

A 'root causes' approach to investigating every single person's dementia individually is being fervently pursued in the Multimodal Treatment for Dementia (MT4D) research agenda at Lancaster University, FHM, C4AR. According to the evidence, the mechanisms and determinants of cognitive decline include inflammation, infection, toxicity, nutritional deficiency, insufficient exercise or cognitive stimulation, pathogens, intestinal permeability and other factors. Simultaneously, a new understanding of amyloid-beta is emerging. Therefore, 21st century personalized lifestyle medicine requires a multimodal non-pharmacological approach to risk reduction and dementia treatment.

Certain activities and strategies are known to be preventative against dementia, and some show measured effects on cognition for people with a diagnosis. Evidence is given below for a number of these, plus other topics of relevance to the MT4D research agenda.

- **Mechanisms and Determinants of Cognitive Decline**
- **New understanding of amyloid-beta**
- **Multimodal non-pharmacological approach to risk reduction and dementia treatment**
- **Dietary modifications** - moving from a baseline assessment of the person's diet and progressing towards a more whole foods Mediterranean diet, high in veg, fruits and good fats, high in fibre, low in processed foods, refined carbs and sugar, with increased water intake, spices and herbs.
- **Nutritional support** to address deficiencies (vitamins, minerals, nootropics, antioxidants)
- **Fasting**
- **Sleep hygiene** - improving quality and quantity of sleep
- **Stress reduction** - Mind-body practices use movements, breathing and meditation to reduce blood pressure, stress levels, improve mood.
- **Exercise and Physical Activity –**
 - Moving more every day at home, starting from each person's physical condition and ability, setting goals and progressing, from chair-based to floor-based (aerobics/ cardiovascular, HIIT, weight training, mind-body practice, resistance training)
 - Moving more + going out + socialising one or more times a week (dancing, walking or gardening group, gym, sports)
- **Connection to Nature**
- **Cognitive training & stimulation**, promoting neuroplasticity through mental challenge
- **Socialisation** as part of an active routine of moving more and going out
- **Emotional wellness** - purpose in life, positive attitude, psychological / emotional healing therapies
- **Hyperbaric Oxygen Therapy; Transcranial Stimulation and Photobiomodulation**
- **Videos on Medical Cannabis, Parkinson's Disease, Iodine, Energy Medicine, Functional Medicine, Food and Health in general**

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A good resource for scientific papers on diet and Alzheimer's is **GreenMedInfo** here:

http://www.greenmedinfo.com/blog/7-proven-ways-keep-your-brain-young?utm_source=Daily+Greenmedinfo.com+Email+List&utm_campaign=cc44faf589-7+Proven+Ways+to+Keep+Your+Brain+Young&utm_medium=email&utm_term=0_193c8492fb-cc44faf589-%5BLIST_EMAIL_ID%5D&ct=t%287+Proven+Ways+to+Keep+Your+Brain+Young%29&mc_cid=cc44faf589&mc_eid=%5BUNIQID%5D#_edn2

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<https://www.alzheimers.net/6-15-15-effects-of-medical-marijuana-on-alzheimers/> Mixed results in two studies with people with dementia - one in the Netherlands showing no effect on dementia symptoms and the other in Tel-Aviv showed it to be a safe and promising treatment option.

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Parkinson's disease videos

https://youtu.be/_eq28PCvfsg Methylation, Dopamine and Parkinson's – the pesticide connection

<https://youtu.be/YlgMkZBNnr4> Parkinson's disease – Alzheimer's disease - Reasons for neurodegenerative diseases, toxins, infection, etc (a bit long-winded but stick with it...)

<https://youtu.be/8ralvT8WsPg> Ketosis & Parkinson's Disease: Improving Symptoms with a Ketogenic Diet

<https://youtu.be/uxUfcl4iX1o> Parkinsons Disease - RIFE Frequencies Treatment - Energy & Quantum Medicine with Bioresonance

Iodine

<https://youtu.be/fIZSnYSrNL8> Iodine for Optimal Performance & Cognition Excellent on the overall importance for cognition, sources, mechanisms, neurotransmitters, symptoms, etc.

<https://youtu.be/0GzvXfsnSTQ> Iodine deficiency and the thyroid PT 1- Iodine takes away the immortality of cancer cells; talk in a Seventh Day Adventist Church, Iowa

Energy Medicine

https://youtu.be/c_Q40rTzK9w How Bioresonance Therapy works - Frequency patterns, how to understand them within the body, how Bioresonance diagnostics determines their presence and the process biologically and practically that is undertaken during therapy to rectify these and rid the body of pathogens...

<https://youtu.be/-tB8XAJ-gYA> Epigenetic Miasms - Dr. David Jernigan, Hansa Center for Optimum Health - Epigenetics, salamander, acorn, you can't take a vitamin and shift your software, Bioresonance testing finds frequency glitches and using homeopathic remedies to fix deal with miasma, analogy of computer viruses, shifts the energetic frequencies, hereditary....

<https://youtu.be/I5dHYuIPBW8> The Light of the Body - Dr. David Jernigan, Hansa Center for Optimum Health - Don't necessarily detoxify mercury through your kidneys, but transmute it by using light instead.

<https://youtu.be/zKgFIBrg2s> BioResonance Test Demonstrating Instant Increase of Energy & Balance

<https://youtu.be/1XGmssZLjYA> Energy Medicine and Bioresonance – at [5:20] it shows the work of Japanese scientist Emoto Masarou, photographs of frozen water crystals

<https://youtu.be/GXk-gtWJPI8> Experimental Alzheimer's Treatment (uses sound)

<https://youtu.be/ZbHI0iwWJJY> Alzheimers - RIFE Frequencies Treatment - Energy & Quantum Medicine

Functional Medicine

<https://youtu.be/vc6ZoyDgl-o> Functional Medicine Fundamentals: From AFMCP in London

Food and Health in General

<https://youtu.be/RT3l-7BvPko> Dr. Tent - America's Mineral Crisis Salt compositions, Reagan's German heat therapy for cancer, etc

<https://youtu.be/RbFvCIWLuCE> Dr. Hyman - Revitalize | On Sugar & The Only Rules You Need To Eat ... Story of poor obese family who he taught how to eat real food and they lost weight and got much better, South Carolina...

https://youtu.be/GYIKqiH1N_s Dr. Hyman - Food As Medicine Preventing & Treating - Lays out functional medicine, importance of food and a systems approach. Brilliant synopsis of whole move from old science and medical paradigm to the functional root causes, lifestyle, diet, stress... going to the cause.

<https://youtu.be/zlPHwmYUpHM> Is your Liver Healthy? - Eat ABCs (Apples, Beets, Carrots); reducing exposure to estrogen, no golfing, eating cruciferous veg (broccoli, cabbage, Brussels sprouts) every day; eat as much organic as you can, symptoms of compromised liver are varicose veins, spider veins, small red bumps on body, skin tags, smelly feet, etc

A very good resource on the evidence for brain research is from GreenMedinfo:

http://www.greenmedinfo.com/disease/aging-brain?utm_source=Daily+Greenmedinfo.com+Email+List&utm_campaign=cc44faf589-7+Proven+Ways+to+Keep+Your+Brain+Young&utm_medium=email&utm_term=0_193c8492fb-cc44faf589%5BLIST_EMAIL_ID%5D&ct=t%287+Proven+Ways+to+Keep+Your+Brain+Young%29&mc_cid=cc44faf589&mc_eid=%5BUNIQID%5D

ENJOY AND STAY CURIOUS!!

"You don't **get** heart disease, you don't **get** diabetes, you don't **get** dementia.

You **get** a cold, but you don't get these things. It's a very different way of thinking about disease. It's a systems problem. It's how the body is out of balance. It's a way of working with the body that looks at the body as a whole dynamic interacting ecosystem that you can change by taking out the bad stuff and putting in the good stuff." Dr. Mark Hyman