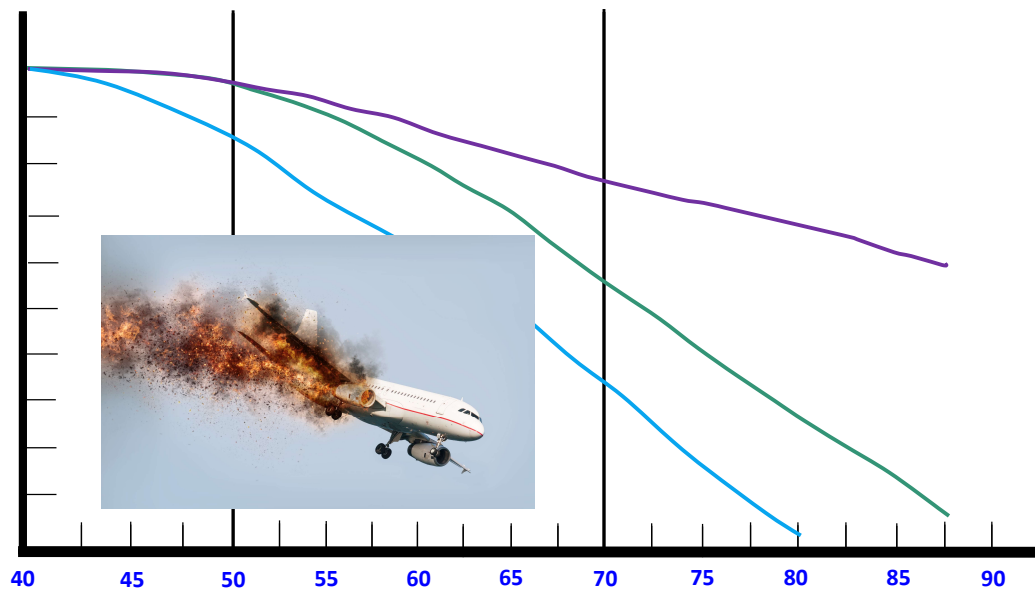


PREVENTION & TREATMENT OF DEMENTIA

Eric Collett, CEO
A Mind For All Seasons



The Aging Trajectory

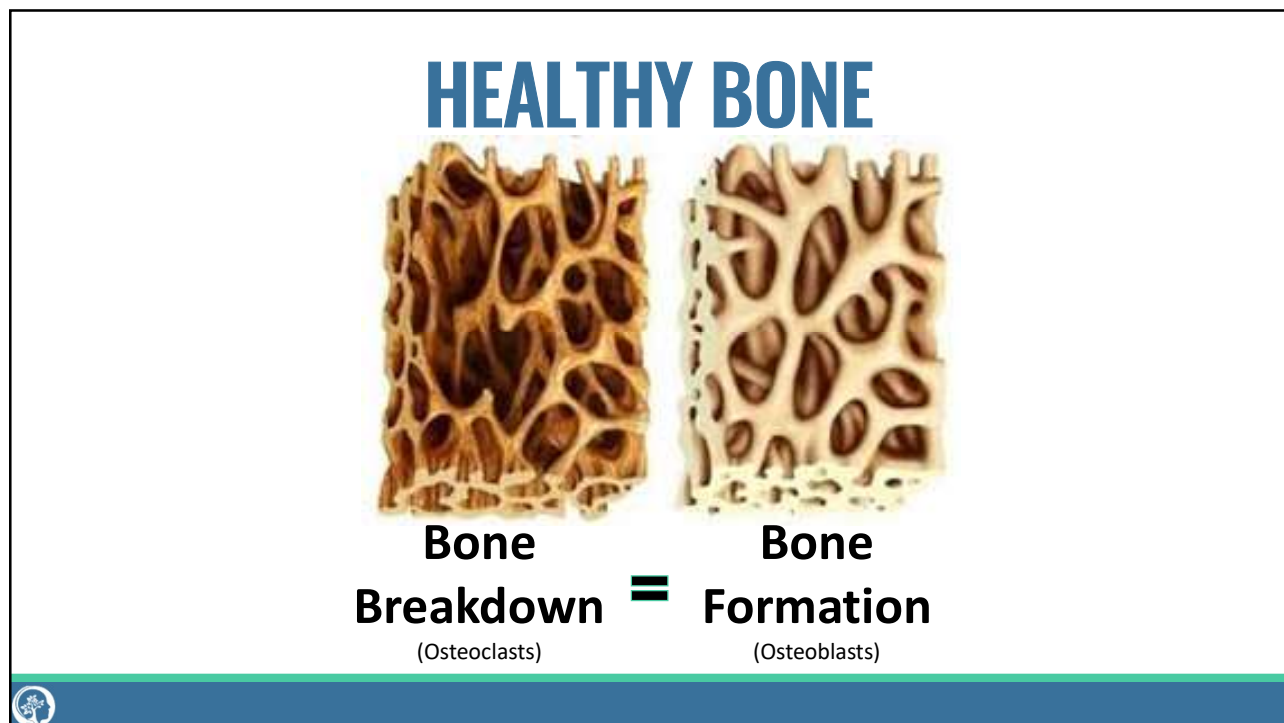
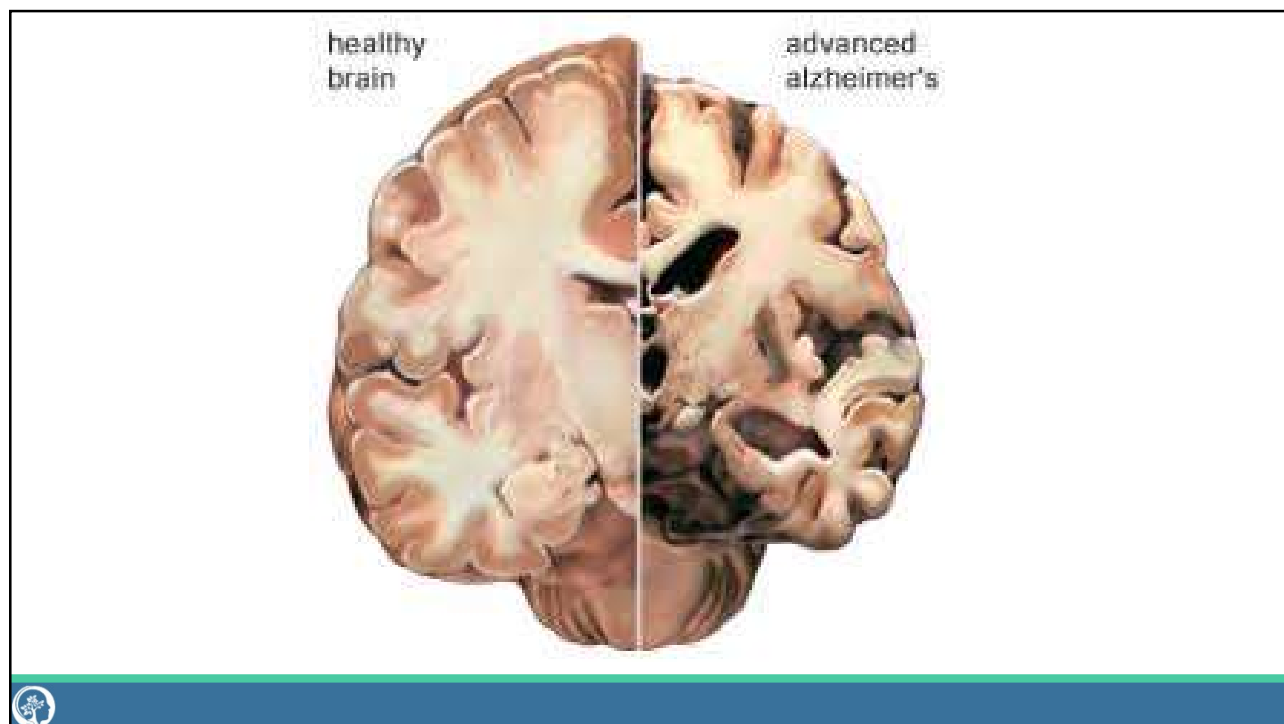


A Few Sobering Statistics:



- 1 in 9 adults age 45 and older reports having a decline in brain functioning
- 1 in 3 seniors dies with Alzheimer's or another form of dementia
- More than 6 million Americans are living with Alzheimer's. The number is projected to rise to almost 13 million by 2050





OSTEOPOROSIS

Bone Breakdown $>$ **Bone Formation** $=$ **Brittle Bones**
(Osteoclasts) (Osteoblasts)



ALZHEIMER'S DEMENTIA

Synapse Breakdown $>$ **Synapse Formation** $=$ **Alzheimer's**
(Synaptoclasts) (Synaptoblasts)



Consider the typical experience of aging adults



Pfizer Halts Research Into Alzheimer's And Parkinson's Treatments

January 8, 2018 · 12:37 PM ET

COLIN DWYER



- What **DOWNWARD SLIDE** are you on?
- Can you **CHANGE** the trajectory?



Alzheimer's should be a **RARE** Disease. Just like leprosy or polio, we should be able to identify the root causes of Alzheimer's **NOW** and dramatically improve the way our seniors age.



Reference: www.drbredeesen.com



APC
Alzheimer's Prevention Clinic
Weill Cornell Medical College

Standardized Cognitive Testing

Neurological Evaluation & Management

Labs and/or Imaging

Consensus Diagnosis

Informing Visit with Goal Setting

Patient Reported Outcomes & Adherence



Dr. Richard Isaacson

CNS Vital Signs Report					Test Date: July 13, 2021 17:36:40				
Age: 62					Language: English (United States)				
Total Test Time: 62:07 (min:secs)			CNSVS Duration: 51:55 (min:secs)			CNSVS Online Version 1.1.15			
Patient Profile		Percentile Range			> 74	25 - 74	9 - 24	2 - 8	< 2
		Standard Score Range			> 109	90 - 109	80 - 89	70 - 79	< 70
Domain Scores	Patient Score	Standard Score	Percentile	VI**	Above	Average	Low Average	Low	Very Low
Neurocognition Index (NCI)	NA	86	18	Yes			X		
Composite Memory	83	79	8	Yes				X	
Verbal Memory	44	81	10	Yes			X		
Visual Memory	39	84	14	Yes			X		
Psychomotor Speed	166	109	73	Yes		X			
Reaction Time*	998	66	1	Yes					X
Complex Attention*	15	92	30	Yes		X			
Cognitive Flexibility	18	84	14	Yes			X		
Processing Speed	33	86	18	Yes			X		
Executive Function	21	85	16	Yes			X		
Social Acuity	4	68	2	Yes					X
Reasoning	2	94	34	Yes		X			
Working Memory	4	85	16	Yes			X		
Sustained Attention	21	89	23	Yes			X		
Simple Attention	37	80	9	Yes			X		
Motor Speed	133	123	94	Yes	X				

CNS Vital Signs Report					Test Date: December 5, 2021 17:27:59				
Age: 62					Language: English (United States)				
Total Test Time: 59:34 (min:secs)			CNSVS Duration: 49:16 (min:secs)			CNSVS Online Version 1.1.16			
Patient Profile	Percentile Range				> 74	25 - 74	9 - 24	2 - 8	< 2
	Standard Score Range				> 109	90 - 109	80 - 89	70 - 79	< 70
Domain Scores	Patient Score	Standard Score	Percentile	VI**	Above	Average	Low Average	Low	Very Low
Neurocognition Index (NCI)	NA	98	45	Yes		X			
Composite Memory	106	120	91	Yes	X				
Verbal Memory	57	121	92	Yes	X				
Visual Memory	49	113	81	Yes	X				
Psychomotor Speed	155	102	55	Yes		X			
Reaction Time*	871	81	10	Yes			X		
Complex Attention*	15	92	30	Yes		X			
Cognitive Flexibility	29	93	32	Yes		X			
Processing Speed	38	93	32	Yes		X			
Executive Function	32	94	34	Yes		X			
Social Acuity	6	83	13	Yes			X		
Reasoning	11	119	90	Yes	X				
Working Memory	9	101	53	Yes		X			
Sustained Attention	31	108	70	Yes		X			
Simple Attention	36	71	3	Yes				X	
Motor Speed	116	108	70	Yes		X			





DALE BREDESEN, MD

- Undergraduate of Caltech Institute
- MD Duke University- Chief Resident in Neurology UCSF
- NIH post-doctoral fellow
- Faculty Positions at UCSF, UCLA and UCSD
- CEO and CMO Buck Institute- UCLA
- 30 years in a lab studying neurodegeneration
- 200 scientific publications in peer-reviewed journals



Reference: www.drbredesen.com

The perfect Alzheimer's drug would:

Reduce APP β -cleavage, reduce γ -cleavage, increase α -cleavage, reduce caspase-6 cleavage, reduce caspase-3 cleavage, prevent oligomerization, increase neprilysin, increase IDE, increase microglial clearance of A β , increase autophagy, increase BDNF, increase NGF, increase netrin-1, increase ADNP, reduce homocysteine, increase PP2A activity, reduce phospho-tau, increase phagocytosis index, increase insulin sensitivity, improve axoplasmic transport, enhance mitochondrial function and biogenesis, reduce oxidative damage and optimize ROS production, enhance cholinergic neurotransmission, increase synaptoblastic signaling, reduce synaptoclastic signaling, improve LTP, optimize estradiol, progesterone, E2:P ratio, free T3, free T4, TSH, pregnenolone, testosterone, cortisol, DHEA, and insulin, reduce inflammation, increase resolvins, enhance detoxification, improve vascularization, increase cAMP, increase glutathione, provide synaptic components, optimize all metals, increase GABA, increase vitamin D signaling, increase SirT1, reduce NFkB, increase telomere length, reduce glial scarring, enhance repair, etc.

Reference: Adapted from Institute of Functional Medicine: Reversing Cognitive Decline: Evolution, Pathology, Physiology- Dale Bredeesen, Dallas TX, Sept 2017



**YOU MIGHT
PATCH ONE
HOLE VERY
WELL, BUT...**



A Lesson From The Cheesecake Factory



Priority Research Paper | Volume 6, Issue 9 | pp 707—717



Reversal of cognitive decline: A novel therapeutic program

Dale E. Bredesen^{1, 2}

¹ Mary S. Easton Center for Alzheimer's Disease Research, Department of Neurology, University of California, Los Angeles, CA 90095;

² Buck Institute for Research on Aging, Novato, CA 94945

received: September 15, 2014 ; accepted: September 26, 2014 ;
published: September 27, 2014



CASE STUDY #1

- 66 year-old male with complaints of memory loss
- ApoE 3/4 and positive family history for AD
- FDG PET scan showed decreased temporoparietal glucose utilization consistent with AD
- MRI volumetrics showing hippocampus in 17th percentile
- 10 months of treatment later, the hippocampal volume measured in the 75th percentile. Results verified by a different program showed the hippocampus in the 90th percentile.



LESSONS FROM THE IDAHO STATE VETERAN'S HOME POCA TELLO



**Journal of
Alzheimer's Disease & Parkinsonism**

Bredesen et al., J Alzheimers Dis Parkinsonism 2018, 8:5
DOI: 10.4172/2161-0460.1000450

Case Report

Open Access

Reversal of Cognitive Decline: 100 Patients

Dale E Bredesen^{1*}, Kenneth Sharlin², David Jenkins³, Miki Okuno³, Wes Youngberg⁴, Sharon Hausman Cohen⁵, Anne Stefani⁵, Ronald L Brown⁶, Seth Conger⁶, Craig Tanio⁷, Ann Hathaway⁸, Mikhail Kogan⁹, David Hagedorn¹⁰, Edwin Amos¹¹, Amylee Amos¹², Nathaniel Bergman¹³, Carol Diamond¹⁴, Jean Lawrence¹⁵, Ilene Naomi Rusk¹⁶, Patricia Henry¹⁶ and Mary Braud¹⁶

¹Department of Molecular and Medical Pharmacology, David Geffen School of Medicine, University of California, Los Angeles, Los Angeles, CA, USA

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⁷Rezilir Health, Hollywood, FL, USA

⁸Integrative Functional Medicine, San Rafael, CA, USA

⁹GW Center for Integrative Medicine, George Washington University, Washington, DC, USA

¹⁰Coastal Integrative Medicine, Jacksonville, NC, USA

¹¹Department of Neurology, University of California, Los Angeles, Los Angeles, CA, USA

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¹⁴Mount Sinai Hospital, New York, NY, USA

¹⁵Lawrence Health and Wellness, Toccoa, GA, USA

¹⁶Brain and Behavior Clinic, Boulder, CO, USA



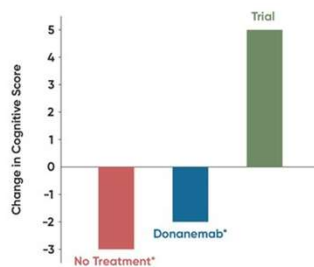
Trial First to Show Improvements in Alzheimer's Patients

Published: May 13, 2021

BURLINGAME, Calif., May 13, 2021 /PRNewswire/ -- Pharmaceutical trials for Alzheimer's have failed repeatedly, but a new study, using a fundamentally different approach, has provided the first success; using precision medicine to identify and target the drivers of Alzheimer's or pre-Alzheimer's in each patient, a team of physicians and researchers has posted exciting, positive results in medRxiv, the Yale-backed site for health sciences.

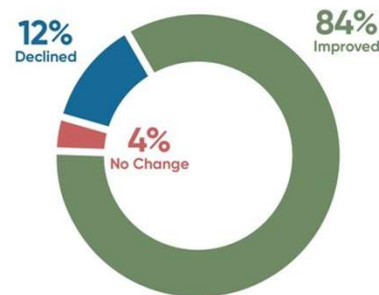
Co-authors included Kat Toups, M.D.; Ann Hathaway, M.D.; Deborah Gordon, M.D.; Cyrus Raji, M.D.; Sharon Hausman-Cohen, M.D.; Henrianna Chung; Alan Boyd; Benjamin Hill, Ph.D.; Mouna Attarha, Ph.D.; Won Jong Chwa; Michael Jarrett, Ph.D; and Dale Bredesen, M.D. This study was supported with funding by the Four Winds Foundation; performed in collaboration with QuesGen Systems, Inc. CRO. Dr. Bredesen is a consultant for Apollo Health, which was not involved in the funding, planning, execution, analysis, or publication of the trial.

Change in Cognitive Performance



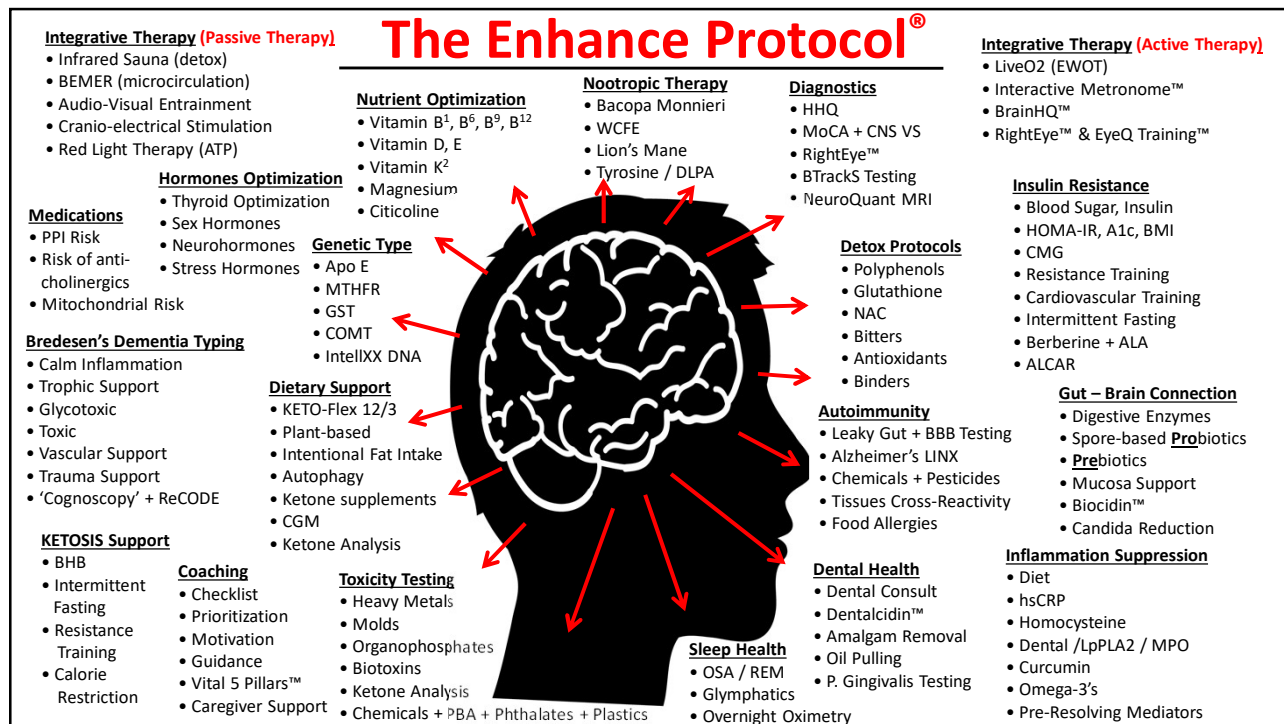
Clinical Trial Results

effect on participants' cognition



Randy Vawdrey, NP-C & Dale Bredesen, MD at the **Training:** Institute of Functional Medicine Conference on Reversing Cognitive Decline September 2017





WHAT OTHER INTERNAL CHALLENGES SHOW UP OUTWARDLY?

- Pain
- Poor circulation
- Neurotransmitter deficiencies
- Hypoxia
- Inflammation
- Exhaustion



Pulsed Electromagnetic Fields

Four Year
NASA Study
Showed the
Ideal Frequencies
for PEMF Therapy

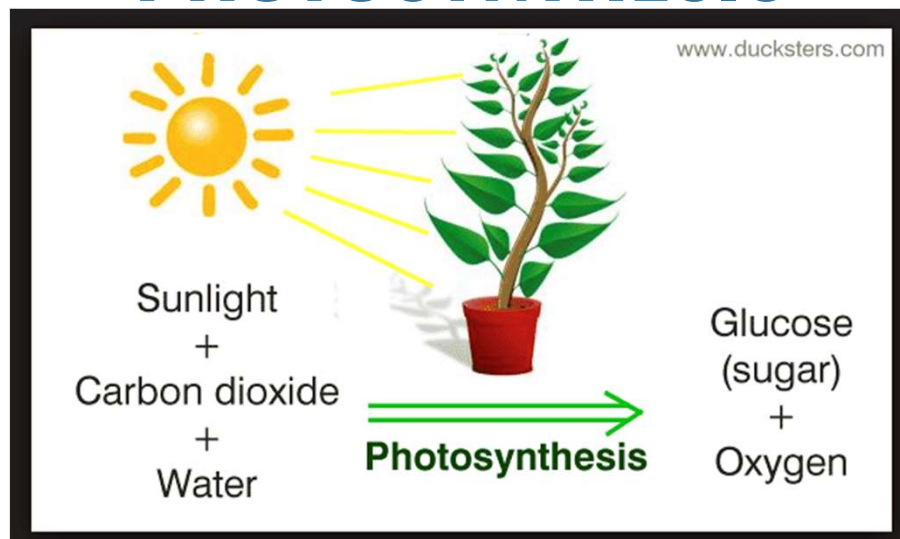


PEMF Approved
for Bone Fractures,
Wound Healing,
Pain and Tissue Swelling
and even Depression.





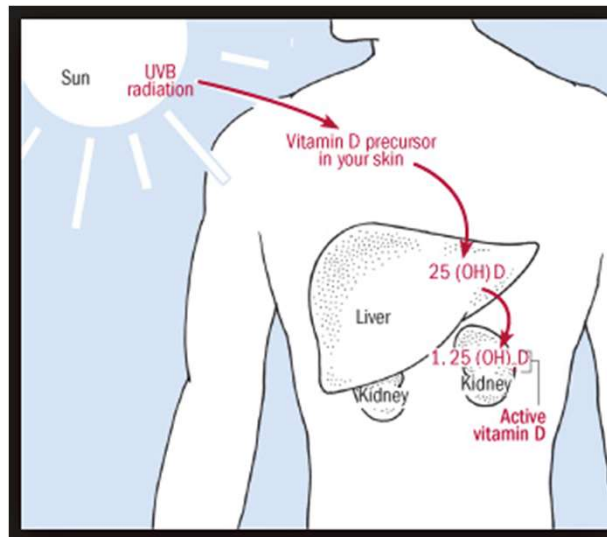
PHOTOSYNTHESIS



DOES PHOTOSYNTHESIS OCCUR IN THE HUMAN BODY?



HUMAN PHOTOSYNTHESIS



HUMAN PHOTOSYNTHESIS



UV Light Therapy for Treatment of Jaundice



HUMAN PHOTOSYNTHESIS



Light Box for
Psoriasis, Vitiligo,
Lichens Planus





Michael Hamblin, PhD

Father of
Photobiomodulation

Wellman Center for Photomedicine



ABOUT

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CLINICAL IMPACT

OPPORTUNITIES

NEWS

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A former BYU linebacker suffering from CTE thought a mission in Boston would help his mood. Here's how it did more than that

By [Lee Benson](#)

Published: April 14, 2019 6:09 pm
Updated: April 15, 2019 11:12 a.m.

[Twitter](#) [Facebook](#) [Email](#) [16](#) Comments



An MRI had scanned Larry's brain before and after his treatments. In the before photos, dark spots abound, indicating a lack of brain activity. In the after photos there are brighter colors and lightness.



Cranial Application



**TBI
Treatment at
Boston VA
Medical
Center**



Full Body Application



FDA Class II Device



AUDIO-VISUAL ENTRAINMENT

DAVID Delight Pro



Brainwaves		
Gamma	28 Hz +	Information processing speed. Hyper aware.
Beta	12 - 28 Hz	Normal everyday awake state. Concentration. Mental activity.
Alpha	8 - 12 Hz	Relaxed. Creative. Tranquil
Theta	4 - 8 Hz	Dream state. Deep Meditation. Higher level of mind. Connection to the universal mind. Remote viewing, OOBIE etc.
Delta	0,5 - 4 Hz	Deep dreamless sleep. Unconscious.

Dementia





Exercise with Oxygen Therapy



Near Infrared Saunas, Longevity, and Decreased Risk of Heart Disease

POSTED ON MARCH 28, 2015 BY BRIAN RICHARDS



A recent article published in [JAMA Internal Medicine](#) concluded that regular sauna use resulted in increased longevity, a decreased risk of fatal cardiovascular disease, and decreased overall mortality.^[1] For those in the know about saunas, this is not startling news but a striking



SAUNA THERAPY

Age and Ageing 2017; **46**: 245–249
doi: 10.1093/ageing/afw212
Published electronically 7 December 2016

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Sauna bathing is inversely associated with dementia and Alzheimer's disease in middle-aged Finnish men

TANJANIINA LAUKKANEN¹, SETOR KUNUTSOR², JUSSI KAUKANEN¹, JARI ANTERO LAUKKANEN¹

¹Institute of Public Health and Clinical Nutrition, University of Eastern Finland, Kuopio, Finland

²School of Clinical Sciences, University of Bristol, Bristol, UK

Address correspondence to: L. Tanjaniina. Tel: +358505053013. Email: tanjaniina.laukkanen@uef.fi



Inflammatory / Atrophic Case Study: Dementia Type I / II- A 55-year-old Female

Variable	December 2019	November 2020
Baseline MMSE	22	27
Genetics	Nearly Aphasic, poor balance, impaired wayfinding E3/E4	Conversant, doing cross-fit, rides bike to AMFAS alone
Homocysteine	11.6	6.5
hsCRP	15.8 (diet)	0.5
A1c	5.2	5.1 (June 2020)
FSH / E2	48.5 / 7.8	48.2 / 67
Pregnenolone	15	114
Vit D	34.2	75.1





Thank you for participating today!



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Website: amindforallseasons.com

