

Avoiding Alzheimer's

Dr. Dale Bredesen's research has demonstrated that Alzheimer's dementia is the result of a **protective response** to multiple metabolic perturbations that are categorized into these **6 subtypes**. When enough of these processes are affected, the synaptoclastic and synaptoblastic activity becomes imbalanced and **circuits become compromised**, similar to an oversaturated sponge, unable to hold water. Addressing as many of these components as possible will help exceed the **threshold needed for improved plasticity and cognition**. The specific approach is personalized and relies on identifying and treating the culprits causing brain inflammation. By following some foundational guidelines, we can prevent dementia and optimize longevity.

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- Practice **Time Restricted Feeding** to improve intracellular autophagy and BDNF
- Engage in **aerobic and strength training** to improve cardiovascular resiliency
- **Eat low-inflammatory** diet
- **Avoid sugar and processed** foods
- Know your genetics and get **tested for ApoE**
- Daily attention to **mindfulness and stress**
- Identify **hormonal imbalances** and treat
- **Minimize Rx medications** that blunt cognition
- **Control blood pressure** and Body Mass Index
- **Fortify the gut-brain barrier** by addressing intestinal permeability and vagal tone
- **Avoid exposure** to heavy metals and chemicals

