Keto & Oral Health: Keys To Memory Enhancement Transcript

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Day 6 Overview: Keto and Oral Health

And here we are. It's already Day 6 of the Reverse Alzheimer's Summit. You're going to hear about two extremely important things today when it comes to memory, Keto and oral health.

Now, you might say, are you kidding me? You've been talking about all of these really important things. How do we know which one is the most important?

The issue with Alzheimer's and cognitive decline is that there isn't one thing. It's really about taking a bunch of things. Now, you don't have to do everything.

Don't get lost there.

Dr. Mary Newport and the Keto Story

But you do need to commit to doing a few things and getting started at the very least. And both oral health and the ketogenic diet are two great ways to really put all of this great information into action.

Dr. Mary Newport will share today the story of supporting her husband, who had been diagnosed with Alzheimer's ten years ago when all of the research into diet and lifestyle and prevention of dementia was in its infancy before anybody could really wrap their head around there being something we could do for Alzheimer's.

And yet her husband improved and he improved quickly. So share this story, really. It's hard to believe, but as we've learned more and more about the the benefits of Keto of MCT oil, it makes a ton of sense.

What happened to her husband and she's dedicated her life to sharing his story and really and in honor of him helping others so that they don't have to go through the suffering that she did losing her husband to this awful, awful disease.

So if keto is something you've been considering, I encourage you to watch her whole talk. It's so phenomenal and she's such a dear friend and so intelligent and kind and compassionate, and she understands what it's like to care for a loved one with dementia.

She's been through it.

Howard Hindin on Oral Health and Brain Health

You're also going to hear from Howard Hindin He's a dentist who's going to share about the importance of oral health when it comes to cognitive function.

Now we know that health can start in the gut, but the gut starts in the mouth, and the mouth is close enough to the brain that it makes a big impact on how well our neurons are firing.

We can create inflammation in the brain if we have gingivitis or other inflammatory or micro microbes in the mouth and we don't address them. So tonight, maybe you start committing to brushing your teeth, flossing your teeth, and maybe even add a water pick or oil pulling to your routine.

Maybe today's the day you call and schedule that appointment with the dentist. Maybe today's the day you decide. All right, I'm going to get all that dental work I need.

Then I'm going to make the appointment and have it done so that I know that my oral health is supporting my brain

health as well as my heart health. It can feel like a lot.

And we're here to support you. I hope that you're finding this information valuable. We are so delighted to have you here. You were doing an incredible job caring for your health, caring for your loved ones.

Next Steps and Closing Support

Just the fact that you were putting aside your precious time to be here with us and learn more about how to optimize your cognitive function is an inspiration.

Thank you so much for showing up. If you want to learn more about us and what we have to offer and support, go to startreversingalzheimer's.com today.

Thank you.