

SCHEDULE

2023 My Ageless Brain: Stay Sharp for Life- Online Course

with

Nancy Lonsdorf, MD

[Find webinar times for your time zone at www.time.gov]

I. LIVE Special Topic, Expert Interview Webinar Series

LIVE Episodes: Expert Interviews on Special Topics will be held LIVE on Zoom on MONDAYS May 15- June 19 2023, starting at 5:30 pm PDT/ 8:30 pm EDT. (Note: this is Tuesday at 9:30 am Japan/ 12:30 pm New Zealand): **Replays will be posted in your member portal within 24 hr.**

plus

Two Brain Health Q & A Coaching Sessions with Dr. Nancy and “Kristen” which will be held LIVE on Zoom on two WEDNESDAY evenings starting at 5:30 pm PDT/ 8:30 pm EDT; [Note: this is THURSDAYS 9:30 AM Japan/ 12:30 pm New Zealand time]. **Replays will be posted within 24 hr.** You may submit your questions ahead of time in your member portal under “Submit Q” tab, and then listen to the answers in the replay. (We’ll address as many questions as possible each session.)

Monday LIVE Webinars: (see times above)

May 15 - “Latest Discoveries: How the Success of Lifestyle Approaches is Making Prevention and Recovery a Real Possibility.”

Here’s a rare chance to ask your questions to a highly-experienced Geriatrician (specialist in senior health) and Founding Director of the upcoming new Memory Center in Des Moines, whose focus is lifestyle interventions for prevention as well as treatment - with Yogesh Shah, MD, MPH.

May 22 - “STIMULATE! Exercise for Brain and Body”

The Fountain of Youth for Your Brain:- How Much and What Kind of Each Do You Need? Also, the newly-emerging benefits of Sound and Light therapy, and Social Connection – How do they rejuvenate and protect the brain? - with neuroscientist Alarik Arenander, PhD.

May 29 - “World Class Brain: Meditation Dials Down Stress, but Can It Up Your ‘Brain Game’ too?”

You’ll find out the secrets of high performers’ brains and how to enhance yours at any age. - with Fred Travis, PhD and Harald Harung, PhD, Co-authors of World Class Brain (available now on Amazon).

June 5 - “The Post-Traumatic Brain, including recent surprising research on ‘What the Pandemic Did To Our Brains.’”

Sandeep Vaishnavi, MD PhD, neuroscientist and psychiatrist, unravels the effects of traumatic stress on the brain and what can help to ease it.

June 12 - Overcoming Post-COVID Syndrome, Chronic Fatigue and Chronic Pain with Jacob Teitelbaum, MD, researcher and clinical expert in Chronic Fatigue Syndrome

- **How Post-COVID Syndrome relates to Chronic Fatigue Syndrome.**
- **Post-COVID Brain Fog - what it is, what we know about it and how to solve it.**
- **What Chronic Pain does to our brains and how to ease it without addicting drugs.**

June 19 Oral Health - Can it Make or Break your Memory?

How the “biome” of our mouths can influence the brain, and what we can do about it.- A seasoned integrative dentist reveals the latest research and practical tips from the emerging field of the brain-mouth-health connection! - Michael Olmstead, DDS, biologic dentist.

Wednesday LIVE Brain Health Q & A Coaching Sessions with Dr. Nancy and “Kristen” (See Times above)

Wednesday, May 24 - Power Brain Coaching Session #1: Sleep

Ten Ways to A Blissful Night's Sleep—(including ones you’ve never heard of!) and Stress – How to Beat it from the Inside Out, and the Outside In. - with Coach Kristin and Dr. Nancy.

Wednesday, June 14- Power Brain Coaching Session #2 DIET

“To Keto or Not to Keto - Is it for you?” and “The What, When, Why and How of the Keto-Flex 12/3 Diet.”
- with Coach Kristin and Dr. Nancy.

II. Take at Your Own Pace, Step-by-Step, My Ageless Brain Physician-Guided- All Episodes Available 24/7

Bonus First Episode: Dr. Nancy’s Interview with “Kristen,” first patient ever documented to recover from Alzheimer’s, shares the key steps in her recovery journey in this inspiring and informative interview.

Episode #1: The “Cognoscopy”: Know Thyself and Protect Your Mind and Memory (Key #1)

Episode #2: How to Calm Your Inflammation for a Better Brain (Key #2)

Episode #3: The Gut-Brain Connection— Heal Your Gut to Heal Your Brain (Key #3)

Episode #4: Your Gut-Brain Type – Personalize Your Diet for A Happier, Healthier Gut

Episode #5: Curb Your Carbs for A Better Brain (Key #4)

Episode #6: SPECIAL INTERVIEW: Dale Bredesen, MD, founder of the First Program for the Prevention and Reversal of Cognitive Decline, with Dr. Nancy Lonsdorf

Episode #7: Nourish Your Brain with these Vital Nutrients (Key #5)

Episode #8: Balance Your Hormones for Ideal Memory and Vitality (Key #6)

Episode #9: SPECIAL INTERVIEW: Ann Hathaway, MD, hormone specialist and memory expert, The Hormonal Key to Optimum Brain Function, with Dr. Nancy Lonsdorf

Episode #10: The Detox Imperative- How to Clean Your Brain and Body for Optimal Cognition (Key #7)

Episode #11: Detox Part II: SPECIAL INTERVIEW: Sonia Rapaport, MD, specialist in Environmentally Acquired Illness, How to Heal from Life-Damaging Environmental Exposures, with Dr. Nancy Lonsdorf

Episode #12: Coming Full Circle: Correcting Your Imbalances for an Ageless Brain and Lifelong Sharp Memory, Where to Go from Here