



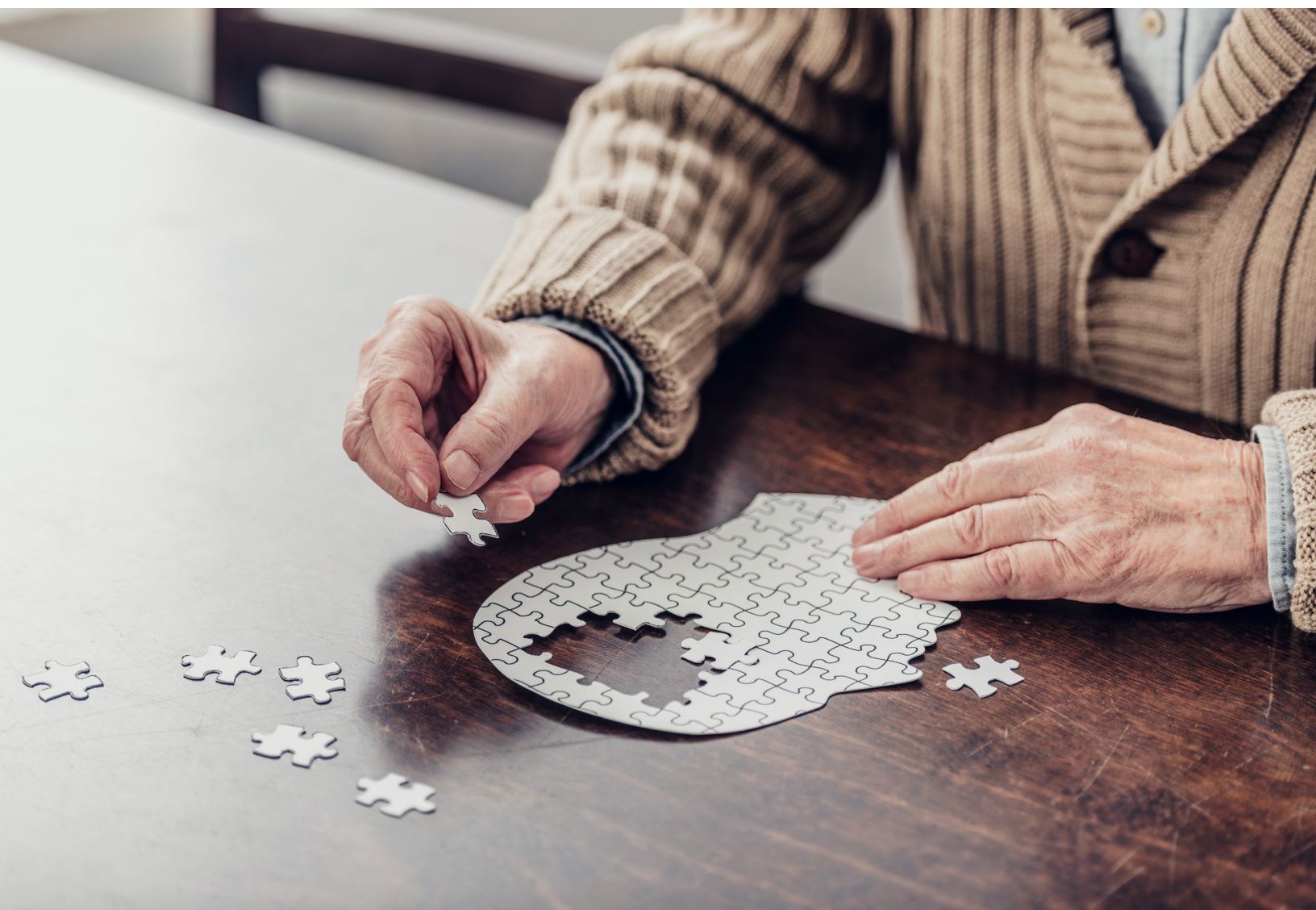
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Finding Hope with Dementia & Alzheimer's

Use Functional Medicine to Reverse Cognitive Decline



I'm here to tell you, there is HOPE!

Dementia is not a normal function of aging and should not be accepted as that. You don't hear about Alzheimer's survivors like you do cancer survivors – until now. Alzheimer's doesn't have to be a terminal diagnosis. There's hope with Functional Medicine.



How does Alzheimer's manifest?

At first, you may experience cognitive decline. It may be as simple as always losing your keys, forgetting the names of close acquaintances, or even saying a wrong word in a sentence.

Eventually, this cognitive continues to worsen until it reaches a stage where it is diagnosed as dementia. This is when the cognitive decline starts to impact your memory, language and interferes with your daily routine and activities.

Alzheimer's Disease is a type of dementia (the most common) where your memory, language, and thought get progressively worse. This type of dementia is associated with beta-amyloid plaque deposits in the brain.

Why does cognitive decline occur?

Cognitive decline occurs because of multiple stressors impacting the brain. Unfortunately, Alzheimer's medications may only help resolve or inhibit just one of those stressors from contributing to further decline (for the time being).

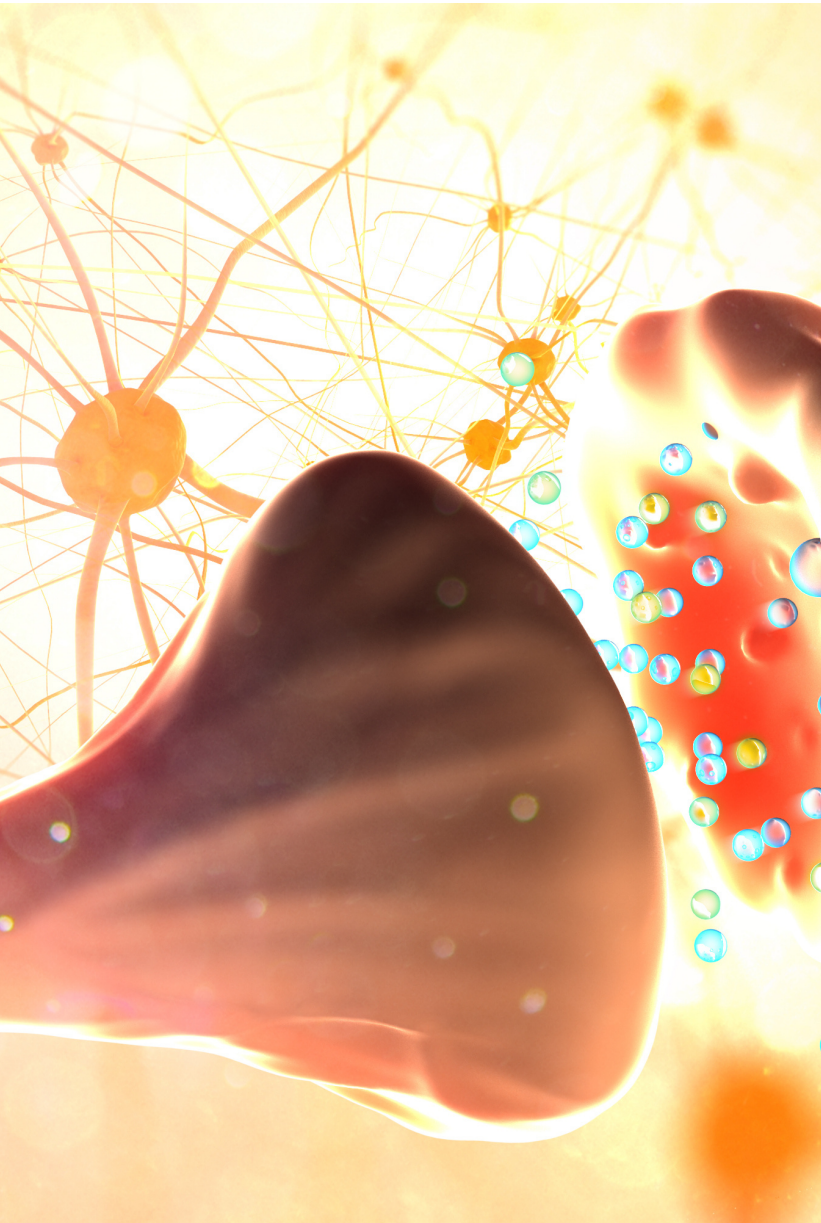
THESE STRESSORS COULD BE FROM:

- Inflammation
- Nutrient deficiencies
- Toxic exposure
- Traumatic physical Injuries
- Poor circulation in the brain





Healthy Brain Function vs. a Brain with Dementia/Alzheimer's



Our brains work through billions of neurons communicating with one another through synaptic activity. When your brain is healthy, it creates new connections and prunes old connections in a balanced and healthy way.

Alzheimer's occurs because these stressors (listed above) impose an imbalance between synaptoblastic activity (building or creating synaptic connections between neurons) and synaptoclastic activity (destroying or pruning synaptic connections between neurons).

This means your brain could be slow at creating new synapses and be too fast to destroy synaptic activity! This interferes or even inhibits neurons from communicating with one another (aka memory loss or not being able to remember faces or words).

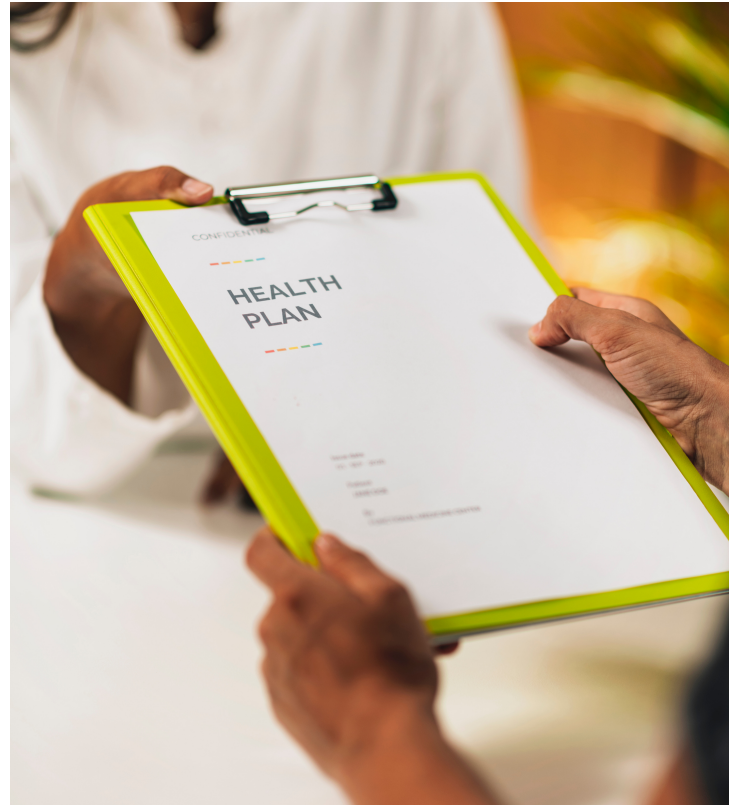
With Functional Medicine, we restore this balance within your brain.



Treatment for Dementia and Alzheimer's

At first, you may be thinking, “there is no treatment for Alzheimer’s”. But, I’m here to tell you that now there is! With a full spectrum functional medicine approach, you can address all the physiological dysfunctions to reverse cognitive decline.

When you work with a Functional Medicine provider, we will evaluate your health as a whole. We won’t focus on JUST your brain. Remember, your entire body is interconnected. This is no exception when we are talking about healing Alzheimer’s.



WE WILL EVALUATE A COMBINATION OF THE FOLLOWING:

- ApoE genes
- Mitochondria function
- Methylation Efficiency
- Hormone levels
- Gut microbiome health
- Toxin load
- Inflammatory biomarkers
- Nutrient levels
- And more



Are YOU ready to take action?



While we will give you the information, action steps, and blueprint to heal, YOU have to be willing to make the changes for yourself. As professionals, we give you the tools, but it's up to you to follow through with them to experience the best results.

With a treatment plan, we will focus on enhancing your diet, avoiding toxins (even ones you are unaware of at the moment), lifestyle choices, supplementation, detoxification, reducing inflammation, etc. Each treatment plan is individualized because what may be causing your dementia and Alzheimer's may not be the trigger for someone else's. Functional lab testing will allow us to see what is going on in your body that is contributing to YOUR cognitive decline.



**LET'S CREATE A HEALTHY
LIFESTYLE TO SUPPORT YOUR
BRAIN FOR YEARS & YEARS TO
COME**



Want to address your cognitive decline?

Whether you are at the beginning stages of dementia or to the severity of Alzheimer's, please know there is hope. **Please reach out to me if you want to get your memory, cognitive function, and life back.**

When we begin, I have clients fill out a questionnaire on <https://www.cnsvs.com/>

This allows us to assess neurocognition by identifying health status, symptoms, possible comorbidities, behavioral issues, and other important clinical information to help us develop your treatment plan.

