

# PERSONALISED MEDICINE FOR DEMENTIA

6 CASE STUDIES

## Drivers of Cognitive Impairment

- Inflammation
- Oxidative stress
- Chronic stress & Fatigue
- Gut dysbiosis
- Nutritional deficiency
- Mitochondrial dysfunction
- Impaired methylation
- Hormone imbalance
- Impaired A $\beta$  clearance
- Prescription medications

## Clients

- M mid 90s
- F 65
- F 76
- M 79
- F 71
- F low 70s

## Treatments

- Nutrition
- Exercise
- Stress reduction
- Sleep hygiene
- Detoxification
- Thyroid & adrenals
- Hormones
- Supplements

## Results

- Normalised serum levels, folate & homocysteine
- Normalised thyroid function
- Normalised levels of blood sugar
- Weight loss
- Decreased blood pressure
- Reduced medications
- Improved mental, physical & social function
- Improved cognitive function & MoCA scores
- Improved energetic, emotional & spiritual function

## Findings

- Not just a memory problem*
- Never too late to start*
- Success requires family support*
- Nutrient deficiencies*
- Prescription medications*
- Misdiagnosed/mistreated thyroid function*
- Toxicity, heavy metals, pesticides, infection*
- Connection to diabetes*
- Gut-Brain connection*
- Dehydration & Fasting*
- Metabolic syndrome*