

A Protocol to Protect Your Precious Mind

Taken from “Good Energy Newsletter” by Dr. Casey Means

At least half (or more) of dementia cases are preventable & it doesn't need to be this way. The medical journal *The Lancet* has published that “around 45% of cases of dementia are potentially preventable by addressing 14 modifiable risk factors at different stages during the life course.” In this report, these risk factors included smoking, air pollution, hearing loss, diabetes, high blood pressure, social isolation, and physical inactivity.

Other studies have shown that things like ultra-processed foods and poor sleep also have detrimental effects. A [paper in Neurology](#) found that in a population of over 70,000 adults, simply “replacing 10% of ultra processed food in diet with unprocessed foods associated with 19% lower risk of dementia.” Don't forget, our brains are literally built of food. Nutrient depleted, inflammatory food = unhealthy brain. A [study of over 2,000 older adults](#) found that “sleeping fewer than 5 hours per night was associated with two-fold greater risk for incident dementia, and routinely taking 30 minutes or longer to fall asleep was associated with a 45% greater risk for incident dementia.”

Dr. Dale Bredeesen, author of the amazing book [The End of Alzheimer's](#), has written at length about how a significant portion of dementia is preventable, and perhaps even treatable. Through his research, he came to understand that [Alzheimer's is fundamentally a metabolic disease](#) and that “treating Alzheimer's is analogous to repairing a roof with 36 holes”. Treatment must address many body aspects at once, as in repairing holes in a roof. The more holes covered, the more success fixing the problem. This is why “mono-therapy,” with a single dementia drug, [doesn't really work](#). (American taxpayers fund *billions* of dollars towards dementia research and drug development *per year*, yet rates are going up and the drugs aren't very useful. Meanwhile, the same government uses billions of taxpayer dollars to subsidize [soda](#), [ultra processed foods](#), and [cigarettes](#) — which contribute to dementia. Dr. Bredeesen designed the evidence based [ReCODE program](#) for prevention and reversal of dementia. It tests markers of inflammation, chronic infection, dysbiosis, insulin resistance, vascular disease, sleep apnea, hormone dysregulation, nutrient deficiency, toxin exposure & biochemical parameters associated with cognitive decline. From his research, he developed a holistic, personalized treatment program to address cognitive decline, including the following elements.

13 elements from Dr. Bredeesen's mind-supporting protocol

1. **Diet:** Plant-rich, mildly ketogenic, high-fiber, high in leafy greens/non-starchy vegetables, high in unsaturated fats, low in glycemic load. Include organic produce, wild-caught low-mercury fish (salmon, mackerel, anchovies, sardines, herring), pastured eggs & meats. Avoid processed food, simple carbohydrates, gluten-containing foods, and dairy.
2. **Ketogenesis:** Blood ketone levels should be monitored with fingerstick ketone meters, goal of 1.0–4.0) ([Keto-Mojo monitor](#)).
3. **Fasting:** A daily fast of 12–16 hours each night.

4. **Exercise:** Aerobic training 45 minutes per day, six days a week. Strength training twice per week. High-intensity interval training (HIIT) recommended twice per week.
5. **Stop sitting!** Avoidance of prolonged periods of sitting.
6. **Sleep:** 7–8 h of quality, restorative sleep through the adoption of a sleep hygiene program
7. **Resolve low oxygen status:** Treat sleep apnea, if present.
8. **Stress management:** Regular deep breathing breaks, meditation, biofeedback, heart-rate variability training using Heart Math Inner Balance, for 10 minutes per day.
9. **Learning:** Regular brain training and other learning opportunities.
10. **Community:** The maintenance of social connectivity and avoidance of social isolation.
11. **Supplements:** Personalized supplements based on individual's lab values. For instance, for inflammation add anti-inflammatory herbs such as glutathione, fish oil, resveratrol, vitamins C and D, Boswellia, and quercetin. For suboptimal nutrients (vitamin D, omega-3, B vitamins, CoQ10, or minerals), replacing with supplements.
12. **Hormone replacement:** For suboptimal hormonal status, get on bio-identical hormone replacement & thyroid medications for sub-optimal thyroid function.
13. **Toxin management:** For metal toxicity, organic pollutants (benzene, phthalates, organophosphate insecticides), biotoxins (trichothecenes, ochratoxin A, or gliotoxin): avoid by eating organic foods & detoxify with binding agents (cholestyramine or bentonite clay), sauna, herbs, sulforaphane, restrict seafood if indicated.

Note, this protocol is intended for people striving to reverse or halt dementia but are valuable choices to strive for at all phases of life. What's interesting is that we KNOW we should be doing these things – avoid sitting, get good sleep. Most of us just don't, even knowing the high price paid. The beginning of a year is a great time to reflect on the why behind supporting the mind. Why do you want your mind to be as healthy as possible?

Read some of Dr. Bredesen's papers:

- [Precision Medicine Approach to Alzheimer's Disease: Successful Pilot Project](#)
- [Rationale for a Multi-Factorial Approach for the Reversal of Cognitive Decline in Alzheimer's Disease and MCI: A Review](#)
- [ReCODE: A Personalized, Targeted, Multi-Factorial Therapeutic Program for Reversal of Cognitive Decline](#)

Other Resources:

- [The Hacking of the American Mind: The Science Behind the Corporate Takeover of our Bodies and Brains](#)
- [The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline](#)

Dr. Casey Means is a former Ear Nose Specialist & Surgeon who one day realized she was using a script or a scalpel with every patient & few got better. She quit & became a functional medicine/holistic medicine physician, entrepreneur & author. Her work emphasizes the role of nutrition in supporting metabolic function to prevent chronic disease. Her book is called Good Energy & is available on Audible & in hard copy. I have listened & read it. Susan Grandgeorge

