You Have Less Time Than You Think— Act Fast on Cognitive Decline Transcript

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Introduction to the Reversing Alzheimer Summit

All right. So here is a special mini talk as part of our Reversing Alzheimer Summit. I'm here with my co-host Doctor Kristine Burke, and we're going to be talking about the fastest path to reverse Alzheimer's, whether it's you're concerned about your future Alzheimer's, already working with a parent or a friend and you're concerned about them.

I've got one of my co-host, Doctor Kristine Burke here, who has reversed Alzheimer's a number of times consistently in our practice. And so, you know, Kristine, you have people who are coming in here now.

How TrueNeuro Supports Cognitive Health

What are they going to learn from the summit, and then what's the best next steps to take afterwards? Yeah. So what they're going to learn in the summit is the the structure that we have created around true neuro that allows or helps them to be successful in their cognitive health journey, whether that's prevention, whether that's early intervention or whether that's reversal of dementia and cognitive decline.

And I think what what makes our community of practitioners in general unique is the ability to have a software program that organizes all the components that go into the recipe that is reversing cognitive decline.

It is a somewhat complicated recipe, and it is really important to be able to keep track of all of the different components, both from the side, our brain pillars, which are the things that the that the patient needs to be able to do in order to create a foundation for healing.

And then the root cause pieces what the practitioner needs to be able to attend to and address to help that person's brain begin to heal.

Why a Complete Puzzle of Root Causes Matters

One of the things that I have seen over and over is as we've gained acclaim in this work, we often have patients that come to us who have been with 1 or 2 other practitioners, trying to help them with their cognitive decline before coming to us.

And one of the things that I have seen over and over is it's it's a they're missing a piece of the puzzle. And just like you can't put together a puzzle in to completion without all of the pieces, the same is true of reversing cognitive decline.

You have to have all of the pieces of the puzzle so that you can put it all back together again. And that's one of the things that's very unique about our true neuro software, is the ability for your doctor or your practitioner to be able to see all of the components that make up your physiology that are either in balance or out of balance, so that they can be corrected.

Awesome. Yeah, I think that's very clearly stated. I think one other thing that I know that the clinics that are using it right now appreciate is that they're in sort of a mentorship position.

Practitioner Community, Mentorship, and Faster Learning

And, you know, one of the things that we were thinking about is how do you create scale? Well, you need the software to make sure that people aren't going to miss things and the clinics get it, but also the clinicians learning as they go and very rapidly in some cases.

Well, what do you think about the power? What have you experienced from being part of a sort of a collective all on this journey together? Yeah, I think the collective, the community for the practitioners is just as important as the community is for the patient and in their healing journey.

So for the practitioner having access to that, the cutting edge knowledge to the the patterns and processes that have been able to consistently produce the reversal of cognitive decline, which is what we all want to successfully do, both patient and practitioner.

And I think having the ability to help people accelerate that, the their learning and their understanding of how all of those pieces fit together has been really powerful, because in other types of chronic illness, where we may be addressing very similar subsets of root cause, you typically have more luxury of time.

When we are working with cognitive decline. Time is brain loss. And so everything needs to be done and it needs to be done rapidly and intensely. And that increases the complexity.

Finding a TrueNeuro Practitioner and Closing Remarks

So having that mentorship to make sure that we're paying attention to the things that are going to move the needle and help us to move forward, and then problem solving together when it seems like everything's being done right and we're not seeing progress, like having the ability to put our heads together to help solve problems is also really, really helpful.

Beautiful. Well, I hope that this has been helpful and that you can feel confident. If you are looking for a doctor, you can go to True Neuro A.com. You can look for the patient portal and see to find a practitioner running the protocol.

We will get you in touch with them. Thank you so much for being part of this summit. We hope you enjoyed this guide for patients and we'll see you at the next session.