Introduction and Dr. Love's Background

Welcome back to this episode of the Reverse Alzheimer's Summit. I'm your host, Dr. Heather Sandison, and I'm so excited to introduce you to my friend Dr. Robert Love.

He is a neuroscientist who specializes in helping people prevent Alzheimer's disease using science. He's one of the most watched neuroscientists on the planet with over 350 million views.

His work has recently been featured in mainstream media, including the Newsweek excuse me, the Daily Mail and Newsweek. Dr. Love, welcome. Thank you so much. It's such an honor to be here with you, and I'm so glad we get to do this.

It was so, so fun spending time with you in person. We got to work together virtually, but instead spent time with you in person at a recent anti-aging conference.

And so I'm just so delighted to be part of this. Yeah, it's great to connect again. You know, one of the things I really love about your message is the hope, but also the ability that you've had to impact so many people.

350 million views. That's a lot of reach. And it means that there's a bigger impact. And part of that is your enthusiasm and your energy and how you deliver this.

So I quickly want to go through some of the things that you think are the most important for someone who's looking to prevent or even reverse cognitive decline to know.

Absolutely. So I'm going to start with something that's a little controversial, which is you can reverse cognitive decline. You can prevent Alzheimer's disease.

That is the current science. And I. I shared Dr. Dale Bredesen's documentary. He's he's a personal hero of mine. You've got to work with him. He's he's on the summit. Right.

He's he's my co-host. Yeah. So he's your co-host. You think he's a hero of mine? And I shared his documentary on my Tiktok. You would not believe the negative comments I got.

People said there's nothing you can do against Alzheimer's. You're trying to scam people. You're lying to people. I said, look, you're saying this job, you're watching the documentary.

He shows you how he did it. And so people's minds have been polluted by mainstream media that does that doesn't share the current science by uninformed doctors.

Even worse, doctors delivering the nocebo effect, which we can which you can go and do. Doctors telling patients there's nothing you can do. There's absolutely something you can do.

I can do ten things after I'm head that are great. Number one is exercise you've been great and talk with people about this dual task exercise. Exercise is medicine for your brain.

If you're doctors and tell you exercise to reduce the risk of dementia, please find another doctor it meets are not informed like absolutely everyone can do.

Exercise the United States to help reduce the risk of not only dementia but also type two diabetes and heart disease to the made like three major risk factors.

So exercise huge sleep. Oh, my goodness. You know, 20 years ago I was a person's advocating for little sleep said let's work a bunch and not sleep very much.

Turns out that was a really, really, really bad idea.

Preventing and Reversing Cognitive Decline

I mean, sleep is so essential to not only restoring brain health and cleansing the brain with the glymphatic system and helping get amyloid plaque and toxins out of the brain, but also wiring up new memories and even grow new brain cells.

You know, I get a lot of flak for this. I'm sure you have as well. Neurogenesis, the birth of New brain cells is possible. Research from Dr. Elizabeth Gould at Princeton University shows pretty much every mammal aside from bats.

I don't know why bats, but every mammal can grow new brain cells in our hippocampus, the memory center of our brain. That's amazing. And the growth of your brain cells is associated with better memory.

So you at age 90, viewers at age 19, you can grow new brain cells, which is not what we learned in high school. And so the science is changing. The science is updated as science should.

I don't like the word should as science is meant to. It is updated. The current science says you can prevent Alzheimer's. There are steps you can take to reduce your risk of Alzheimer's disease and dementia.

You can even grow new brain cells. I just want you to really understand that that is the current state of science, and I don't think that's really not debated among the scientific community.

It's pretty much accepted for those of us who this is our specialty people who aren't in the specialty, they don't understand this, they're not aware of this.

But pretty much anyone who this is, this is their work. We know Alzheimer's can be the risk can be reduced, it can be prevented. And you're helping to reverse Alzheimer's.

You and Dr. Bredesen are bringing people back from Alzheimer's disease. That's just amazing. It's a lot of fun. So you talked about exercise, sleep, diet is another big one.

Are there foods that help us prevent and reverse potentially dementia? There are some foods. They're really, really great for the brain for a variety of reasons.

One of my favorites is sardines. I'm actually a traveler right now. I'm in Thailand. That's that's Bangkok outside the window. And I'm one of these really crazy people.

I travel with food, so I brought sardines with me. And so, like, I'm eating a lot of really healthy fish as I travel. So healthy fatty fish. These are fish that are rich in omega-3 fatty acids like like DHA, EPA, specifically DHA.

It's really, really good for the brain. Our brain is made primarily of fat outside of water. And so if we're going to repair our brain and have healthy fats to grow new brain cells, we want to make sure that we have healthy fats. Fish oil is a great source.

If you're vegan, you do omega three algae oil. So I take a fish oil supplement, which I also brought, and then I brought a bunch of these. So eating healthy fatty fish.

And then Dr. Bredesen published or publicized the smash fish, right. Salmon, mackerel, anchovies, sardines and herring. These are healthy fatty fish that are rich in omega-3 fatty acids that are low in mercury.

We want to make sure we're eating foods low in mercury. I have a mantra now about food. It's it's really unfortunate. This is what it's come to, but it's organic food, distilled water and minerals.

We'll talk about I mean, there's a second, but organic food. Distilled water, because there's so much toxins in our environment. It wasn't this way in the 1950s.

I don't know when it got this way, but it's sunscreens as well. There's toxins. It's so many things that it turns out the chemicals in sunscreen, they're wound up in breast milk.

I found it. They kill the reef. It not to be. Yeah. The avobenzone is calming coral. And if it's accumulating in marine life, you know, what's it doing to us?

We're not doing the research. We're just saying, Oh, it's safe. It's really unfortunate. I was at a store recently and there's a bottle of water like this that said for babies it said fluoridated water.

I started freaking out babies. Their blood brain barrier isn't fully formed until until six months of age and mother's milk. Breast milk filters out the fluoride.

The human body knows babies aren't supposed to get fluoride and now they're putting it directly in the water for babies. I thought, this is crazy. And so it's really unfortunate.

So just to protect yourself and your family, I just recommend organic food, distilled water, because you don't be drinking or eating the pesticides, the heavy metals and the toxins that are found in these other things.

Now what to do about the metals on the water? So I put magnesium drops in my water. You can also do elements which is a little bit expensive, but you can add magnesium and selenium drops to your water and a pinch of salt that.

I love sea. So I worry a bit about distilled water, especially exclusively because it will leach the minerals out of your body. And for a population of post-menopausal women, we're so concerned about bone health as well as brain health.

And so I tend to recommend Spring Water. I'm a fan of Mountain Valley Spring Water. If you can get a source that is above the contamination, I think that you can get good quality water.

And then I tend to drink out of glass because as the plastic is such an issue. So Microplastics is out. There with a recent study that said these the nanoparticles of plastic are in a plastic water bottle are much higher than we had anticipated.

It was so interesting because more research needs to be done on the impact on the body. It might just flow through you. And I was like, Oh my God, we are poisoning people with this nano plastic.

Now we know how much, but we have no idea what the effect on the endocrine system, on the brain, on the immune system, on all of the we we know that there's parabens and phthalates and other things and BPA often in plastics and that that has a known endocrine effect.

So it's just again, it's wild and we can go down the rabbit hole of like fear based responses to toxins. And I think the best thing to do is feel empowered to make better decisions.

So scientists spring is a great place to learn if there's a spring water near you that you can potentially go Philip glass jugs with and use. No, my concern about non distilled water is that there's glyphosate now in rainwater, so glyphosate is roundup.

So if there's glyphosate in rainwater, my understanding is therefore there's basically glyphosate everywhere.

Exercise, Sleep, and Brain Health

And so if there's glyphosate in all water, I think I want to be drinking either distilled water or reverse osmosis water. I think distilled water would make.

Sure that you add back the minerals. This is like a this is a classic test question. The practice test question for medical school graduation with the guy who comes into the E. R., who has heart issues.

He's having arrhythmias, irregular heart rate, and it turns out it's because he was drinking exclusively distilled water. So just be careful that you don't become mineral deplete because that can create other issues.

Amazing. It's come to this point where we need to take everything out of our water because it's so polluted and then add the minerals back in this just to like not get sick, just not not to not to arm ourselves with the water.

It's really sad that we live in this amazing time where I'm I'm in Thailand right now. You're in California. We're able to have this conversation basically for free and give us information out to tens of thousands or hundreds of thousands of people, which is amazing.

At the same time, you can't drink the water, but it's it's such an interesting time to be alive with extremely high pollution rates and toxin rates in our environment.

And then people like you and Dr. Breslin are reversing Alzheimer's disease, reversing cognitive slide associate with Alzheimer's disease. It's just a I feel very blessed to be alive at such an interesting time.

Yeah. Making so much progress but also creating some problems on the side. Right? The side effects of progress. Many people ask questions about supplements and the best supplements for brain health.

Do you have recommendations there? Typically. Yes. What would be most helpful? I don't necessarily want to repeat what other people have heard. And I could go off on supplements for about an hour, just kind of off the top of my head.

I can either give you kind of a fast I can give you a kind of a fast list of them or kind of where people should start. What would be most helpful? Yeah, I think where to start.

So if you're someone who is struggling with cognitive decline, maybe you've just started noticing your brain isn't working the way it was five or ten years ago.

And you're concerned because maybe you have a family history and you want to do everything you can to optimize your cognitive function. You mentioned fish oil.

So is there like a stack of of supplements that you think someone in that position should take right out of the gate? Yeah, that's great point. So fish oil.

So research from Dr. David Smith at Oxford found that those who took fish oil and a b-complex vitamin had a 3% reduction in their risk of Alzheimer's disease.

Excuse me. So that's a great place to start a methylated b-complex vitamin. So they got that. So fish oil and B-Complex is a great place to start. I like a methylated B-Complex my favorite is Garden of Life.

I have no affiliation with them, but I found that's the most gentle on my stomach. I can take it on an empty stomach when I first wake up because I don't take b-complex at night.

I've done that. Keeps you up. It's very it can be very stimulating. So I like B-Complex in the morning or with fish oil. My new favorite thing is taking b-complex a fish oil and then having my morning coffee about 90 minutes after waking up.

There's some magic that happens when there's a lot of b-complex in the brain. B-Complex times are necessary to make neurotransmitters a certain neurotransmitters, and then the fish oil, the healthy, healthy fat for the brain.

And then you get the caffeine in there. It just it it really amps up the the pleasure of caffeine. If if you're not experiencing pleasure with your morning coffee, please do decaf for a week.

Get clean, get, get, get cleaned out, get tested, then have a cup of coffee. It's a fantastic experience. It's really delightful. And then when you add the b-complex in the fish oil, it is really, really terrific.

Coffee's an interesting supplement. There's some researchers, one who I really like, Dr. Brandt Corbett. Right. He shared that, you know, caffeine can inhibit neurogenesis, which is the growth of new brain cells. I said, well, that's no good.

But then you look at other research. Caffeine helps reduce the formation of amyloid plaque in the brain. And so I fall down on the side of caffeine because I really like caffeine.

And so if there's research to show that, that can be good. So, so, so that's that's what I like. But if you're concerned, you can't you can't do decaf.

But but a lot of benefits of caffeine and and and organic coffee, the polyphenols in coffee. So that's an urge to drink. But that's also that can be a brain boosting, I suppose.

Certainly if someone has depression or they're having trouble getting moving or having trouble trying to exercise routine. If you're not exercising, try drinking.

Two cups of coffee. Two cups of coffee. Get it, B-Complex. Find a little fish oil. You'll feel good. You're going to be willing to take that morning walk and get get out there and get moving.

So fish oil b-complex a great place to start a methylated b-complex and then magnesium, magnesium, it's become a lot more popular in the last couple of years.

But remember, you know, it wasn't that calcium was thought to be a lot more important to health than magnesium 20 years ago. And now we're learning how important magnesium gets it.

So use over 300 enzymatic processes in the body from from muscles to bones to immune system to energy to to brain health. So magnesium glycine, that's a really inexpensive magnesium to get started and that can help with sleep and muscle relaxation.

And then you've mentioned in other interviews magnesium, three and eight, that's a smaller form of magnesium that can cross the blood brain barrier that's more expensive, but that can be specific, great benefits.

So I'd start there with those basic things that are brain needs, magnesium, fish, oil, b-complex, and then zinc. Zinc is a great neuro neuro protector, especially if we have too much copper that can create oxidative stress, inflammation in the brain.

Zinc counteracts that. So zinc is neuroprotective, it's an antioxidant. It's also just good, generally speaking, for our immune system and other other things in the brain and body as well.

So zinc supplements, another great thing to add and then once you've done that, those foundational things and you're exercising and you're getting good sleep and you've turned the news off, I hope, because it's really stressful.

I get stressed with the news and I know I only watch it for 5 minutes. I go, Oh my gosh, this is really scary what's happening in the world, or at least way that they're presenting it is can be can be quite scary.

And that alliance made something I found to be really, really helpful.

Diet, Fish, and Water Quality

Full disclosure, I sell a lion's mane supplement, and so I'm very familiar with it. But you don't need to get my great lion's mane supplement will be able to help with a number of things.

It can help improve sleep, help you fall asleep faster, stay asleep longer, fall back to sleep. Lion's mane actually increases a growth factor in brain called brain derived neurotrophic factor gdnf.

That's a growth factor that facilitates the growth of new brain cells and new neural connections. So that's really valuable. So why is being can help facilitate the growth of the brain cells?

It's anti-inflammatory, so it protects against inflammation, which is one of the major risk factors of Alzheimer's disease, also supports it, help your immune system.

And so once you've done those basic foundational things of the minerals, b-complex and fish oil, you want to look for like a cognitive enhancer. Lion's mane is a really great, great place to start.

It's very, very safe. And it's also not very expensive either. So that will get people start without taking without spending too much money on on getting started.

Fantastic. And then outside of diet, exercise, sleep, supplementation. And are there other things that you think are really important to creating that neurogenesis and that neuroplasticity, that we need to have a healthy brain, long term?

Absolutely. And this is something that people know when people say I don't think they practice very much. It is travel and it is travel with a curious mind.

So I'm in I'm in Bangkok, Thailand. Right now is my first time in Asia ever. And I just I can feel my brain just growing here. I'm learning so much. One is human beings.

We're very visual creatures. We're also very geographically oriented. You think about our ancestors. We had a tribe and we knew the area around where we lived.

And so we could think of, you know, where we walked to hunting, gathering and so forth, engage with neighboring tribes. If we invent, if we went on the seas venturing and kama commerce, we thought in maps that we thought in in in images of our geography.

And so go to new place it can be if you're in the United States travel to a different city in the U. S., look at a map of the new city, walk around and engage with with the new terrain and the physical map and just plot that in your mind.

It's really, really interesting to look at a map, which is like a guide of what's around you physically, and then to walk it and to know it and to know where things are relative on that map.

It's really a great exercise for understanding visual spatial things in our in our brain. So that's one. And then two is just learning so many things.

I was as recently at a museum at the the Jim Thompson Museum. This is a fascinating museum here in Bangkok. This person was a spy during World War Two.

And then he came to Thailand and he loved it here. And he moved here and he saw there was just great opportunity here. He loved the Thai people, loved Thai culture.

And he he became the the silk king of Thailand. He made it he made a house right next to the Silk District and started doing business there and brought in wealthy Americans and did business partnerships and started making

really great silk.

Yeah. Then you got famous. You're going to love this from the king and I. He provided the silks, the brightly colored silks for the King and I on Broadway and then the movie.

And then he got really famous and everybody wanted his particular silk from Thailand. And so we went on this tour of his house and and I'm asking questions at every single stop, right?

At first no one was saying anything. There's walking like I was just a guy. Then I was asking, asking questions, Hey, what is this piece over here on the wall?

And oh, it was this is workstation. What kind of work did he do here? And eventually other people started asking questions, but people, generally speaking, they don't engage with their environment as much as they as much as they might.

I could have you school kind of you. Life is a classroom, especially if I'm paying for a guided tour. Right? I'm definitely in a classroom. And so ask questions, engage in your environment, learn things.

It's just so interesting, especially when you go to a different culture, learning different people, how they interact with their values. Ah, I've noticed security here in Asia, at least in Thailand, is very, very nice.

I got in trouble for taking too many sardines on a plane and I was arguing with them about it. They were very pleasant. In the United States, the security at the TSA is really kind of confrontational, a little scary.

And I'm kind of afraid of being locked up for saying the wrong thing with them. The Thai security is very, very pleasant. They'll do like, sir. It's just it's just. It's just too big.

We're sorry you can't take this on. They're just very pleasant. And so travel. Please travel. Even just in your city. Go to a different neighborhood and walk around and look at a map.

Enjoy the landscape, architecture of the homes. And if you can travel overseas, I'd really recommend going to a place where your money goes further. It's it's really great to be able to vacation and be generous with the culture that you're engaging with and not really worry about money and not really worry about your budget.

In Thailand is one of those places. There's a number of different countries where Indonesia is another one. Bali is another place where people can go that your dollar goes far.

If you're on a budget, you can find a great vacation in a country that's really going to be really interesting. The beautiful, a great for your brain.

That's really not going to hurt your bank account too much. And please do this. The sooner the better. Most of us lose mobility as we age. And so if, you know, if you're over 50, if you're over 60, get to travel as soon as you can if when you have the time in your schedule, because the the sooner you do it just it's, you know, the sooner the better.

And then you find out more your favorite places. Then you get to come back to them. Yeah, I would second that as well. I think on the spectrum of cognitive decline, even, I have patients where, you know, they want to get that last trip in with their partner or there's an important wedding across the world that they want to get to and yet they have relatively severe cognitive decline or their partner dies.

The decision makers kind of weighing the risks and benefits, the pluses and minuses of going on a trip like that. And so jet lag is inherently stressful, right?

The travel is inherently stressful. Now, this is a good stress if you have the capacity to absorb it. And exactly what you've been describing, you know, it's such a sensorial experience.

There's the new foods that you get to taste, the new smells and the spices of that place, the sounds and the music that's important in that culture and that part of the world.

And in a place like what you're seeing, the new buildings, the new people, the new faces, all of this can be very, very stimulating for the brain. Yet if you have relatively advanced dementia, this is totally disorienting and extremely stressful.

And I've seen patients where, again, they get that one last trip in to Europe and when they come back, it feels like things have gone downhill and it takes quite a bit to recover from that.

And so I just couldn't agree with you more. Go and now go sooner rather than later. Get the benefits of travel. If it's something that interests you. And and do that while it's still beneficial for your brain and not just stressful.

To bring your supplements. I have my suitcase is things to keep me healthy you know I brought a little blender but I don't use the blender in Thailand.

If you plug straight in, you'll blow that your blow your blender motor like I did. But I brought a bunch of healthy food. I brought, you know, supplements for three weeks, all organized for my morning and my night.

In my day, I brought fish oil. I brought peptides, which now are now hard to get. But I got I got my my thymus, an alpha that I take when I fly to make sure that I'm not getting sick.

So I brought all the tools I could to be as healthy as possible and as happy as possible while I'm here. Because this is really important time, you know, this is valuable time.

I do the same thing when I go to Burning Man. Burning Man is one of my favorite tools for Revolution because I'm out in the middle of the desert working hard for free.

I'm actually paid money to go there and help build a camp and put on a speaker series. And I want to be my very best self. And so I pack a lot of things to keep me in a healthy, positive mood, those two and a half, three weeks rolling out in the middle of the desert.

And so when you travel, I really prioritize my sleep.

Supplements for Cognitive Support

I'm I block out 9 hours for sleeping when when I'm traveling. So so, Heather, I wondered if I could ask you a question. Yeah, absolutely. So. So with all these interviews done, I'd love to learn your highlights and what's been new to you.

I know you've been cutting edge in this in this field for quite some time. You've done so many different interviews with so many great minds. And so I'd love to hear what's been most valuable in the in the health summit so far and then what's been new, what's been curious?

What's what's the new data like? Oh, my goodness. I know that that sounds really interesting. Yeah, there have been so many great talks. And yesterday I had the privilege of chatting with Dr.

Joel Klein, who's a very funny, very engaging, like you high energy cardiologist. And we were chatting about the intersection between brain health and heart health.

And I think that, you know, so many people say, well, if I imperative to see my brain and eating all of these fats, then that might put my cardiovascular health at risk.

And they actually, as we chatted and as I've dug into this more, they're wanting the same really brain health and heart health. It's about plumbing. It's about delivering oxygen and blood and nutrients and getting the toxins out.

So making sure you're getting things in and out, both of the heart and to the brain, and that the cardiovascular, the vascular system, it's affected by the same things.

So the endothelial wall is going to be affected by toxins. It's going to be it's so it's not going to pump as efficiently. Right. You're going to worry about those plaques.

If you're have the pathogen develops, it causes gingivitis. There's so much there much more overlap than conflict in terms of brain health and heart health. And can you just chatting with him?

There are there's research you you referred to research. And I think coming through the research, there's so much that's conflicting. And so how to make sense of that has been one of the big questions kind of coming out of this year summit.

I found an article about how great the ketogenic diet is for cardiovascular health. And the paper was so emphatic in its endorsement of the ketogenic diet for cardiovascular disease, and it cited things that made sense.

Right? The kitchen diet is anti-inflammatory. You get weight loss that's associated. If you have obesity, weight loss is associated with benefits for the cardiovascular system, certainly, and for brain health and sleep and so many other things.

So there were there were ways that if there's an increase in omega threes that can benefit cardiovascular disease as well as brain health. As we discussed.

However. The the language looked more like a marketing statement than a scientific paper. And he pointed out that potentially the journal was one that's less and less credible.

And so I having seen this, you know, it didn't feel quite right to me, but I didn't have any. I scrolled immediately down to the conflict of interest section and there was the authors have nothing to declare and no conflicts to declare.

And it was just curious to me like how hard it is to parse out the science and really get good, I guess, make good decisions. How did it how to turn that into good advice and so much of this is about a personal experience.

Again, I was talking to Marion Newport, who is a ketogenic diet expert. I see many of you. She'll be on the summit and many of you may have heard of her and not know her name exactly.

But she's the one who helps her husband reverse his cognitive decline. When she started giving him tablespoons of coconut oil. And this is her videos.

I remember seeing this so fantastic. She was actually at the same conference we were at and I wanted to introduce you guys because she is such a legend and she's so kind and she's so she she calls it like a compulsion, but she's so dedicated to understanding and learning more about how people can prevent and reverse cognitive decline.

Because she just loved her husband so much. And they were going from they were trying to get into all these different clinical trials to help him with his cognitive with his Alzheimer's.

And then that was how she stumbled across the research on coconut oil and on empty oils and that really benefited him dramatically. And so she wants everyone to know about it, right, so that they don't have to go through some of the same suffering her and her husband went through.

And yet again, there is this question. I sent her a paper after chatting with her and said, Hey, what do you think of this? This guy is suggesting that and CTE and coconut oil are really, really bad for you and could cause all of these problems.

And she was able to pick it apart. You know, she's much smarter than I am about these things. And this is the

beauty. You've hosted the summit. This is like really why this is why I'm on my fourth summit is because I get to pick the brains of people so much smarter than I am with expertize, so much deeper than I have.

And I get the benefit of it, my patients get the benefit of it, and hopefully every viewer here gets the benefit of that. Talking through this particular science, very sciencey.

But it was a blog article that that referred back to science, I think, to make people feel like it was credible and yet you could poke holes in it everywhere.

And unfortunately, Mary Doctor Mary Newport, her experience has been that the people who are very critical of and see oil and coconut oil tend to come from the soybean industry.

And my goodness, what a funny but a funny link. So often times you can kind of take these threads back to where is the financial interest and and many times when something sounds more like a marketing piece than a scientific piece, if there isn't humility in the conclusions being drawn, then it's probably financially motivated.

Often it is, and but it's very, very challenging to that to translate that language. And so I always go back to what is my personal experience? How does this make me personally feel?

I try everything that I recommend to people and then also in my clinical practice, what have I seen as true? Has Msi2 worked in your in your in your clinical practice or the ketogenic diet?

What benefits have you seen with your patients? Astounding benefits. I have seen people recover the ability to know their grandchildren's names. I mean, I have seen absolutely profound results from getting into ketosis.

And I know people debate the mechanism of that. Of course, there's this idea that it's that mimics an ancestral diet that our bodies and our brains are designed to get into ketosis.

But I interviewed somebody yesterday who said, no, the brain's preferred source of fuel is glucose.

Travel, Curiosity, and Neuroplasticity

And so I'm pretty sure that the research is that the brain's preferred source of fuel is ketones, and there's just a lot of conflicting information out there and finding either a provider you trust and being open to experimentation and that everybody every everybody, yes, every human body and brain is a little bit different.

And so how we respond is going to be different, but common sense and unfortunately or fortunately, depending on your perspective, this isn't rocket surgery, right?

It comes back to rocket science. It's brain science or brain science. But it's not it's not so, so complicated that we can't all get benefit. Right. It's diet, it's exercise, it's sleep, it's stress management.

It's probably some supplementation because of the state of our food supply and our food systems and our soil. And so and because of the number of toxins, as you mentioned, that we're exposed to, we can avoid all of that.

But really, it comes back to fundamental basics that support health. And what I love is that your work and doctor reticence work, they are about fundamentally improving health it like the people ask me a question what do I do to reduce my risk of type two diabetes?

What do I do to reduce the risk of Alzheimer's disease? What do I do just to reduce the risk of dementia? Period. I got answers for you the same to reduce your risk of heart disease.

Type two diabetes, Alzheimer's disease most for other forms of dementia. It's these things. It's exactly, as you mentioned. Aging in general, osteoporosis. Right.

So the you know, if you get really fancy, you can go into bioidentical hormone replacement. I'm a proponent of that. I do, as you know, starting out as a natural.

Have I thought of menopause as a very natural? Andropov's is a very natural experience that our hormones should drop as we age. And that that was part of that was a phase of life and that we maybe can embrace that.

And yet if one of our goals is high quality bone health, reducing the risk of osteoporosis, reducing the risk of falls and fractures, reducing the risk of cognitive decline, then I do think having that muscle mass that helps us, you know, increase insulin sensitivity.

There's just so many benefits to bioidentical hormone replacement that I have really switched my perspective. I think that that that's something also to note is that as we learn more, we need to be willing to change our minds.

And I, I say Alzheimer's is preventable and optional. And I had someone say to me, but isn't that basically blaming people for having Alzheimer's, like suggesting it's their fault?

They ten years ago I took as gospel that there was nothing you can do for Alzheimer's. And my. Good. Oh yeah. In, in school when I was in at Bastia and training I remember very distinctly being told there's don't never tell anyone, there's something you can do for Alzheimer's or dementia that would be to give them false hope and that would be to give them to do harm.

So there is nothing that you can do for Alzheimer's of dementia. And I might. Find that way. Wow. In that way, yeah. And it may have been experience. I heard Dr.

Bateson speak and he was saying the opposite. He was saying there's actually a whole lot you can do. And in fact, if you stack everything you learned in natural topic school or in social medicine, what you get is better than oral health and you do get reversal.

I love the idea of stacking. So, you know, if you if someone has a business and then they reduce their expenses, now their business makes more money. And that would if they, you know, reduce their personal expenses and increase their savings and whether they invest or if you stack these multiple behaviors for our diets, what if you do intermittent fasting in the morning with your organic coffee?

And then what if you just cut out bad desserts and you're eating healthy chocolate? What if you stack multiple health practices? Your health magnifies.

I love that that idea that's what exactly Dr. to has it it's like it's not just one thing one thing it's not enough people say but take lion's made is that going to help my my mother who's has dementia say it's it's no it's not going to bring her back.

It's not going to be enough. She's a diet exercise, improve her sleep, reduce her stress and alignment can help manage your prognosis. Benefit of mood and sleep.

Probably not cognition. Certainly not right away. It's not enough. I'd love it to be enough. I'd tell you it's enough and I'd happily sell it to you. It's not enough. It's.

You got to stack these things. Exactly. And it's so powerful to stack these things. You make tremendous change someone's life. You stack diet, sleep and exercise.

Absolutely. Without a doubt. You get on this virtuous cycle, right? Things start spiraling instead of going in that downhill spiral. Right. So you can stack them in both directions, right?

You can you can have a crappy diet and you can get poor sleep and you can have a sedentary lifestyle and you amplify your risk of disease in every direction.

But if you go in the other direction, then things start spiraling up and and you get protection and benefits for every single cell in your body. And now that you now for you have you at home, watch this start installing and practicing virtuous cycles.

So one thing I've done in my in my business, when I get really good news, I do a cold plunge. When I want to celebrate a business success, I do something really healthy for my body and I love cold plunge.

It's it's it's so good at it recently so. Hard. And it's. So good. Proves increases dopamine like 8 hours you know 30 minutes of pain you feel better for 8 hours best the best trade off so as so I was at the airport two days ago and they took like 20 tens of circuits for me and I was I was quite sad.

A break in. It was totally heartbreaking. I'm like, please eat this. And so I'm on the plane. I'm kind of feeling like it's not about the money. I think it's 20 or $30.

It's really I'm upset that I made a mistake and I lost it and I'm sitting on the plane fuming.

Brain Health, Ketosis, and Stacking Habits

And so I'm thinking, I do. I want to do it. Most people do it. I'm going to reach for it for for food. Right. And I want to eat for sugary foods. So I have I have some dates.

So that's kind of like what I'm thinking, right? And that's a healthier for food, but that's kind of like the coping mechanism a lot of us go to want to reach for food or reach for calories, something sweet or salty or fatty, and I'll feel better.

And so we have healthy food around you so that we can reach for like an apple or something here. Mango the mango here. Mango sticky rice. So good. You're in Thailand.

Then I picked out my journal and I wrote my I looked over like past week in a row, kind of my summary of the week. I did something positive and I put down my journal.

My stress was like gone. I'm like, Wow, I took a stressful situation because I lost something that was valuable to me and I practiced some journaling and now I just I feel I feel productive.

And now I just I let that thing go. And so anytime you can stop and take note, it's notice when you do a virtual virtuous cycle instead of picking up a cigaret or a glass of wine.

When you feel stressed notes when you go for a walk or just get a hug from someone or, you know, write a text message of gratitude to someone, do something positive instead of something negative for your health, and note it and say, I'm the type of person who engages in virtuous cycles.

I'm the type of person who does something healthy when I feel stressed instead of reaching for the cigaret or reaching for the glass of wine, do something healthy and tell yourself you're that type of person and then that'll get you started on the virtuous cycle.

And notice that no other people to notice. Hey, I noticed you're feeling stress if you went for a walk, that's awesome. Like no notice the virtuous cycles and other people around you as well.

Yeah. And encourage them. We're social creatures so we're going to be in pected and influenced by the people we choose to spend time with. I think that community is such an important piece of cognitive function, right?

Because we all have those friends who are like, Oh, let's go drink the day away. And you know, they're happy to ride off an afternoon, just become drinking alcohol, consuming alcohol and eating pizza.

And when you notice that, that and then it's hard if you're sitting there with them, it's like you want to drink too, or

you want a piece of pizza too, or you want a hamburger too.

And it's harder to make the healthier decision. Yet if you are choosing to spend time with the person, it's like, Hey, you want to go to yoga with me?

Hey, do you want to go to that dance class with me? Hey, do you meet for smoothies or green juice instead of alcohol? I think you can make a conscious decision to choose one over the other.

Absolutely. I've also found it fun to sit in the group that's drinking alcohol and drink coffee. Because I'm going I'm going in the opposite direction. Right.

They're getting slower and like their brains are getting a little slower. And I'm drinking coffee, I'm getting sharper and smarter. I also like I'm taking notes on my phone, I'm getting ideas and I'm able to joke with them a little bit more seriously because I'm a bit on a different planet.

So I like going the opposite edge and I. I really enjoy drinking it in and in college. Well, wait, wait. Dangerous drinking in college way too much and in grad school.

But life without alcohol is so much more fun. It's so much more fun to be much more aware of, of, of. I find it much more enjoyable to be aware of my environment than the temperature euphoria of alcohol which has it.

Alcohol feels really nice. It tastes nice. It's an interesting experience, but it's really dumbing down the senses. And long term, I found I was able to work at night after drinking a glass of wine, and I like working tonight.

I mean, it's what time is it? 1130 here right now. I like being able to work at night. It's great. And I like sleeping well. My sleep is so much better since it since I'm not drinking.

Yeah. I mean, the best feeling in the world is waking up feeling ready for your day. And with alcohol, that's really challenging to do. And yeah. So I really enjoy being on your Tiktok live.

You have a huge. I want you back. Like if you see people like when's Heather coming back. She's so great. Well I would love I would be honored to join you again any time.

It's such a privilege to have you here on this summit. And for all of our listeners, please let them know how they can find out more about you, the lion's mane and your take.

So so my so on social media I'm Robert W. B. Love if you look up Robert love or Robert W. B. Love on either TikTok or Instagram, I'll pop right up. I'm at 1.9 million followers on TikTok right now, and almost, almost a million on Instagram right now.

Then I'm also on Facebook as well. I think a million, 5 million, five there. I post most more stuff on Tik Tok, so that's where the most content is. Instagram's a little bit more there's less of that on there, and yet my tik tok live is the best time.

So let's tell people when when you and I are going to go live, Heather and then we can answer questions directly. A lot of people write comments under videos.

I'd love to answer them when I first start out and answer every single comment. Now, it's just not feasible. So I do the Tiktok live so I can engage with people like in person.

And so I love answered the questions. Did you enjoy being with all the questions? When we were on TikTok. The time went by so fast.

Community, Alcohol, and Where to Find Dr. Love

I think we spent 2 hours answering questions on Tik Tok live, but we were together last and it was it. Yeah. It feels really good to be able to provide value in real time and to people who are really looking for this information.

So the week that the summit goes live, let's do it again and and get people, you know, access to the summit. It's free this week. And so hopefully, you know, in a long form, these long form conversations, you can learn a lot from a lot of different experts.

And then I'd love for you and I to be able to share some of the time the answers to questions that come up that are coming up this first week in April.

Fantastic. So we get to do other TikTok live that that would be so fun. And then for those interested in Lion's Mane, you just look up RoarLionsMane.com and you get a lot of information about the Lion's Mane you to get mine, you can get another Lion's Mane.

But yeah, start with the some of the other stuff. First, the b-complex, the magnesium, the fish oil and then if you want to kind of answer something after that, you can consider a Lion's Mane.

It's Lion's Mane. It's not necessary. People say, Why is Lion's Mane different than magnesium? I'm like, Well, you need magnesium. You don't need Lion's Mane. It's great.

You don't need this. You need magnesium, you need zinc, right? These are things your brain absolutely needs. Heather, thank you so much for having me on the show.

This is so fun to be here with you and to be to be a part of something. I just I'm so honored. I love your work. I love that. I love the Dr. Bredesen's work.

And it's just it's an honor to be to be a part of your program. It's such a privilege having you here. And always a ton of fun. Thank you, Robert. Thank you so much.