

Brain Health Hacks For Cognitive Function & Mental Health

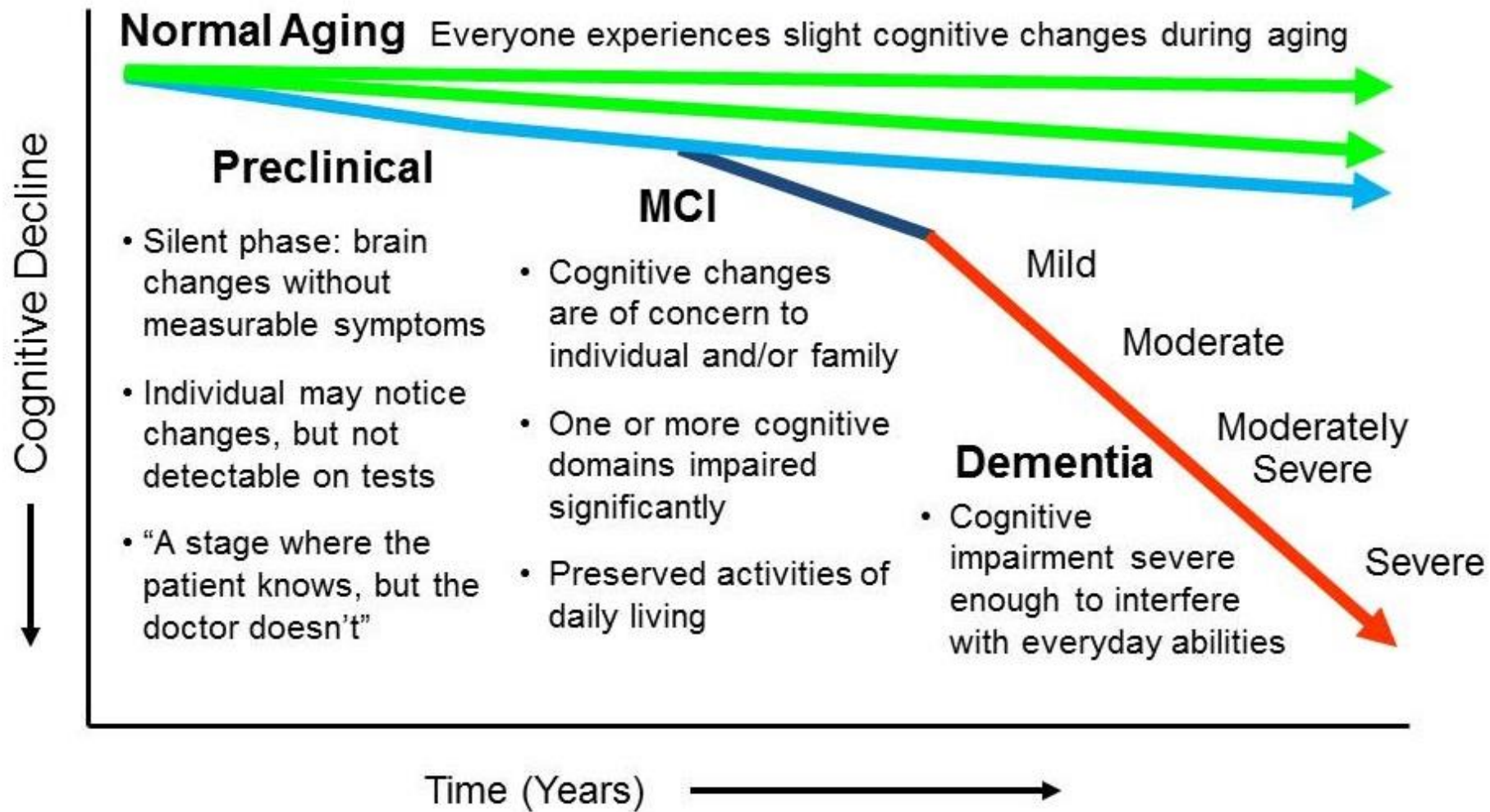
DR. HEATHER SANDISON, ND



DEMENTIA



DEPRESSION



The problem

- **Presymptomatic stage** - changes on PET scan and spinal fluid but not obvious to you. Best time to start treatment!
- **SCI - Subjective Cognitive Impairment**, lasts ~10 years, relatively easy to reverse the decline, rarely do people do anything about it.
- **MCI - Mild cognitive impairment**; relatively late in the pathophysiological process. **Should be called advanced stage Alzheimer's.**
- **Final stage Alzheimer's**, Losing activities of daily living. Typically, the underlying process has been present for two decades.

Foundations of Brain Health

- Nutrients
- Structure & Blood Flow
- Toxicity
- Stress
- Infections

Nutrients

- Sugar vs. Ketones
- Minerals
- B-Vitamins
- Antioxidants
- Amino Acids
- Nootropics



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<https://askthescientists.com/>

Blood & Oxygen Flow

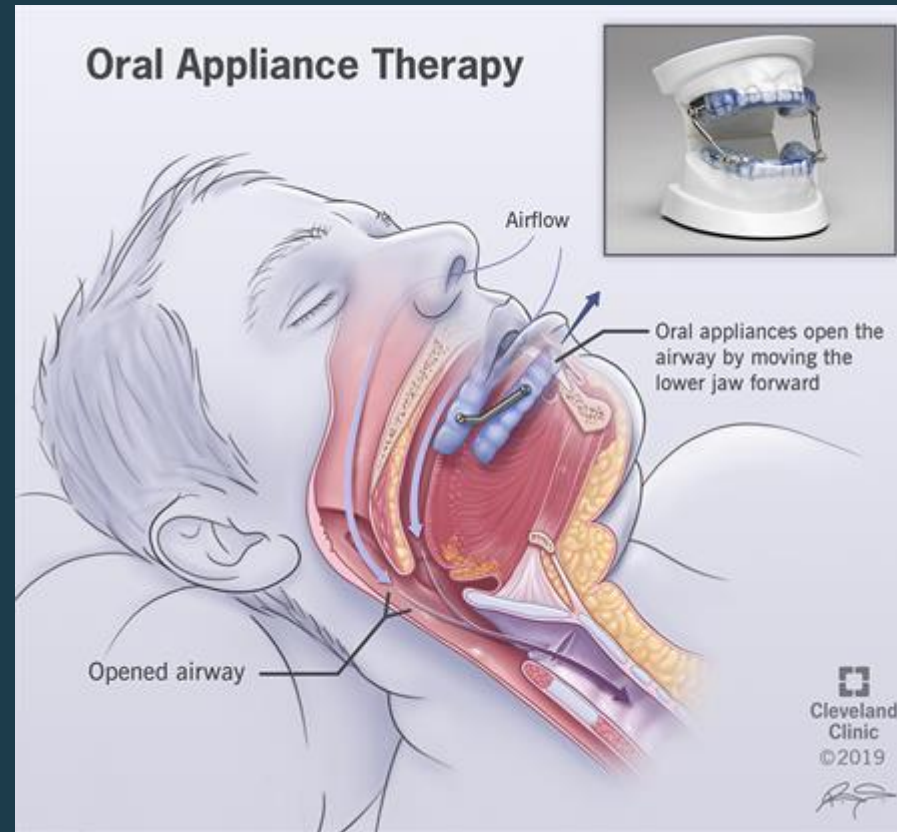
- Traumatic Brain Injuries
- Sleep Apnea
 - Treat it!
 - CPAP
 - Oral devices
 - Somnifix mouth tape



Options for Supporting Nose Breathing



<https://somnifix.com/>



<https://my.clevelandclinic.org/>



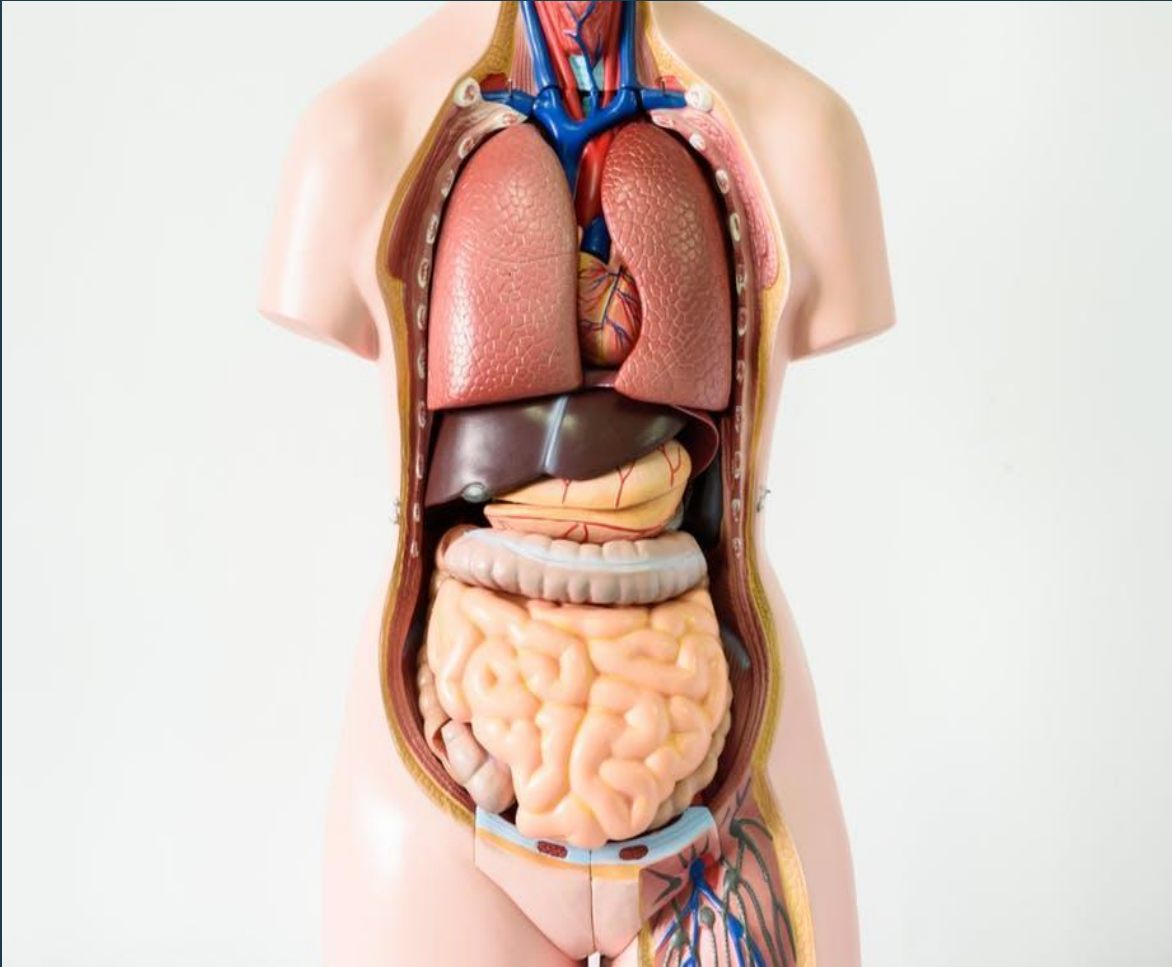
<https://www.sleepfoundation.org/>

Toxicity

- Mycotoxins
- Heavy Metals
- Chemical Toxins
- Alcohol

- Avoidance
- Detoxification

Organs of Elimination



- Skin/Lymph
- Liver
- Kidneys
- Bowels
- Lungs

Stress

- Meditation
- Exercise
- Rest
- PTSD 2x risk of AD
- Caregivers 2.5x risk of AD

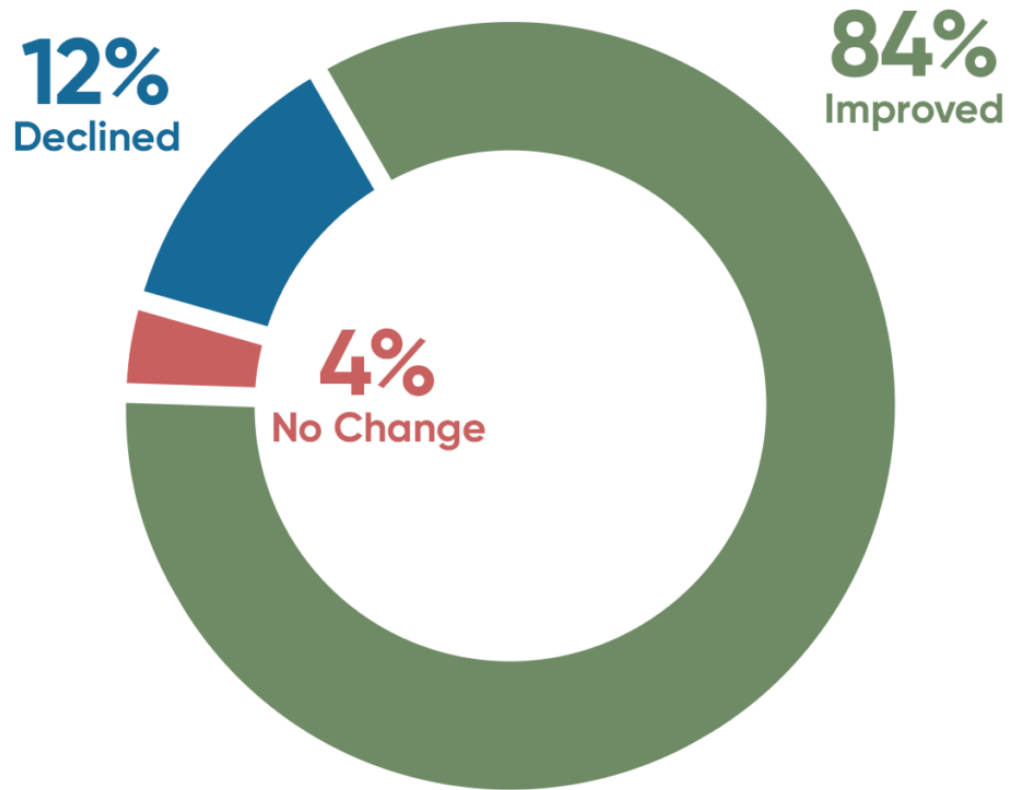
Infections

- COVID-19
- Herpes HSV1 &2
- *Porphyromonas gingivalis*
- *Borrelia burgdorferi*

Current Research

Clinical Trial Results

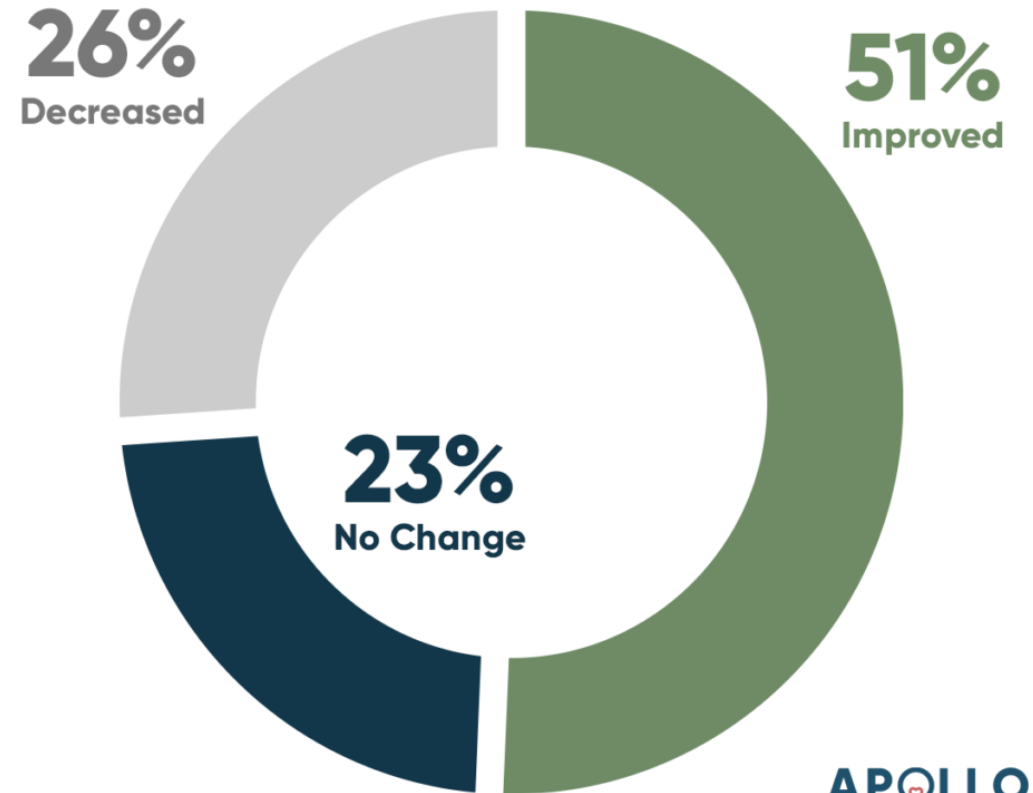
effect on participants' cognition



Toups, et. al.

ReCODE Protocol™ Results

Effect on Participants' Cognition



APOLLO
HEALTH

Rao, R. et. al. 2021

Mahalo

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

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