Exercise Your Way To A Sharper Brain Transcript

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Day 5 Introduction and Overview

Welcome to Day 5 of the Reverse Alzheimer's Summit. It's so exciting. You're hearing from some great friends of mine today. You'll hear from Jill Simpson and Ryan Glatt both about the power of exercise to improve cognition and give your brain that boost it needs.

Exercise for Cognitive Health

Whether you're starting at prevention or you're looking to reverse cognitive decline, there are few things more powerful than exercise, and they're both going to give you ideas about how to really optimize the time that you spend moving so that you can get the most bang for every minute you spend exercising.

Not all of us enjoy it. But I think that as you learn from them, you'll find ways to make exercise really enjoyable and see the benefits payoff fast. You're also going to hear from another dear mentor of mine.

You'll hear Dr. Bredesen talk to Dr. Neil Nathan. These two gentlemen have influenced how I practice for the past decade, and I wouldn't I wouldn't know where to start with a patient if it weren't for them.

Bredesen and Nathan on Complex Cases

They have the lifetime together of experience, of treating complex diseases. And both of these gentlemen I admire so much and respect beyond words. They have really chosen to distinct fields that are really challenging to treat Alzheimer's, which we were told was impossible to treat.

Dr. Bredesen has taken that on and developed this protocol that you're hearing so much about this week that really gives people hope and most importantly, outcomes, positive outcomes, returning to people's cognition.

Dr. Nathan has worked with extremely sensitive patients for decades, and he is who's inspired me to never lose hope that we can help someone and to keep doing the detective work, to do the hard work that it can take to find that new lab or find that new treatment and get all the information from colleagues and stay connected so that we can find that pearl, that one thing that will help someone.

Now, it's not always about one thing, right? If you've learned anything already, by Day 5, it's that there's a lot of things that we actually want to stack on top of each other.

Stacking Interventions and Finding Support

We're going to take the information from Ryan and Jill and use exercise. We're going to take information yesterday from Audrey Wells about sleep. But for Richard Horowitz, about looking for a finding and treating tick borne illness, we're going to take information from Dr. Nathan today about finding mold and working through sometimes that it's challenging to treat the things, because when we do those medical interventions in eggs, it makes us feel worse before we feel better.

How do we get through that? How do we navigate all of this? It can be challenging. It can feel overwhelming and it can feel paralyzing at times. But there's so much help and support here for you.

So please, if you feel alone, know that there is a community waiting for you to join. If you feel like you don't know where to start. There's tons of help, both as in a group setting and one on one.

Please feel free to go to startreversingalzheimers.com today to learn more. Enjoy Day 5. I will see you tomorrow.