Brain Health Hacks For Cognitive Function & Mental Health

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Normal Aging: Everyone experiences slight cognitive changes during aging.

Preclinical:
- Silent phase: brain changes without measurable symptoms
- Individual may notice changes, but not detectable on tests
- "A stage where the patient knows, but the doctor doesn't"

MCI:
- Cognitive changes are of concern to individual and/or family
- One or more cognitive domains impaired significantly
- Preserved activities of daily living

Dementia:
- Cognitive impairment severe enough to interfere with everyday abilities

Time (Years)
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
Blood & Oxygen Flow

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

Andrade, A et al 2018 PMID 29782319       Bubu, O 2020 PMID 31881487
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
• Mediation
• Exercise
• Rest
• PTSD 2x risk of AD
• Caregivers 2.5x risk of AD
Infections

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

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Current Research

**Clinical Trial Results**

*Effect on participants’ cognition*

- 12% Declined
- 84% Improved
- 4% No Change

Toups, et. al.

**ReCODE Protocol™ Results**

*Effect on Participants’ Cognition*

- 26% Decreased
- 51% Improved
- 23% No Change

Rao, R. et. al. 2021
Mahalo

https://www.doctorctg.com/
Drs. Curtis & Krishana Takemoto-Gentile

https://steelsmithhealth.com/
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