

A New Approach

For many years, researchers and the pharma industry have spent billions on failed Alzheimer's drug approaches.

Today, there is not a single drug that can reverse cognitive decline.

Individualization

Now we know that dementia has dozens of contributing factors. Each of these must be addressed with an individualized approach.

1. Identify and reverse all known contributors to brain atrophy and injury.
2. Incorporate brain growth factors: optimize diet, physical activity, nutritional supplements, brain stimulation, sleep, hormones and detoxification.



We Offer:

- Comprehensive Diet and Lifestyle Counseling
- Specialized Supplement Expertise and Secure Sourcing
- Insurance Billing
- Access to Specialized Nutrition Lab Testing
- Cognitive Testing



Brain Recovery Program

Available At:

Alaska Weight Management
and Diabetes Counseling

(907) 707-1137

Nutrition907.com

642 S. Alaska Street, Suite 101
Palmer, Alaska 99645

Current research shows that most people can reverse their brain dysfunction if they act before it progresses to dementia

About 50* to 80** Percent of People are Able to INCREASE their Scores on Cognitive Tests With Optimal Personalized Therapy

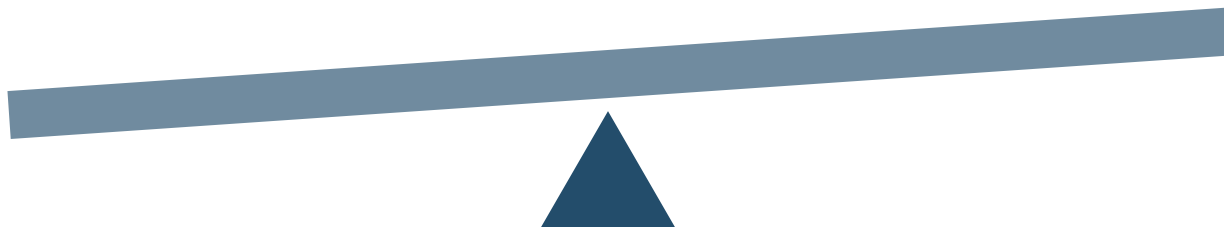
The Brain's Natural Balance

Brain Growth Factors

- Optimal Diet
 - Anti-inflammatory
 - Mildly Ketogenic
 - Intermittent Fasting
- Neurotropic Supplements
- Brain Stimulation
- Sleep
- Physical Activity
- Healthy Relationships

Brain Harming Factors

- Elevated Glucose
- Insulin Resistance
- Toxins
- Infections
- Stress
- Hormone Deficits
- Oxygen Desaturation
- Genetics
- More



Early Intervention is Critical

Brain Function	Age
Normal Cognition	20's 30's 40's
Subjective Cognitive Impairment ("Senior Moments")	50's
Mild Cognitive Impairment	60's or 70's
Dementia is Present in half of people aged 85	80's 90's



*Dale E Bredesen, et.al. (2018) Reversal of Cognitive Decline: 100 Patients. Journal of Alzheimers Disease & Parkinsonism 2018, Vol 8(5): 450.

** Rammohan V Rao, Dale E Bredesen, et.al. (2021). ReCODE: A Personalized, Targeted, Multi-Factorial Therapeutic Program for Reversal of Cognitive Decline. Biomedicines. 2021 Sep 29;9(10):1348.