Introduction and Mary Raposo's Story

Welcome to this episode of the Reverse Alzheimer's Summit. I'm your host, Dr. Heather Sanderson. And I just am so tickled and delighted and excited to introduce you to Mary Raposo.

She's a friend and the daughter of Roxanna Raposo, one of our original residents at Miramar, after her mother's diagnosis of dementia in 2014. Mommy searched for a way to prevent and potentially heal her mom's dementia.

She came across the Bredeson protocol and me and Miramar, and she's seen firsthand the benefits of being in this immersive experience. And she's passionate about sharing the story.

Mommy actively shares about her mom's progress through her blog, Dementia Healing Morgue, as well as on her social media pages. She's also hosting meetup groups where she and others can share their experiences, share what's worked and what hasn't with other families who are new to this, as we all know.

Nobody wants to learn anything about dementia until the day that you need to know everything so that you can support your loved one. And this really helps people get up the curve of learning.

She understands the challenge, an impact that this disease has on families and is committed to creating a world where a dementia diagnosis is not the end of the road.

Momi is so inspired by the level of care her mother received at Miramar. Thank you that she is dedicated to opening up her own facility in Southern California, where she can continue transforming the standard of care for aging adults with cognitive decline.

So, Mommy, welcome. Yay! I think you're here. I'm so. I'm so glad and grateful to be interviewed. And I you know, I'm just super excited to be here. So thank you for having me.

Of course, though, I want other people to know what was the path it took for you to find the protocol, the reticent protocol, his books and then Marama.

Yeah. So our path was was probably similar to a probably a lot of people. My dad passed away in 2010, and I think that's what triggered for my mom in many ways her on to that spiral of cognitive decline.

A traumatic event like that definitely impacts, you know, your limbic system, right? She it triggered a lot of her anxiety and depression. She had a lot of panic attacks.

And I think that just having her body being out of balance. Right. And homeostasis is really what kind of led us on that path. I think we started seeing her cognitive decline in 2012 and then she was probably formally diagnosed in 2015, I think, as I said.

And then when that formal diagnosis happened, I think is when I was like, oh, my goodness, because we were in denial. Right. Which is like a lot of families are. Right.

We're like, okay, well, she's asking the same questions over and over again. Not a big deal. She left the stove on. Not that big of a deal. You know, let's just watch it.

And hopefully it doesn't, you know, progressed. So that was, I think, a wake up call with the formal diagnosis by our her primary care physician at the time.

And, you know, it just made me wake up to the fact that I know, you know, I knew I had to figure something out, like I didn't want my mom to go down the path of dementia and I hadn't thought about.

You know, to your point, Dr. Sanderson, it's completely true. You don't think about it until you're impacted directly or you have a loved one that has a, you know, a diagnosis.

And so I just started researching. I started getting into Google and digging and digging and came across, you know, Dr. Bryson's book came across the protocol.

I actually also reached out to some practitioners and I also reached out to some coaches. Jen Felix actually is one coach who has been a Recode coach for for many years and also came across you.

Finding the Bredesen Protocol and Miramar

And, you know, I think the biggest challenge, one of the biggest challenges, I think initially is, you know, the commitment the commitment from my mother, you know, she was used to a lifestyle that she was living away, that she was eating for years.

And it didn't necessarily she didn't necessarily understand the the need, you know, the necessity to make that type of a change. So getting her on board, I think, was was one of the biggest challenges.

But, you know, one of the other ways that I also came across Marama specifically after talking to Jen. Right, I had a quick conversation with her. And then I think she was looped and she's she's looped into the Apollo community.

Right. And she she forwarded an email on to folks who were part of her meetup group about Marama. And I said, Oh, my God, this is the answer, right? This is this is this is how we're going to make this work.

This is the hope, right? This is this is that glimmer of hope that I needed. And so I reached out to you or, you know, applied online to on the Marama website, and then I spoke with you.

And then that's just basically how our journey started early on. It was to when I met you and your mom, she was living in an assisted living facility and COVID hit.

And so I remember we had chatted a few times and I was even seeing her as a doctor. And the hardest part was implementing because in the assisted living facility there is lots and lots of carbs available.

So it's almost impossible. It's just next to impossible to be on that diet, especially as you said, like your mom doesn't understand. She doesn't get that she needs to avoid fruit.

She thinks of them as healthy and remembering that you're not supposed to have them on a ketogenic diet when there's tons of bananas in front of you and ice cream and everybody else is having it, it's really, really challenging.

And then as COVID hit, everybody was isolated to their rooms and couldn't leave. So tell us a little bit about kind of that stage. What made the move in?

Yeah, no, it's actually really interesting, Dr. Sandison, that you talk about we did see, right. So I was like, you know, and you were from Hawaii. So we had that connection and I was like, No, I'm choosing her.

So we're going with Dr. Sanderson, even though we had to make a little bit of a drive. Right. We're in South Bay, but, you know, I'm very grateful to we're very lucky to be able to have this here in the San Diego area as well.

But, you know, after we had run all the labs, you had said that my mom had the highest level of Candida in her good. And I don't know if that's than any patient you've had.

I don't know if that's still the case. But that was definitely, you know, not necessarily a shocking discovery. I mean, my mom would wake up and eat a bagel before she would go to sleep.

She would want to toast with, you know, peanut butter. And so that was just a normal course for her. But so those

were just some of the kind of smoking guns that we saw.

And then also the, you know, the dental the dental care. Right. So, you know, we had her in what is called of I consider a big box facility in the Chula Vista area.

And, you know, it was the the challenge with that we had moved her in initially there in 2019 started working with you. And I think January 29, 2020 excuse me.

So yeah, definitely right before the pandemic, I tried my best to work with them to implement some changes to her, her diet. But, you know, it is super, as you know, so critical to really be immersed in an environment where you've got that level of support, where you don't see some of the things that, you know, the cakes or the muffins sitting around.

And okay, let me just have one very challenging. There was I always say that they gave them dessert with every meal except breakfast. And breakfast was like pancakes and sirup and French toast.

And that just, you know, is not sustainable. It's it's it's disheartening. You know, it's that's probably the biggest challenge. And even now, right, whenever we're going out to different, you know, festivals, for example, or, you know, just going to hang out with the family, there's always that pasta around.

They want to go to Olive Garden or whatever, you know, whatever restaurant. And you just really have to be so meticulous about what you choose on the menu because you know the impact.

So but yeah, it was we saw you I think the first time that we toured it. And you were you guys were still basically in construction, so. Oh yeah. It was like we were it was pre-pandemic when we were still kind of turning everything over.

Right. And you're thinking about, I mean, pandemic kind of put things on hold and seemed to moving in over the summer, right? Yes. She in. 2020. At the end of the summer. September.

Actually, December 2020. Okay. So then what did you notice when she moved in? Well, it was, you know, obviously a shift in lifestyle for her. So, you know, not everything is is rosy, right? No.

No. And in fact, I want people to understand that. But there is a big transition now. And even with dementia, whenever they move, it's very disorienting.

So we expect that. And then moving into a place like Miramar, where you're on a sugar detox, you're on a TV detox, you're on a screen detox in general.

And so for some people, they're even detoxifying from alcohol and that can be uncomfortable. So I know your mom went through a bit of that. Yeah, she definitely did.

And, you know, I mean, just to be honest with you, also, you know, she has because of the limbic system impairment and some of the anxiety, you know, and, you know, the fact that she's got with that pill, the panic attacks and everything, the cortisol running through her system, I mean, her whole entire body is inflamed.

Right. And so that just that experience and that feeling in itself kept her in bed. You know, there would be times when I would get calls from the caregivers at the old facility and, you know, it was 10:00 in the morning and she hadn't gotten out of bed.

And so they're like, Hey, help, help us get your mom out of bed. We saw some of that at Miramar. But, you know, the amazing, like I'd say, probably within six months to eight months, she was she was on track.

Transition to Miramar and Early Challenges

But there definitely were those those bumps in the road where, you know, she was because I had her you know, I communicated with her on the portal as, you know, the Facebook portal.

And so she'll call me and she'll be like, Mommy, they're not giving me a snack or like, I can't eat something before I go to sleep. I need something before I go to sleep.

And I'm like, Mom. So it took a lot of coaxing. It took a lot of explanation. So there were definitely was, you know, was that going on? You know, just to.

Be clear, we do three meals a day and two snacks in between those meals. So we do do snacks. There's no starvation, definitely. No, no, lots of calories.

But it was that before bed. There is that three hour fast. That's part of the Bredeson protocol so that you can get that really good restorative sleep.

But she got used to it. She definitely got into a rhythm. She got used to it. And it's kind of amazing because, you know, maybe like like I said, there are times when I would talk to her on the portal and, you know, I'd mention or she would mention ketosis or I would mention ketosis and she's like, Oh, yeah, yeah, that's the fasting, right?

And I'm like, Yeah. How does she know that you know? I mean, it's just it was the awakening, honestly. And then that's that's really what I want. The point that I want to drive home is that the experience of seeing my mom awaken, right?

I have on, you know, on our website, I have before and after videos. And it's a stark difference. You know, we would before like maybe early on when she was at Marama, we would have conversations and pull whether people in family members or aunties from Hawaii and we we we would be talking during the conversation she's just kind of chiming in like, So Julie, where do you live?

Where do you live? My aunty Julie and she would ask that the entire 20 minutes while we're talking. I would say another major difference that I noticed is maybe eight months, a year after, right?

She was at Marama. She would be tracking to the conversations and she would actually be chiming in. Right. And and that was just that was amazing to me.

I was like, my goodness, very good, mom. So you really see that awareness open up. You know, you see the you know, she's talking a lot faster. I look at a video when she was at Frederica and this is in May of 2020.

That was the other big box facility. Sorry. But she she was very lethargic, you know, very depressed. You could tell talking slowly, you know, and obviously repeating herself.

And, you know, when you look eight months later, she's talking like, you know, having a normal conversation. So it seems truly amazing. Yeah. And it wasn't just your subjective experience that changed.

There were also results. They there was measurable results. Can you explain where how it was measured? Well, you know, definitely. Well, one of the the lab tests.

Right. So, you know, the labs, we definitely saw improvement in the labs. Her homocysteine level went from like 13 to 8, I believe. And I think, you know, Dr.

Bredeson likes to keep it seven and lower, so we definitely saw improvements there. But her MOCA scores improved. I think her lowest was 13 and her highest was 17.

And I know that's not like an exact science or anything. And there's a lot that depends on her mood and her, you know, just generally how her day was going that day.

And then we also started doing the Cambridge test through her primary care physician, and they would go visit Marama and conduct those. And she I saw consistent improvements throughout the entire last year from and actually the last Cambridge test that she took.

She was average across the board except in one category. And and she moved up from the beginning of the time, which is like February 2020 to when they first started conducting those till December.

It's like almost close to ten points. Wow. So the way Cambridge Brain Sciences works is that it's much more in-depth than the MOCA score. There's a battery of tests that look at different parts of your cognition, and we used Cambridge Brain Sciences at Salisbury in the clinical trial and it Marama they started using the same tracking tool.

So I'm relatively familiar with it. At Health Topia, the primary care partners that we have that take care of all of the residents at Marama. And so this is independent of me.

I'm not doing these studies. It has nothing to do with me. It's the primary care providers who come into Marama and help take care of all of our residents there.

They were curious what was going on with their cognition and Roxana is just this beautiful example and this is happening for other residents as well. This is consistent is that they started so she moved in in September of 2020.

We didn't even start doing this until February of 2022. This is something that surprised me. I really thought that residents would move in and like over the course of a year, they'd kind of plateau and they wouldn't keep getting better.

And what we've seen has been so incredible, it gives the chickens even like talking about it. It's so amazing because between February of 2022, so 18 months after she moved in and December of 2020 to like a little over two years after she moved in, there is a measurable change.

And so what Moby was talking about is her being average. Cambridge Brain Sciences has looks it looked at tens of thousands. If not hundreds of thousands of normal brains at different ages.

So they have a normative score and what they're doing is putting you on a percentile and for Roxana, she was in a basically on that bell curve, like where normal is.

If average is where she is now, she used to be below average compared to other people in her in her age group. And so now she's average and all but one.

And really, I would say she's a miracle and way above average because she is doing the impossible. She was actively reversing Alzheimer's disease. Yeah.

And you know what, Dr. Sanderson, I think about, right? With my mom, you know, we're also we're not just like we're going against time here as well. Right.

I think that that doesn't like that's not necessarily factored in. Right. As they age as we age, you know, there are definitely, you know, declines in our mitochondrial, you know, support and our cellular or, you know, cellular structures.

So we have to consider that as well. And we're seeing reversal even with that, you know, in the. Physically of the aging process. Yeah, you make a really good point.

This is what we expect is that each year the MOCA score drops by three points. So that's on a 30 point scale.

Awakening, Measurable Improvements, and Setbacks

And what you were describing, you know, there were ups and downs and I want to talk about that because we can't

prevent death, we don't prevent falls.

And, you know, these are things that happen at Marama. So and yet she still was like almost defying gravity, right. What everyone expects is that that MOCA score is going to drop by three points and hers actually improved, which means that you're going against the tide.

So you're not getting just the three points. And then like that's it's not like you just need stable she or Roxanna just to say well we've got to give her the credit here but she actually improved, which is not what is expected at all.

Yeah, it's amazing. Yeah, it is definitely miraculous. But yeah, no, we can we can definitely touch on, you know, some of the, you know. Ups and downs.

It's not all rainbows and unicorns, but we love celebrating these really great these really great things. Right? Like her cognition got better. And yet there were there were other things that came up along the way, so to speak, to that.

And it's you know, I think it puts it also in the context of your family. This is really hard on your family. Yeah. No, it definitely is. You know, I think the biggest challenge will follows can happen.

Right. So my mom did have a couple of falls and there were falls prior to her moving into Marama. So it wasn't, you know, something that I think was unique to her being there.

And that definitely impacts her cognition. Some of the falls that she had prior to moving into Marama, you know, so there was head trauma there. So, you know, and I honestly believe that if we did not if we did not move her in at that point in time, we I don't know where my mom would be.

You know what I mean? I honestly don't. So that's yeah, I don't I don't even want to think about that. But but yeah, there were a few falls so moving her.

So last summer she had a fall and she had fractured both of her wrist. So she literally was not able to do anything. So we had to pretty much do everything for her and we took her in because I know that, you know, to have another kind of one on one care giving is definitely, you know, was not within the financial means.

And so we brought her in and you know, my sister and I, similar to now, are providing her caregiving support. And and that was definitely I was definitely a challenge.

You know, you know, when you're working full time and then also, you know, trying to take care of somebody with dementia, it's certainly not easy. And then also, you know, the other dynamic that I want to you know, I want to make a comment on is, you know, you have a certain relationship with your parent. Right. And and it's not it's not necessarily sometimes it's you know, she fights with us sometimes.

Right. We want to go through the activities with her, you know, you know, do some of the brain games and, you know, she'll fight with us on that. But I what I've noticed is that Marama, you know, she's seeing everybody else do it right?

That social structure makes such a big difference because, you know, they're in this together and, you know, and she notices other people doing it. I can do that, too, you know?

So that really makes a big difference. And so the dynamic kind of changed when we had her for a couple of months, I think when she went into Marama after that, we saw a slight decline, saw some issues with her, you know, attention having a little bit of a, you know, focus issues as well.

And then the other thing like I mean, there's so many different things that we have to think about. I changed her glasses and took away her bifocals. So she literally stopped writing.

And the little journal books that Marama used to give her, I mean, we're back on it now and I have her back on with the bifocals, but I got really concerned with those because I thought that maybe some of the reasons for the falls.

Yeah. I mean, you just. You never know. I mean, it's all trial and error and you just kind of it's truly a journey, right? You just kind of figure things out as you go.

And you try different things. But yeah, it's that was one of the, you know, road bumps that we that we met. Yeah. Yeah. That's I mean, like the bifocals.

I cannot completely understand why that would feel like a reason for a follow up potential thing that would cause a fall. And yet being able to read is so important.

Right. And keep that going. It's like there so many of these impossible decisions that come up. I was talking in the coaching course just this last week.

There was a gentleman who caring for his wife and she has relatively severe dementia and he was asking about a flight, a long flight. And I was, you know, she's got a mucus score below ten and it can be so disorienting, just like we talked about to move.

And he's like, can I take her to they live in Spain. Can I take her to Colombia? And I was like, can you avoid it? Like, is there any way to not go? Like, it's so hard on people.

The jetlag, the flight travel is stressful on anyone, let alone someone who's struggling with dementia. And so then of course, I encourage him not to travel.

And he's like, well, our son is getting married. And he was just like, No, I don't want to be the one to tell you. That. His mom shouldn't be at his wedding.

No, of course. Go in these and these. It's tough decision, the big ones and the little ones like what do we do with her glasses or his hearing aids or, you know, what.

Should she be wearing? Right. Like we all have these little decision ins that are so they feel so big and so overwhelming and kind of impossible. Like, can you make the right one right?

Yeah. And yeah, that's all you know. And it definitely I mean, some of the other challenges, you know, from a, you know, a family perspective is, you know, she did obviously on the keto diet, she lost the weight.

And so, you know, people are looking at her like, wow, she's too skinny, you know? And so that was one of the things that we kind of had gone through.

And it's just, you know, it's a process of explanation and, you know, trying to get them, you know, into the fold and the belief. I mean, you know, if you don't talk to her every day, you know, you're not going to necessarily notice some of the differences.

And again, I mean, her short term memory is still there's still some challenges there. We're still working on that. But, you know, if if you call her once, you know, every month or every few months, yeah, she's going to be asking you some of the same questions so that it can absorb, you know, and she does that.

She doesn't. And sometimes she'll know the answers to some of those questions. But she doesn't she's not confident about the answer. And so it kind of like from a perception perspective, it makes it look like she you know, she isn't getting as, you know, getting better from her memories.

Still, the issues with the memory are still there, but it's not so. Yeah. And she, she's not going back to work, right. It's not perfect, right. She's not getting worse. Yes.

And that in over three or four years, that alone is a miracle. Right. And the thing is that it becomes it gets to the point where it's manageable. Right.

The challenge, like the whole reason why we moved her into a facility in 2019 was because it was just really difficult for my sister. They all lived in the same house, you know, to take care of her.

She was calling nine on one a lot, right? With the anxiety and the panic attacks. And you know that that just became a huge challenge. And we're like, look, we we can't we can't do this.

So I don't I don't blame any family, right. For making this decision. It is a tough decision. But, you know, even if you have your your loved one at your home and you're caring for them, you know, I recommend having caregiving support as well, if it's possible.

I highly recommend to anyone who is at home caring for a loved one with dementia, aim to have one full day off. And if that means bringing in family reinforcements or hiring someone, whatever that means for you, please do that before you think you need it.

Because the burnout rates are high, the burden of caring for someone with dementia is high, and I never want somebody to be in that position where their backs against a wall, where someone does have a fall or there is a stroke or some event, even just a UTI, something that happens that throws things off.

And then all of a sudden you need help and you don't have the time to search for the right person or line things up. But if you have that relationship already with either a trained caregiver or a paid caregiver or a family member, that can be your backup.

This and then also the person with dementia is used to them. They're familiar with them, they know their quirks and they know how to work together. And it's not like you're starting from scratch with the relationship when you're in that desperate moment.

So I highly, highly encourage people to get that support before you think you need it. Yes. Yeah, definitely. So you you mentioned that you witnessed an awakening and you also describe this piece of mind knowing that she was doing everything that she could to support her health.

Can you speak to that a little bit? Yeah, I mean, definitely. You know, I think Marama is the best place that she could have been, right. The food there is amazing.

Like, you know, I honestly, we still struggle with keto, the keto diet. I'm just you know, we try my best, right? I mean, I try to, you know, make sure we have enough variety in the vegetables and we're getting her like 4 to 5 servings a day.

And I says, Well, right. I even get to where I gather. But, you know, making sure she has enough fats, it's it's there's just a lot and so I knew that, you know, I'm, you know, visiting I tasted food.

I had no I had no qualms about it. You know that. But it's the best. It is the best. The desserts are the best. But the food is is awesome. Really? Really. You guys do an amazing job there.

The chef does an amazing chefs, plural, do an amazing job there. So, yeah, no, I definitely you know, I had that peace of mind and seeing you know, the transformation that she was making, where it went from her, you know, not wanting to get up, saying that she's dying and it's 11:00 in the morning to me, calling her on the portal and she's sitting up in bed saying good morning.

I mean, just that in itself, right, gave me that peace of mind that I'm like, oh, my goodness, it's, you know, it's working.

Caregiving Lessons and Future Plans

And yeah, and she's healing. We obviously have more to do. You know, I think the we still have the bottom, her bottom, some of her dental work. Right.

One of the other things that we saw was the nine root canals. So that definitely is one of the stressors that we want to remove. And, you know, the the trauma healing.

And so that's kind of like the next, I think, journey that we're we're going to take and looking into different therapies. You know, I think that's that's one of the things where you're like you kind of go two steps forward and then one step back or it's kind of still working against you to certain degree because she still has, you know, triggers.

So but that's I know there's resources out there. I know there are things that are going to work as well. So it's just kind of trying these different things out.

Process of elimination. Yeah, you guys did DNA or a beta program? Yeah, we did DNA tests. I looked at Gupta, but we did the NRC and it was it. I think initially when we did it, it tried it out for about six months.

I think initially it did work, seemed to make a difference. The whole concept of like the visualization I think was difficult for mom to to think through because I'm like, well, just imagine where you want to be.

Well, I'm not. I'm sitting here in this room and I'm all right, mom. This is going to be a little bit tougher than we are initially. I think we did see a difference for her.

You know, from the panic attack perspective, honestly, like she was having that she would have those, I would say, day to day. And then at Marama, you know, she maybe would call me, you know, once when she's in her full on trauma loop once a month.

Oh, wow. Oh, wow. That was a really big difference. Yeah. And a lot of times. Right. You know, there would be something that would trigger it. Right. You know, a new resident moving in and, you know, and she would have a little bit more.

And so I'd ask the caregiver is like, okay, what's changed? And they're like, well, we did have some new residents move in and I was like, Aha! So that certainly could be triggering her a little bit more, but it's all energy, right?

So, you know, it's really I have to be conscious myself to make sure that, you know, as calm and peaceful as possible as I'm talking her. Through. Some of those anxiety attacks. So, yeah, it's a lot.

Like you said, her emotional healing is crucial to this process. They're all intertwined. Yes. Not it's not just the physical piece. It's that emotional piece as well. Right.

We're looking at things like EMDR. I don't know if you've heard about that. Okay. So that's that's one of the things maybe some energy healing. We did equine therapy and I actually thought that that made a difference and I haven't done it again.

It was really interesting. When she was there with the horse, one of the horses came by her and started yawning. And and, you know, the trainer, the owner of the horses said, oh, that's interesting.

So is there any like stress or anxiety going on with her? And I'm like, Mm, yeah, that's why we're here. Yeah, certainly. Yeah. So certainly that could be yeah, that could be why the horse is reacting that way so intuitively.

Yeah, he knew and that helped to I think you know, she really enjoyed that. So I think yeah, definitely more consistency as far as that goes. I think animals. Animals are so healing.

Yes. All right. So I want everyone to know about kind of the next phase in your journey, your professional journey that you've been inspired to start something similar because of how Mama supported your family.

And you're seeing that there is a massive, massive interest in this. And lots of people who are looking for the support but don't have access to it and it's not in close proximity like.

Right. We were lucky that we happened to both be in Southern California and people at Miramar come from all over the country, Georgia and New York. And we had a resident from Boise for a little bit, from Seattle from all over.

And so having no one wants to move to memory care, let alone across the country, so having more places like this that are accessible and down the street, at least while we while we changed the narrative around dementia and prevent it.

While we're working on that with 40 and 50 years, 50 year olds, we still have this massive baby boomer population that we need to help and support. And so you are doing that.

You are part of that wave of people who is trying to create things that support that that group and tell everybody what you're doing. Yeah. Yes, it's very exciting.

I mean, still, you know, early stages, building out the financials and the business plan and have, you know, kind of, you know, done the background work on, you know, getting my administrator degree, as you know, we have to do here in California, but definitely Los Angeles and the Los Angeles and Ventura, you know, areas need this.

I mean, we needed it all over the county. I would love, you know, to go to Hawaii as well. But I, you know, at the point where I'm, you know, looking for the funding as soon as I wrap up those financials and as you know right there, that is a moving target with the changes and, you know, as to the interest rate and yes, real estate as well as.

Even leverage. Or inflation. Yes. Yeah, so many things. Yeah. The cost to hire people, so much has changed. Yes. I certainly can relate to all of those pieces.

Yes. So it's you know, it's no small feat. You know what you've done for sure. And, you know, I'm just I'm really excited, though. Just have to find the property that works, you know, the facility that you have is beautiful, love the garden and having that that land so that, you know, having that the food to be able to grow the food I think is key.

You know, from a sustainability perspective. So that's something that I'm looking for and being near the farms I think would be really good. So, you know, Ventura County, I think is a prime area.

So I got to get it started. Yeah, yeah, I can be. And it's just such a pleasure to sort of watch that. And it made me know that I had some stone past and they've inspiring that and just it's so needed.

I can't wait for you to be open and supporting more people and we get calls course from L. A. County and Santa Barbara County all the time. And so I know that that will that will fill quickly.

And certainly. Do you have a place where people can go to learn more about you? I know you have dementia. Dementia dot. Org. Yes. Okay. And so is there an email list or something that people can sign up for if they want to learn more or be abreast of all of the changes as you go towards opening that facility?

Yes, I think they can just go onto website and sign up for the email list, but it is dementia healing dot org and they can also reach me at Momi at dementia healing dot org if you want to reach out to me directly.

I also have an Instagram as well as a Facebook page that has basically the same tagline Dementia Healing, see? Okay. So that's the handled dementia. Rates. And tastic.

Is there anything else you want to share with our audience? No, I think. You think I'm good? Yeah. You know, I'm just really excited. I am hopeful. I think, you know, you're you're making a huge difference.

I think, you know, as we continue, like you said, to have the conversations with people, you know, people that don't

necessarily know about the protocol, about the differences, you know, the ketogenic diet, all of it.

Right. As we continue have more and more conversations about it, I think we are just going to transform that narrative. So when you can you can't deny something.

When you see it happen in front of you, when your experience is that, oh, I was told dementia couldn't be reversed. And then when you watch it happen, you just have to tell everyone, right?

I think that you and I have had a similar experience in that. Like when you see what's possible, everyone needs to know about it. Yes. It's you have your testimonial.

There is really no denying it. Oh, it's great. Yeah. No, I'm just going to we're going to keep sharing. I think it was like there's. A lot of people out there, right, that are where they're really, you know, thriving like they need this, you know?

I mean, I get it. It takes work. It's hard. Like, as you've explained, it's not for everybody. Not everyone will be able to do this, but no one should be told there's nothing you can do.

Everyone should know that there's an option. That I think it's the crime is that people are told there's nothing you can do. And it's okay if you don't want to do it, that's totally fine, right?

Like there's no other choice. Choice. And yet to be told that there's nothing you can do is just facts really inaccurate. Yes, 100%. True, hundred percent.

We thank you so much for sharing your time and for sharing your. Thank you for having me. It's such a pleasure. Always so good to see you. Nice to see you as well.

Have a wonderful rest of the day. You, too.