Hormones & Brain Health: Unlocking Longevity Transcript

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Day 7 Summit Introduction

Can't believe we're already at Day 7 of the Reverse Alzheimer's Summit. There are still so many great people to learn from and so much to learn.

Featured Speakers and Summit Resources

Ram Rao is one of the people who has published extensively for his entire career around how we can help to reverse cognitive decline. He's looked at the mechanisms and published in peer reviewed journals more articles than I can count.

He and Dr. Bredesen are going to go into how they've partnered to advance the science year after year after year and to provide hope thinking through the mechanisms of Alzheimer's in very unique and positive ways, ways that get us these benefits that we're so excited to share with you.

You're also going to hear from Ann Hathaway, who is one of the leaders in the use of bioidentical hormone replacement.

Hope and Clinical Improvements

And how we can do that safely as you age to get your brain the signals. That means to keep producing new neurons and connections between them. There is so much to learn.

I'm just highlighting a couple of the brilliant speakers who've contributed to this Summit over this week. Don't worry if you've missed any talks, there's an opportunity to learn more from each of us.

You can find us online at startreversingalzheimers.com. We're here to support you and help you to implement all the incredible information you've learned today.

I've seen patients come into my office without hope, having been told by their very well-meaning neurologists that there was nothing they could do. Maybe they could get on a medication that didn't work very well.

They probably weren't eligible for the brand new IV medications that also don't work that well. They just slow the rate of decline. And yet when they have stacked these interventions, I have patients come back and their families come back saying, have my mom back.

I feel more engaged.

At-Home Strategies and Closing Thanks

I feel like I can do the things I used to love to do. And we get to measure their MoCA scores improving. It's possible to change the progress of disease.

It's possible to turn it around and improve and optimize cognitive function no matter what stage you are at. We've seen miracles happen over and over again, and I'm so excited that you've made it through the week with us to learn the things that you can do at home from the comfort of your own home.

You can start implementing the diet, exercise, sleep, stress management and supplement interventions that can help your brain to reverse the process of neurodegeneration and optimize.

Thank you so much for being here with us this week. We're so delighted to have you and please reach out for more support if you need it. We're here for you.