



Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment.

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them..

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!

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Not a normal stage of aging, so reach a ripe old age without developing it.

Although the type of dementia can not be confirmed until autopsy they will make a diagnoses with the collections of symptoms.

Things We Will be Covering

- Types of most 4 common dementia and their various symptoms
- Theories of the Causes
- Herbs, nutrients, life styles to lessen the chance of developing
- How to compensate
- Treatments to help slow down/reverse
- Games and things to help slow down progression
- Conclusion

https://www.dementiasociety.org/definitions?qad_cam_paignid=988337194&qad_source=1&qabraid=0AAAAADjT0IT60LXvzLZhuLT2IXIYVFq&qclid=Cj0KCQiw64jDBhDXARIsABkk8J5JZaG6v_GobwupBv9le_L3FFquBL2FIYDJaiOILpiuM-lu-SrdYaAmTFFALw_wcB

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Types of Dementia

Alzheimer's
Vascular Dementia
Lewy Body Dementia
Frontotemporal Dementia

Many accompany other health conditions such as: Huntington's, Parkinson's, ALS, etc.

Using conventional medicine, experts state that **they** cannot prevent, slow down nor cure any of the dementias.

<https://www.cdc.gov/alzheimers-dementia/about/index.html>

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◆ AI Overview

In the United States, an estimated **6.7 million people aged 65 and older are living with Alzheimer's disease**. This number is projected to more than double by 2060. Additionally, more than **7 million people ages 65 or older had dementia in 2020**, and that number is expected to rise to nearly 12 million by 2040. <https://www.cdc.gov/alzheimers-dementia/about/index.html>

Key Points:

Alzheimer's Disease:
A specific type of dementia, is the most common form and is estimated to affect 6.7 million people aged 65 and older.

Dementia:
A broader term encompassing various conditions that cause cognitive decline. It is estimated that over 7 million older Americans have dementia.

<https://www.cdc.gov/alzheimers-dementia/about/index.html>

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Lack of Omega-3 fatty acids and dementia
<https://pmc.ncbi.nlm.nih.gov/articles/PMC4019002/>

Is the Aluminum Hypothesis Dead?
<https://pmc.ncbi.nlm.nih.gov/articles/PMC4131942/>

Type 3 Diabetes and Its Role Implications in Alzheimer's Disease
<https://pmc.ncbi.nlm.nih.gov/articles/PMC7246646/>

FDA Drug Safety Communication: Important safety label changes to cholesterol-lowering statin drugs
- Memory loss and confusion have been reported with statin -
<https://www.fda.gov/drugs/drug-safety-and-availability/fda-drug-safety-communication-important-safety-label-changes-cholesterol-lowering-statin-drugs>

GER \$ SPH \$ EVQ \$ SYV \$ VEMR C\$ <https://www.alzdiscovery.org/cognitive-vitality/blog/can-mold-harm-your-brain>

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???

<https://www.nia.nih.gov/health/alzheimers-and-dementia/understanding-different-types-dementia>

Alzheimer's	Frontotemporal Dementia	Lewy Body Dementia	Vascular Dementia
Abnormal deposits of Amyloid and Tau plaques	Abnormal tau form TDP-43 Deposit Inside Neurons in Frontal and Temporal lobes of the brain	Abnormal alpha-synuclein protein in the brain	Disruption blood flow to the brain During injury including blood clots and plaque
Common Age of Diagnosis			
60 + years old	Typically, between 45 – 60 years old	Usually over 50 years old	Average over 65 years old
Symptoms			
<ul style="list-style-type: none"> Wandering off – getting lost Repeating Difficulty recognizing friends and family Chronically impulsive Unable to communicate 	<ul style="list-style-type: none"> Difficult organizing and planning Impulsive Flat or excessive emotions Shaky hands Poor balance and walking Speaking or Understanding difficulties 	<ul style="list-style-type: none"> Poor concentration and paying attention Hard staying alert Disorganized with unlogic Rigidity of muscles Incoordination Facial expressions reduced Insomnia at night with daylight sleepiness 	<ul style="list-style-type: none"> Excessive forgetting past or currently Misplacing things Difficulty learning new things Hard remembering Hallucination Delusions Poor judgement

Brain Lacking Fatty Acids ~ Shrinking



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<https://alzfdn.org>

Alzheimer's

Caused by the buildup of abnormal protein (amyloid and tau plaque in the brain is the current belief.

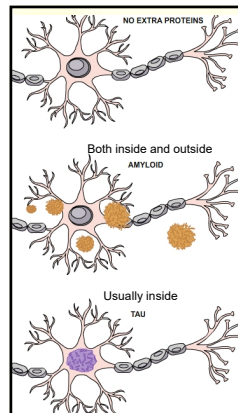
This build up of these proteins inhibits the clearing of toxins and tangles in the brain between nerves and neurons, causing memory loss and poorer cognitive function and the ability to perform everyday activities.

Alzheimer's can start as early as age 30 which is referred to as younger-onset Alzheimer's. Currently there are over 200,000 suffering before the age of 65.

Young onset Alzheimer's often progresses more rapidly than latter-onset.

<https://www.facebook.com/watch/?v=1032015228506895>

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Amyloid and tau are 2 type of proteins which causes a shorting out of the brain and nerves in those suffering from Alzheimer's

Over the years there have been many suspected sources of Alzheimer's such as: Aluminum, mercury, black mold.

AI Overview

Yes, some studies have found elevated levels of aluminum in the brains of individuals with Alzheimer's disease.

Yes, some studies have found elevated mercury levels in the brains of Alzheimer's disease (AD) patients compared to controls. While this correlation exists, it's not definitively

Yes, there is evidence suggesting that excitotoxins, specifically glutamate, play a role in Alzheimer's disease.

AI Overview

While there's no evidence that "black mold" itself directly causes Alzheimer's disease, research suggests that fungal infections,

<https://www.youtube.com/watch?v=n8Uenoa6YXI>

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<https://www.youtube.com/watch?v=Pa1l8tdGQQ>
TAU

Developing Alzheimer's

Starts developing 20 or more years before family and friends start noticing symptoms

<https://www.alz.org/alzheimers-dementia/stages>

Stage 1

Memory lapses

Forgetting common words or someone's name

Can't remember where put things

Can't remember what just happened

Mis place things

Trouble with organizing or planning

Meds used with little results

Aricept

Namenda

Exelon

Razadyne

Many people experience this without developing Alzheimer's

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CONT.

Genetics (about 1% of the time – slightly more if 1st degree relative (parent or sibling) usually early onset)

Severe head trauma

Alcohol and drugs

Poor sleep patterns

Amyloid plaque and neurofibrillary or Tau Tangles

Inflammation

Vascular damage

Free radicals

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Stage 2	Stage 3
Confusion and frustration	• Unable to respond in daily conversation
Erratic behavior	• Can't learn new things
Moodiness	• Forgetting recent activities
Forgetting your address or phone number	• Irritability
Forgetting name of school or college *	• Changes in physical abilities, such as: sitting still, walking and swallowing
What day is it?	• Hand or body coordination
Bladder and bowel incontinence	• Communication difficulties, understanding or getting your point across
Wondering off and getting lost	• Becoming vulnerable to infections, especially pneumonia.
Sleep during the day and can't sleep at night	
Suspicious of people	
Delusions	

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While dementia is a general term, Alzheimer's disease is a specific brain disease. It is marked by symptoms of dementia that gradually get worse over time. Alzheimer's disease first affects the part of the brain associated with learning, so early symptoms often include changes in memory, thinking and reasoning skills.

Memory loss is **not** a natural part of aging but it is common.

Suspected causatives: high blood pressure, diabetes, heart disease, obesity, alcohol / drug abuse and smoking

Statin drugs and excitotoxins like MSG and aspartame
Brain shrinkage causes information from passing between different areas of the brain, or between the brain and the muscles and organs.

<https://www.alz.org/alzheimers-dementia/what-is-alzheimers/myths>

<https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/expert-answers/alzheimers-and-dementia-what-the-difference/faq-20396861#:~:text=While%20dementia%20is%20a%20general.memory%2C%20thinkin%20and%20reasoning%20skills.>

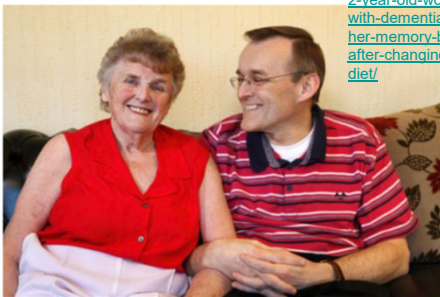
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82-Year-Old Woman With Dementia Gets Her Memory Back After Changing Her Diet



Published 1 year ago on April 27, 2018
By Alanna Ketter

<https://www.theyucatanimes.com/2019/10/8-2-year-old-woman-with-dementia-gets-her-memory-back-after-changing-her-diet/>



Vascular Dementia

<https://www.nhs.uk>

Usually due to lack of blood flow and/or oxygen to the brain. Can happen because of:

- Stroke – sudden
- Injury - sudden
- Damage to blood vessels ex. Aneurysm, trauma, etc.
- Hardening of arteries

Other contributing factors:

- Atrial Fibrillation
- Diabetes
- High blood pressure
- Smoking
- Alcohol
- Poor diet



Bacteria
Blood clot
Plaque

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Excitotoxins

Glutamate:

While glutamate is a naturally occurring neurotransmitter crucial for brain function, excessive amounts, such as those found in MSG (monosodium glutamate), can cause excitotoxicity.

Aspartame:

This artificial sweetener is composed partly of aspartic acid, which is an excitotoxin. It also breaks down into methanol, which is a toxin.

Domoic acid:

This toxin is produced by certain types of algae and can contaminate shellfish. It's known to cause neurotoxicity, especially in vulnerable populations.

Other Excitotoxins:

Other excitotoxins include kainic acid and quisqualic acid, which can also activate glutamate receptors in the brain.

AI Overview

Yes, patients with vascular dementia can have excitotoxins in their brain.
Excitotoxicity, particularly involving glutamate, is a significant factor in

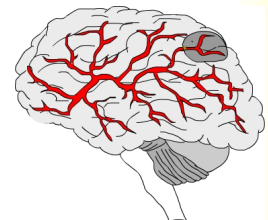
Lewy body researching,
Frontotemporal Dementia
not suspected at all.

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Vascular Dementia

Symptoms includes:

- Concentration difficulties
- Confusion
- Memory loss
- Difficulty learning or planning
- Finding or understanding the right words
- Behavior changes
- Personality changes
- Speak loudly and/or excitedly
- Mood swings
- Depression
- Frustration
- Agitation
- Lack of interest or enthusiasm



Severity and symptoms will vary due to extent or severity of brain damage.
Stroke improvements the most in 6 months but can continue up 2 years.
The more you use your brain the more synapse rewire and repair.

Typically progresses (at various levels)

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<https://www.lbda.org>

Lewy Body

AI Overview

Lewy body dementia (LBD) is a progressive brain disorder that causes **problems with thinking, movement, behavior, and sleep**. It is characterized by abnormal deposits of a protein called alpha-synuclein in the brain, known as Lewy bodies. These deposits disrupt normal brain function, leading to a range of symptoms that can fluctuate and vary from person to person.

AI Overview

Yes, Robin Williams did have Lewy body dementia (LBD). While initially diagnosed with Parkinson's disease, an autopsy revealed that his brain had Lewy bodies, indicating LBD. This brain disorder is the second most common type of dementia after Alzheimer's.

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Common Symptoms

LBD often accompanies Parkinson's, slow movement, muscle tremors stiffness, poor balance shuffling gait, getting frozen

Visual hallucinations, delusions, moodiness, depression, anxiety, aggressive, anger

Disturbed sleep, dream movements, day sleep, restless legs

AI Overview

Yes, some individuals with Lewy body dementia (LBD) may experience increased cravings for sweets.

Answer donut, couldn't reach mouth

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Frontotemporal Dementia

Cause by injury to the frontal and/or temporal lobes of the brain which typically progresses even though additional injuries don't occur.

AI Overview

Yes, both tau and amyloid proteins primarily accumulate within the brain in most forms of dementia.

They have found several proteins which develop primarily outside & inside the nerves of the brain

Symptoms

- Change in behavior
- Trouble with movements
- Aphasia

AI Overview

Aphasia is a language disorder that affects the ability to communicate. It can impact speaking, understanding, read

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Symptoms:

- Changes in judgement
- personality
- disinterest in people
- frustration.
- movement disorder
 - Can't put card in envelope

Often starts to develop at the ages 45-64

AI Overview

Yes, Bruce Willis has been diagnosed with frontotemporal dementia (FTD).

<https://www.scientificamerican.com/>

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Increase Developing Dementia

Refined sugar wreaks havoc on the brain and body. It increases inflammation and erratic brain cell firing. <https://www.amenclinics.com/blog/sugar-sweeteners-and-stevia-which-ones-harm-your-memory/>

Aspartame overstimulates neurotransmitters Toxic to brain <https://www.amenclinics.com/blog/can-diet-soda-increase-the-chances-of-dementia/>

Diet soda can cause dementia <https://www.nhlbi.nih.gov/news/2017/diet-sodas-tied-dementia-and-stroke>

Normal Physiological condition (WT)

Excitotoxicity (SOD1^{G93A})

Excitotoxins

AI Overview

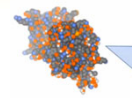
Excitotoxins are substances that can overstimulate nerve cells to the point of damage or death. They are often found as food additives and can be a concern in processed foods. Key examples include:

- **Glutamate**, in the form of monosodium glutamate (MSG), is a common food additive and flavor enhancer.
- **Aspartame**, an artificial sweetener, breaks down into aspartic acid, which is also an excitotoxin. AKA Nutra-Sweet and Amino Sweet
- **Domoic acid**, a naturally occurring toxin produced by certain algae, can contaminate seafood.
- **Other excitotoxins** include ibotenic acid-recognitional mushrooms, Quisqualis acid- found in ex seeds, kainic acid-in red algae, and NMDA. These substances can cause overstimulation of nerve cells, potentially leading to damage and even death of brain cells. They are linked to various conditions, including neurological damage and some neurodegenerative diseases.

Other Possible Causes of Dementia

- Heavy metals - esp. Lead/Aluminum/Mercury
- Lack of fatty acids – esp. Omega 3, DHA and EPA
- Type 3 diabetes
- Emotional trauma
- Ammonia in brain
- Chemicals in brain
- STATIN drugs
- Fluoride
- Cigarettes
- Alcohol
- Drugs
- Black mold

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"BDNF is involved in the formation of different types of memories and is critical for maintaining long-lasting storage of information in the hippocampus, amygdala and insular cortex many hours after learning occurs. BDNF may be relevant to counteract the natural process of memory decay, which is typical in aging and is exacerbated in some neurodegenerative disorders."

chronic stress, inflammation, poor diet, and disrupted sleep patterns lessens BDNF
Turmeric, alfalfa check pH

regular exercise, a healthy diet, sufficient sleep, and mental stimulation helps the production of BDNF

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AI Overview

BDNF (Brain-Derived Neurotrophic Factor) is a protein that supports the growth, survival, and differentiation of neurons, playing a crucial role in brain health and cognitive function. It can be increased through various lifestyle and dietary choices. Foods like **fatty fish, blueberries, and certain vegetables, as well as exercise, intermittent fasting, and stress management**, are known to boost BDNF levels.

Brain-derived neurotrophic factor (BDNF) a protein that plays a crucial role in the survival, growth and making various cells in the brain, helping in learning and memory making the synaptic plasticity.

Ammonia in brain

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4976099/#:~:text=All%20living%20organisms%20produce%20ammonia,the%20progression%20of%20the%20disease>

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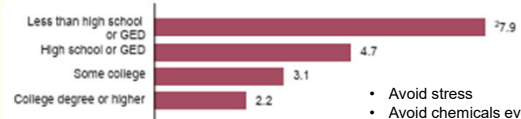
Prevention/Recovery of Dementia

Often dementia starts decades before symptom become evident.

- Eat good diet
- Stay hydrated – water
- Regular exercise
- Good sleep habits 7-8 hrs
- Socialize especially with family
- Use your brain
- Listen to Music – Especially classical

<https://rutgershealth.org/news/how-educational-attainment-may-impact-memory-and-dementia-risk-later-life>

Deficiencies in vitamins B1, B6, B12, E, and copper can cause dementia-like symptoms.



- Avoid stress
- Avoid chemicals even odors
- Avoid alcohol/drugs
- Avoid head injuries

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Good Diet so Important

If you bloat, burp, or pass gas, add enzymes

- Blueberries
- Red grapes.
- Turmeric

Complex Carbs
Vegetables
Fruits
Whole Grains
Dark Chocolate

Fats 40-50%
Butter
Avocados
Flaxseed Oil
Coconut Oil
Olive Oil
Fish Oils

Buckwheat
Quinoa
Beans
Chickpeas
Lentils

Try to keep saliva and urine's pH between 6.3-6.6, **6.4 is best**

<https://marysherbs.com/heal/heal-aci.shtml>

Proteins 25-35%

Chicken
Beef
Lamb
Bison
Eggs
Bacon

Eggs
Nuts
Whey Protein

Intermittent Fasting Linked to increased BDNF
STAYED HYDRATED

Brain-Derived Neurotrophic Factor

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Aroma therapy

Lavender
Peppermint
Rosemary
Lemon balm
Frankincense - especially if brain injury involved
20 min to 2 hrs.



Topical Infusion

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Exercise

<https://therapyfocus.org.au/on-the-blog/the-benefits-of-bouncing/>

Exercise significantly benefits the brain by improving blood flow, releasing beneficial proteins, and enhancing mood, ultimately leading to better cognitive function and potentially preventing age-related decline. It sharpens memory, improves focus, and may even promote neurogenesis, the birth of new brain cells.

<https://www.health.harvard.edu/blog/regular-exercise-changes-brain-improves-memory-thinking-skills-201404097110>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC410170/>

BDNF – Brain Delivered Neurotrophic Factor

<https://www.cdc.gov/physical-activity/features/boost-brain-health.html>

julial@simplesmartscience.com

MarysHerbs.com SimpleSmartScience




Stimulate Mind

- Physical touch:** Massages, gentle stroking, or simply holding hands can provide comfort and sensory stimulation.
- Arts and crafts:** Painting, drawing, or engaging in other creative activities can provide a means of expression and stimulate the mind.
- Brain training games:** Puzzles, word games, and memory exercises can help stimulate cognitive functions.
- Listening to music:** Music can evoke strong emotional responses and is often preserved in memory, making it a powerful tool.
- Learning new things:** Taking a class or trying a new hobby can encourage brain activity and social interaction.
- Joining social groups:** Participating in activities like walking groups, book clubs, or memory cafes can provide a sense of community.

Encourage physical activity: Exercise releases endorphins, which improves mood, lessens anxiety helps health and mobility.

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Ideas for Those with Advanced Dementia

Maintain a regular daily routine: Structure can provide a sense of stability and reduce anxiety.

Finger tips alternated
Learn
Organize
Math
Figure problems
Find solutions
Converse
Volley balloon
House work
Bead sorting
fold socks & wash rags

Music
<https://www.pandora.com>

Make it fun
Do varied games or puzzles
Let them win about 75% of the time – always the first time
Complement and encourage

Could you please help me
sock major different colors sizes?

Balance ball tossing, light dancing, or rhythmic movement

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Memory Games

<https://www.improvememory.org/brain-games/memory-games/>

<https://www.aarp.org/games/?intcmp=DSO-MEM-COI-NM-GAMES-4PK4>

Online Sites

<https://www.mindgames.com/Memory>
lots of advertisements

<https://playhop.com/>
lots of commercials

<https://www.helpfulgames.com/subjects/brain-training/memory.html>

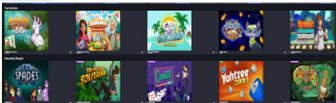
<https://www.pogo.com/>

<https://www.aarp.org/games/?intcmp=DSO-MEM-COI-NM-GAMES-4PK4>

<https://www.braingymer.com/en/>

<https://memorymatching.com/>

Bot or chat



Memory Ideas

Be patient and flexible: adapt the game Find something that is enjoyable, engaging, simple rules, if possible, engage with peers and match their cognitive level

Reassure.....everyone forgets, it's common, I hate getting old getting old sucks then giggle

EXAMPLE
Hit a balloon
Fold wash clothes or hand towels
Pair sock – choose ones very different in color or knee sock and ankle sock help with dishes, this time I will wash will you please rinse or dry

Can you help me. I need to follow a schedule, Oh my OCD, Let's do it or it will drive me nuts

puzzles, word games, memory matching games, and classic board games like Bingo, Scrabble, and Checkers, photo album, especially when they were young.

Go out for walk, drive where they use to go, not lived confuses and makes sad, get an ice cream say I will get it this time, you get it the next time

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Good to encourage deep breathing



Noticing slight difference in weight. Concentration



Knock balloon off cup for hand/eye co-ordination.



Large and small muscle movement hand/eye



Large arm muscles

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Like sorting colors quickly Get to move and tone legs

<https://www.facebook.com/reel/1661558317793928>

If standing will help balance and concentrate

Like music chairs and do as I's doing. To do movements quickly

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24.4K 2874

Co-ordination, muscle movement and balance

Movement of arms and thinking and reacting

Best if done with sofa or chair behind them balance and co-ordination. Strengthen arm muscles

Connecting and imagining

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Cards and Board Games

https://www.kidspuzzlesandgames.co.uk/puzzle-sheets/type/spot-the-difference#google_vignette

6 Differences - Find & Spot them
I'm sure you won't find all the differences

https://justfamilyfun.com/printable-spot-the-difference#google_vignette

CARDS	BOARD GAMES
• War	Checkers
• Rummy	Chess
• Crazy 8s	Dice 500
• Double solitaire	Pudding Pictionary
• Go fish	Sudoku
• Canasta	Racko
• Black jack	Bingo
• Poker	Name that tune
• Pinochle	

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Hugs and Physical Touch

AI Overview

According to Virginia Satir, a renowned family therapist, humans need **4 hugs a day for survival, 8 hugs a day for maintenance, and 12 hugs a day for growth**. While these numbers are suggestions, the general consensus is that more hugs are beneficial for mental, emotional, and physical well-being.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC8424338/>

Here's a more detailed breakdown:

- **4 hugs a day:** This is the minimum to feel safe and secure.
- **8 hugs a day:** This level of hugging is considered necessary for maintaining a healthy state of mind and body.
- **12 hugs a day:** This amount of physical touch is thought to foster growth and development, both physically and emotionally.

When you don't get enough physical touch, you can become stressed, anxious, or depressed. As a response to stress, your body makes a hormone called cortisol. This can cause your heart rate, blood pressure, muscle tension, and breathing rate to go up, with bad effects for your immune and digestive systems.

Socialize

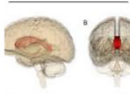
Physical affection, even hugging offers a multitude of benefits for both physical and mental well-being.

- stress reduction
- improved mood
- enhanced immune function
- stronger social bonds
- can lower blood pressure
- Can improve heart rate
- boosting oxytocin levels, which promotes feelings of happiness and connection
- alleviate pain by triggering the release of endorphins, natural pain relievers
- that lowers cortisol levels, the stress hormone

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AI Overview

To connect the hemispheres of the brain, **draw an infinity symbol (a sideways figure 8) repeatedly, focusing on the midline of your body**. This exercise, often called "Lazy 8s," helps integrate brain function by encouraging both hemispheres to work together.



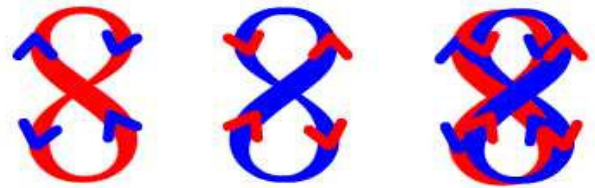
Here's how to do it:

1. **Start with a large figure 8:** Imagine or draw a horizontal figure 8 on a piece of paper or in the air.
2. **Trace the 8 with your hand:** Begin at the center of the 8 and move your hand upwards and to the left, then around and back to the center, and then up and to the right.
3. **Follow the line with your eyes:** Keep your head still and let your eyes track your hand as you trace the figure 8.
4. **Repeat:** Continue tracing the figure 8 with one hand, then the other, and then both hands together.
5. **Switch directions:** Start each new repetition by tracing up and to the left from the center.



https://www.youtube.com/watch?v=BPUiY_wTGow

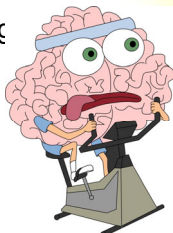
<https://www.youtube.com/watch?v=xkEC4jTi0QA>



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Aerobics for the Brain

- Sleep – 7-8 hours - 11-7
- Adequate hydration – ½ body weight in ounces up to 100 ounces
- Balanced diet - breakfast
- Capsicum, Gotu Kola & Ginkgo & good fatty acids
- Drawing a number 8
- Cross crawl
- Cut out ExcitoToxins
- Use it or lose it
- Protect against heavy metals



Assess and change worse and fine tune continually

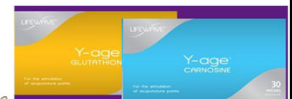
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Suggested Supplements

- Omega 3 oil
- B-6
- B-12
- Natural multi-Vitamin

B-complex best and look out for methylation
B-12 under tongue

Rhodiola Rosea
Bacopa Monnieri
P5P form of B6
Folate
Vitamin B12
Vitamin D



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<https://www.simplesmartscience.com/>

Hi, my name is Julia Lundstrom and I'm an educator in the fields of neuroscience and brain health. I'd like to invite you to attend a very special webinar event.


The Memory Boosting, Brain Enhancing "Formula" That Took 7 Years to Decode. >>>

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Revolutionary New Solutions to Help Older Adults Improve Their Memory & Brain Health

https://go.oncehub.com/MemoryTrainingAssessment?utm_source=cs-marla-email

 creyos Cambridge Brain Sciences is now Creyos

<https://event.webinarjam.com/replay/30/nkg7xc7lfl2sng525cw9v4k> Replay

Assess and change what is worse and fine tune continually

A river cuts through a rock not because of its strength

but because of its PERSISTENCE!

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Questions

<https://www.facebook.com/groups/NaturalHealthProfessionals>

Natural Health with Nature's Sunshine



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Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment.


In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them..

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!



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