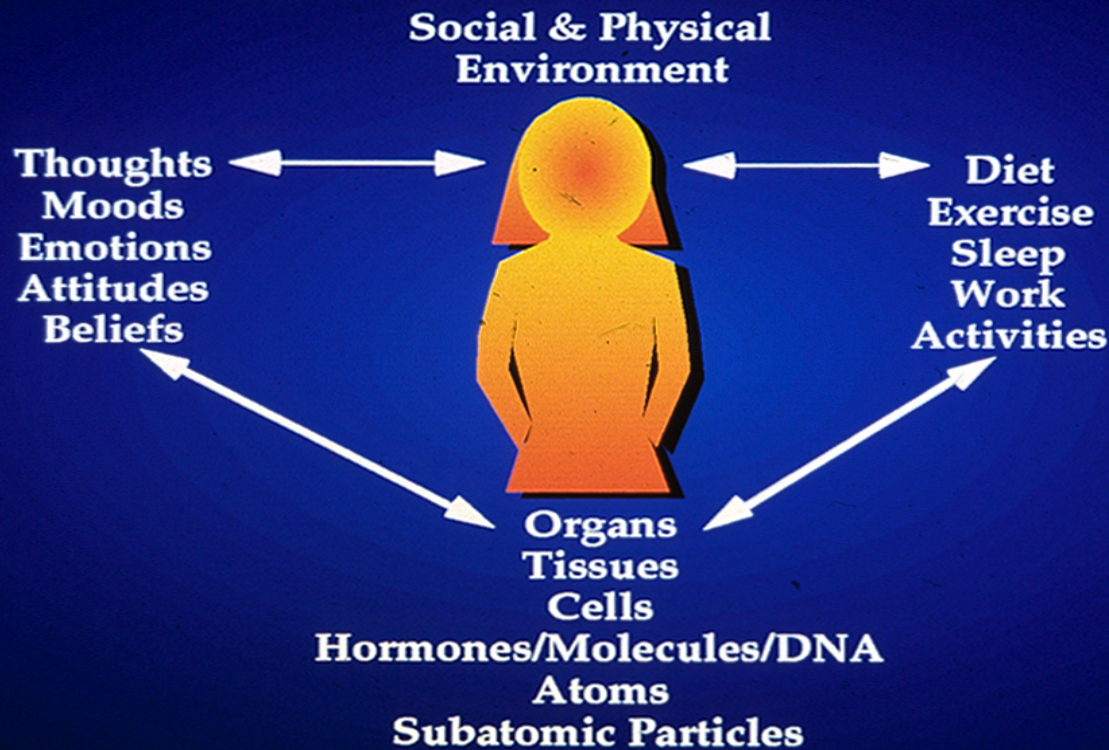


COLON

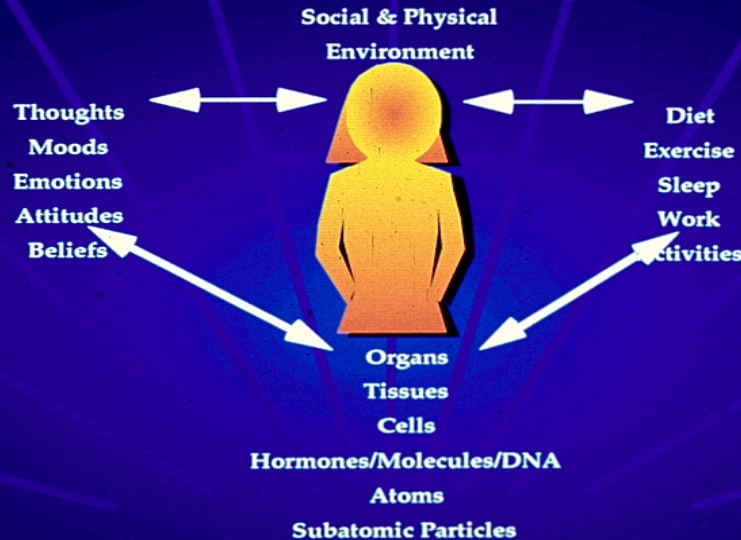
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A Systems Approach to the Woman's Physiology



Biological Intelligence: The Integrating Value

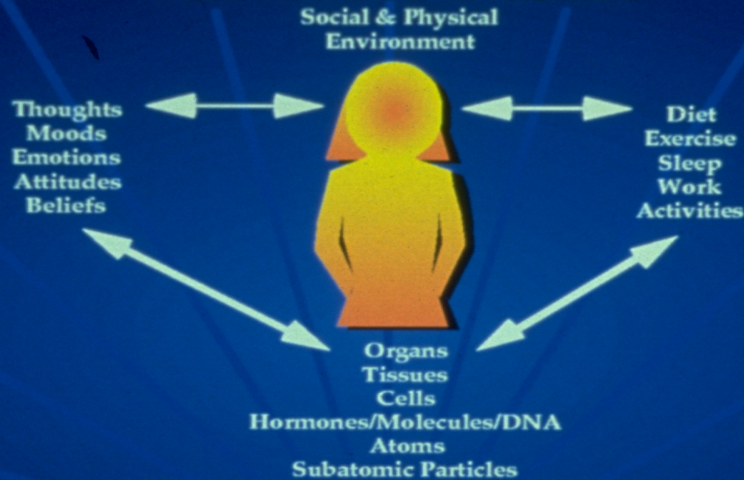


Subatomic Particles

Unified Field

Organizing Value of Biological Intelligence

Psychophysiological Expressions of Biological Intelligence: The Three Doshas



Subatomic Particles

VATA

PITTA

KAPHA

Unified Field
Organizing Value of Biological Intelligence

Definition of a Healthy Individual

from Sushruta Samhita, Su. 15.38

*One whose Doshas are balanced,
Whose digestive fire (Agni) is balanced,
Whose bodily tissues (Dhatus) and elimination
processes (Malas) are functioning normally,
And whose senses (Indriya), mind (Manah), and Self
(Atma) are filled with bliss,
Such a one is called a healthy person.*

*"All Disease
begins in
the gut"*

-Hippocrates

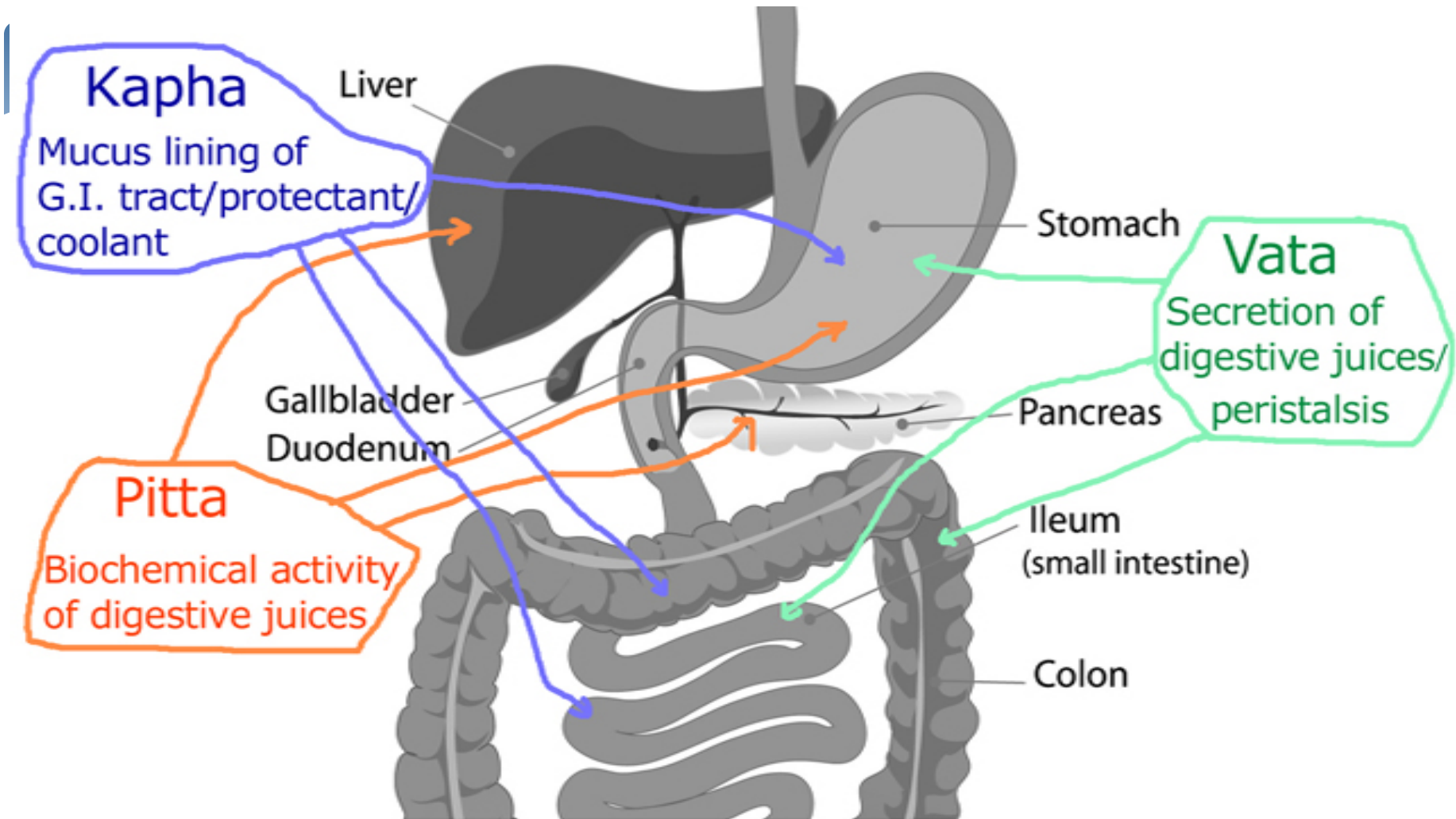


Gastrointestinal Tract

- Largest surface area interacting with the environment— 200X more than skin
- Covers size of tennis court
- Over 70% of the immune system
- Microbiome equal # cells as host, has 10 times as many genes – 5 lb of gut bacteria

Gastrointestinal Tract

- Assimilates nutrients
- Expels waste
- Immunity
- Disrupted GI immune processes → inflammation throughout the body.

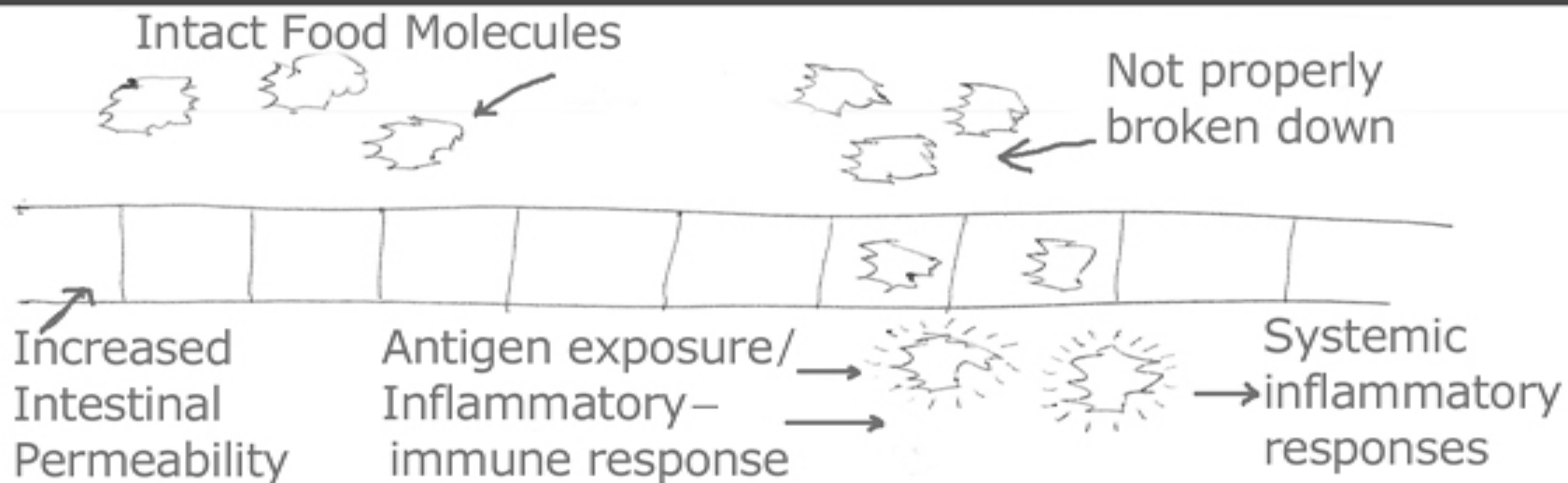
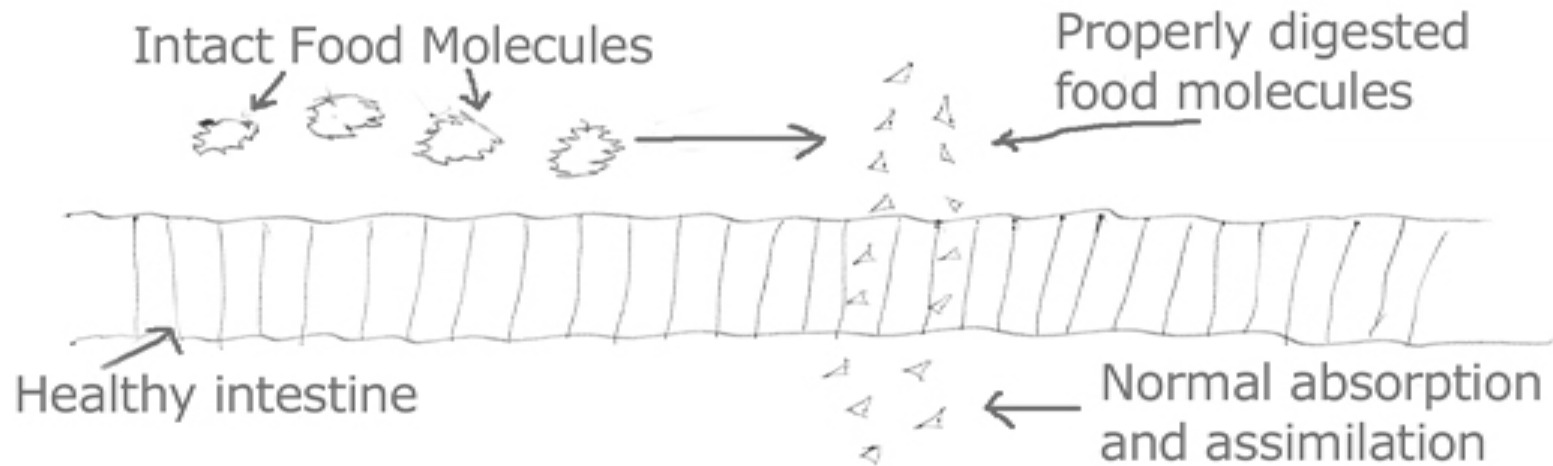


Digestion: Key to Health or Disease



Ama: Key Element in Chronic Disease

- Ama disseminates to the bodily tissues (*dhatu*s)
- Ama localizes in specific tissues, disrupts tissue function (e.g., chronic inflammation)
- Result: tissue dysfunction, chronic disease



Associated Systemic Conditions

- Autoimmune disorders
- Asthma, Bronchitis
- Eczema, Psoriasis, Acne, Hives
- Rheumatoid arthritis
- Anxiety, depression, chronic fatigue
- Crohn's Disease & Ulcerative Colitis
- Liver disorders
- Other conditions

Causes of Digestive Imbalance

- Stress
- Improper diet (fast food, processed food, frozen food, leftovers, etc.)
- Irregular lifestyle, inadequate rest (sleep)
- Toxins (endogenous and exogenous, including food additives, GMOs), etc.
- Chronic disease

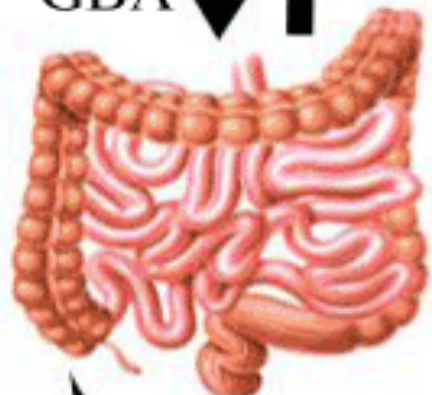


The Gut-Brain Connection

Gut-brain axis



GBA ↓ ↑

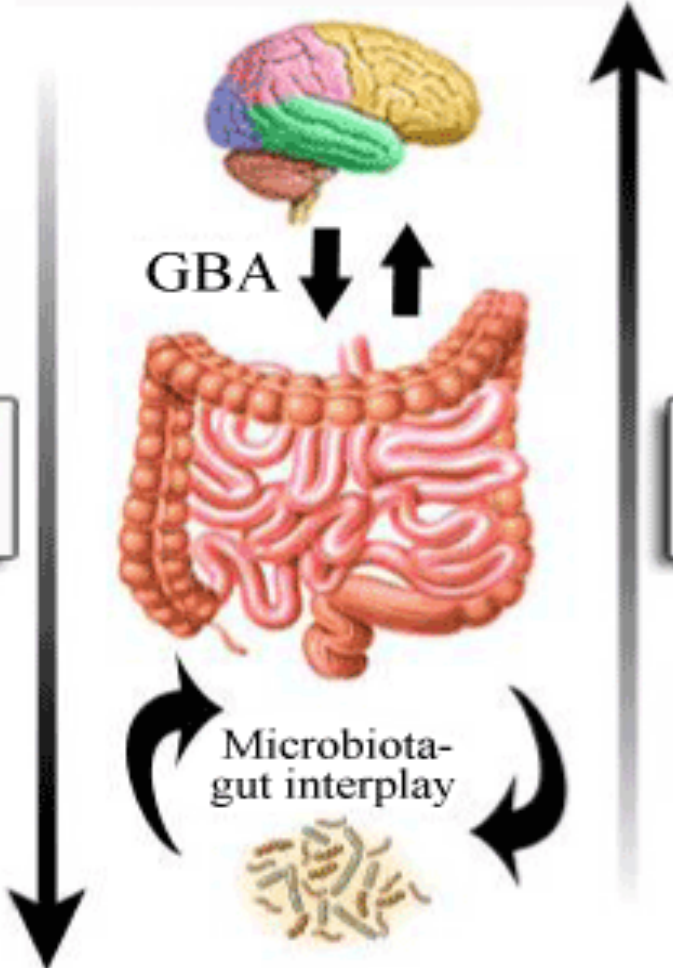


Microbiota-gut interplay



The ability of the brain to influence the intestinal microbiota

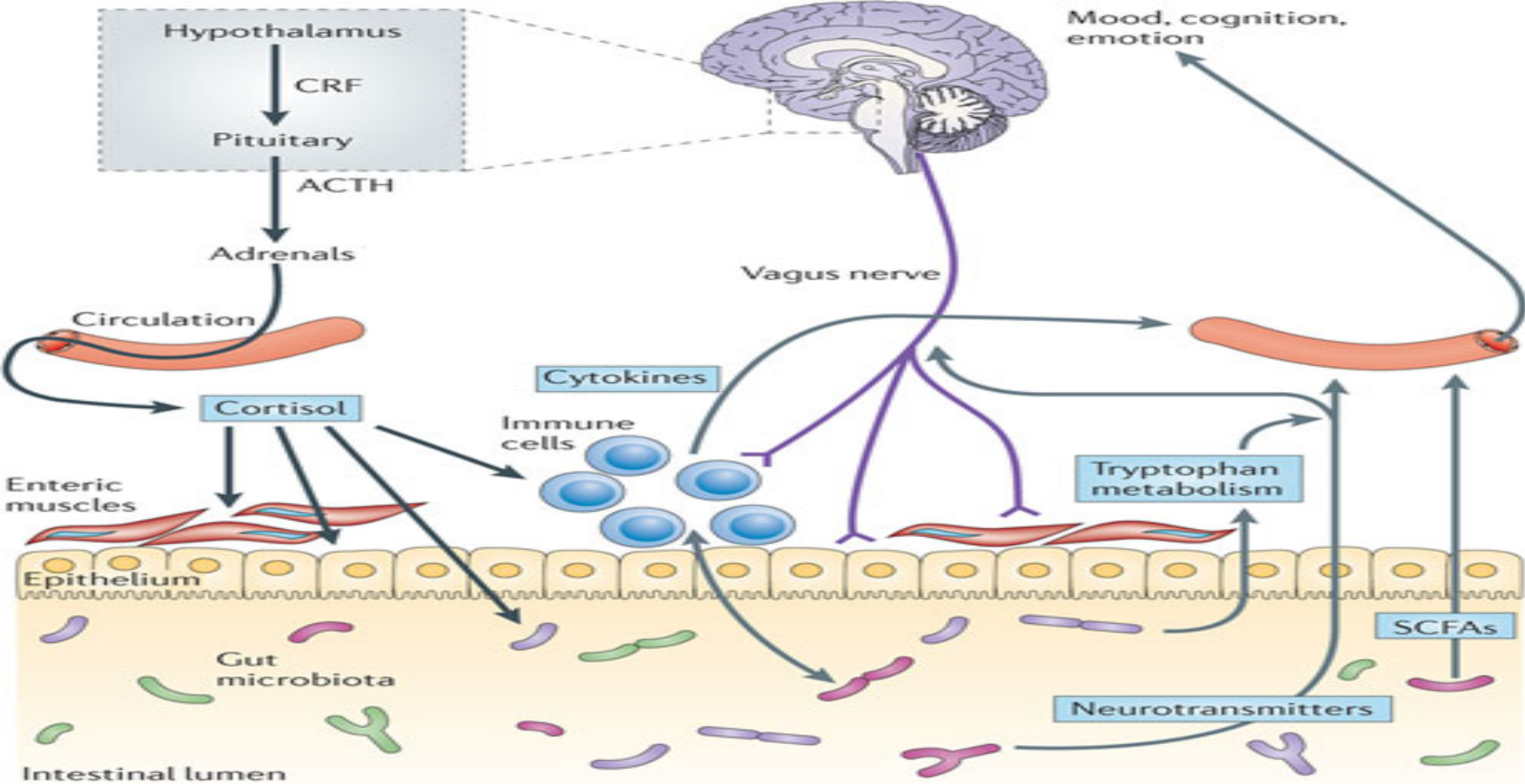
The ability of the microbiota to influence brain and behavior



The Enteric Nervous System

The “Prana – Apana” connection “vata”

- Network of GI nerve fibers and neurochemicals
----continuous communication with the brain
- Makes more neurotransmitters than CNS (80% to 90% of the body’s serotonin is made in the gut)
- Brain stimulation changes gut flora
- Imbalanced gut flora cause mood/behavioral changes via the ENS-CNS connection




***And MORE* on the evolving Gut-Brain
Relationship.....**

Gutsy move
...for a brain!





LOOK,
I KNOW THIS
SOUNDS CRAZY,
BABY, BUT I FEEL
LIKE WE HAVE A
REAL CONNECTION
HERE.



They
always say,
trust your
gut's feelings.

Archie



“Let food be thy medicine
and medicine be thy food”
– Hippocrates

MAV Treatment of Chronic Digestive Disorders: Goals

- Enliven the body's inner intelligence and promote self-repair
- Balance the 3 doshas
- Strengthen digestion
- Remove Ama

MAV Treatment of Digestive Imbalance

- Diet to enhance digestion (agni deepana/ama pachana diet)
- Spices: ginger, cumin, fennel, coriander, turmeric
- Digestive teas / sip hot water
- Herbal Digestive preparations
- Purification/detoxification (*Panchakarma*)

Promoting Mind-Body Balance

- Meditation /Yoga asanas / pranayama
- Daily and seasonal routines (*dinacharya*, *ritucharya*)
- Self-massage with herbalized oils (*abhyanga*)
- Moderate exercise (e.g., brisk walking)

Summary

Approach to Digestive Imbalance

- Modern research supports ancient Ayurvedic principles
- Balanced digestion - key to systemic wellness.
- Creates balance at the source of mind and body
- Multi-modality, holistic approach



MAB Empowering Action #2: Drink Boiled Hot Water

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- Boil spring water for 5-10 min. in the AM
- Pour into a glass or stainless steel thermos
- Drink ¼ to ½ cup every half hour until 6 PM
- Drink more as desired
- May drink room temperature water in addition

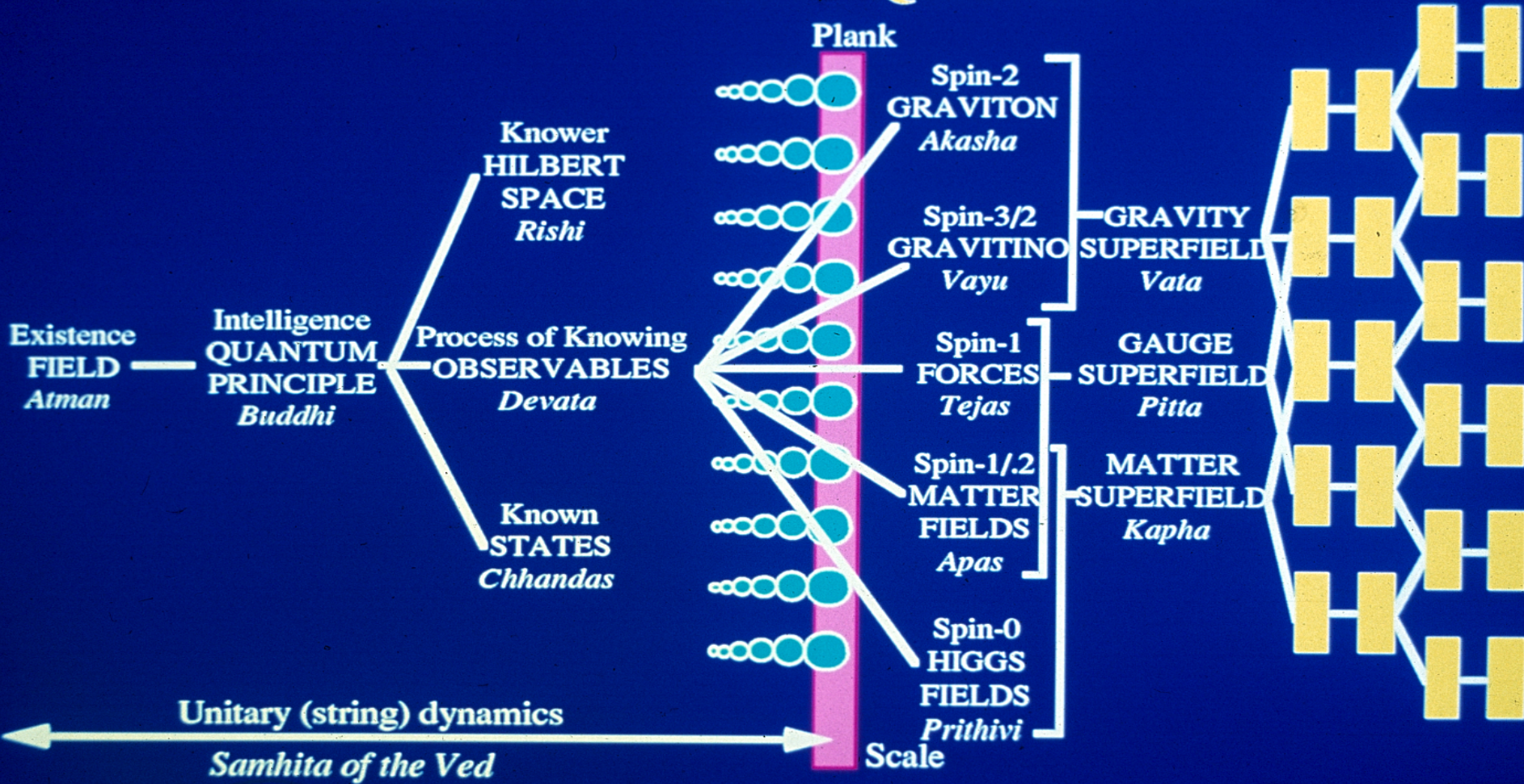


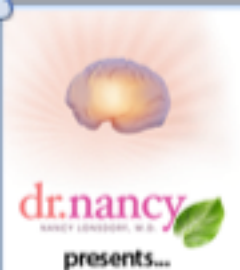
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My Ageless Brain Membership Site

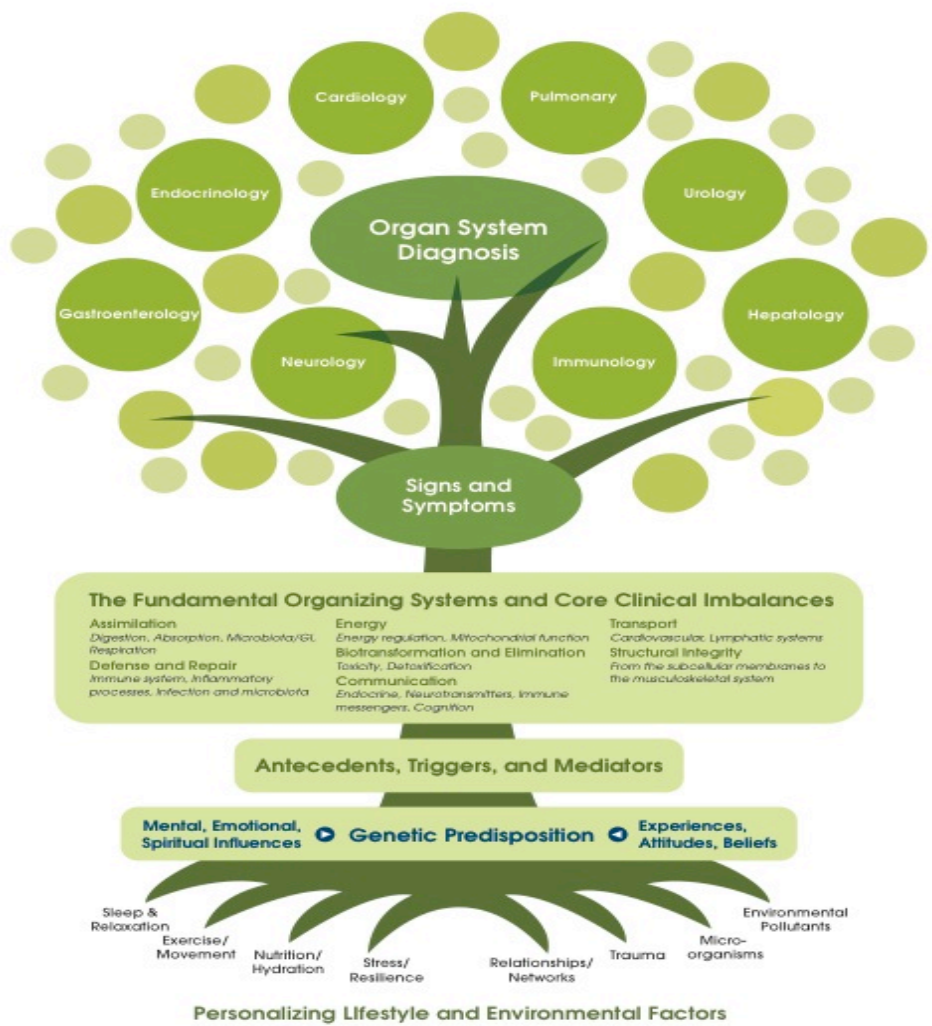
- Replays
- Slides
- All Handouts
- Check your Email tomorrow (and each day after a webinar)
→ Will include login instructions 😊

Structure of a Unified Quantum Field





My Ageless Brain™



“The idea that disruptions in gut function might be implicated in systemic disease is an ancient one.

From an Ayurvedic text comes a definition of health as profound as any modern one...”

Leo Galland, MD. *Gastrointestinal Dysregulation: Connections to Chronic Disease*. Institute for Functional Medicine Monograph (2008).