Think Alzheimer’s Is Inevitable? Think Again—Here’s How To Fight Back Transcript

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Introduction and mission of the summit

Hello and welcome back to the Reversing Alzheimer's Summit. I am here with Doctor Robert Love. He is the most passionate man on the internet when it comes to cognitive decline and Alzheimer's.

Build a massive platform sharing amazing information and empowering people all over the world with it. Doc, thanks so much for being part of the summit and being an awesome co-host.

And, I'm really excited to tap into your wisdom today. Well, thank you very much, James. You know, it was funny when you and I, we met in person in Las Vegas.

I was really passionate at night because people were telling me about how much of my content was wrong, and basically, I was telling people not to use chemical sunscreens how they should eat organic food and avoid pesticides.

And a bunch of dermatologists come up to me saying, chemical sunscreens are fine. I said, no, they're not. I said, they, they can get into the amniotic fluid and hurt the fetus.

And they're like, well, that's only in a couple studies. And I was like, having a very heated conversation with them. So yes, I am passionate about this because unfortunately, there's so many experts who are sharing information that is incomplete or no longer correct or frankly, is dangerous.

When we have a food policy in the United States that prioritizes processed foods and supporting processed foods and artificial dyes and colorings and, and chemicals in our food compared to natural, organic, healthy foods, especially for children.

This is a problem. And so, yeah, I'm passionate about this because goodness gracious, we are one of the sickest countries in the world. We are the richest country in the world.

We spend more per capita on health care than any other country, and we have some of the worst health care outcomes. And so it is about time that people get loud and vocal about what the current science is, and by the fact that people can prevent Alzheimer's and even reverse Alzheimer's.

Why Alzheimer's prevention and reversal matters

My dear friend, doctor Heather Sanderson, she reversed Alzheimer's in her clinical trials. People still think it's not possible. She published New York Times bestselling book about this, so I'm delighted to be here to help people wake up to the fact that science is good and the science says we can prevent Alzheimer's and even reverse Alzheimer's, and I'm delighted to to join the summit so we can help people do this.

Absolutely. And look off the back end of this summit. We are excited to share that, you know, we have now a network of clinics across the country that are all doing incredible work in the style of doctor Heather Sanderson and my, my co-founder and co-host, Doctor Christine Burke.

You know, there's there's a growing movement. And, I really appreciate you at the front of the line, you know, getting people excited for it. And, and, and making an impact.

So why don't we just dive in, you know, from all the research that you've done and all the studies you've looked at, what are some of the key behaviors for people to prevent, Alzheimer's and then to reverse it if they start to see the

symptoms are starting to, show up?

That's a great question. So, doctor Dale Bredesen, who I who is a personal hero of mine, who's who's on this, health summit, I believe he will go down in history as the person who cracked the code of Alzheimer's.

He understood, or he discovered that Alzheimer's is not one thing. There's many different causes. There are at least six different types and 44 different risk factors.

So the most important thing to do to prevent Alzheimer's will depend upon what kind of Alzheimer's you have, what is causing the Alzheimer's, what is causing the memory loss and addressing that.

So I'm gonna just go over briefly some of the potential causes of Alzheimer's and what you can do to help combat those different causes. So one of the major causes is inflammation.

Inflammation. This is one of the primary cause of Alzheimer's disease of aging, a risk factor for many different chronic diseases like cancer, heart disease, diabetes. And so things that cause inflammation include stress include a sedentary lifestyle.

They include, toxins in our food, air and water. These are artificial colors, artificial artifice, dyes, pesticides, glyphosate. And then, neuro neurotoxins that can be in our air, that can be in our water.

Fluoride in the water is definitely not good for our brain, certainly not good for children's brains. New news out of Utah. Utah has now actually banning water fluoridation in their state.

God bless the state of Utah. And then the state of Arizona is now banning artificial chemicals in children's, school lunches. And so these artificial, things in our food, air and water can increase inflammation as well.

And so avoiding those foods, avoid those artificial chemicals in our food and water is a really, really good idea. Also, avoiding heavy metals. Unfortunately, I used to love swordfish.

I don't think swordfish is going to be safe for us to eat as long as we're live on planet Earth. I think there's too much heavy metal, too much mercury in our oceans.

And swordfish really suck up and keep a lot of the mercury. And so if we're gonna eat fish, that's going to be healthy. We want to eat the smash fish as doctor present, talk some salmon, mackerel, anchovies, sardines and herring. So right at the word smash.

As for salmon, salmon, mackerel, anchovies, sardines and herring, make sure it's, wild caught salmon and Atlantic mackerel, not king mackerel. So eating healthy fatty fish, that's a really good, thing to do.

But avoiding the the tuna. The swordfish shark. I don't know if I even eat shark. Outside of Asia, but you want shark fin soup is is popular in China.

We want to avoid those things. So inflammation, sleep. A deficit in sleep is a major risk factor. If you don't sleep, you don't form memories. If you don't sleep, you don't get that brainwashing.

So in 2015, scientists discovered the lymphatic system. This is like the lymphatic system for the brain when we sleep are, glial cells. Those are the support cells in the brain. They shrink.

And more cerebral spinal fluid flows into the brain and washes out plaques and toxins. If you don't get that brainwashing at night, our brain doesn't perform as well, and you actually have higher levels of plaque.

So if you deprive someone's sleep, you can measure their plaque the next day in their blood. It's higher than if they'd gotten good sleep. So that regular sleep, very, very important.

Key risk factors: inflammation, sleep, nutrition, diabetes, and injury

Another major cause or risk factor of Alzheimer's disease is poor nutrition. If you don't have, the right, the right nutrients, your brain is at risk for deteriorating.

So if you don't have healthy fats like omega three fatty acids, that's not good for the brain. You need B vitamins, magnesium, healthy forms of protein, antioxidants.

So you need, healthy diet. So that's, so, nutrient deficient diet is another risk factor, one that we've talked about a lot. I know, you know, this one is, diabetes.

Type two diabetes is a major risk factor for Alzheimer's disease. Having type two diabetes increases the risk by approximately 30% or 33%, up to 50%, depending on what they do look at.

Point is big. Big increase in risk if you have type two diabetes. So, not getting diabetes is a major thing to work on. That means exercise and diet primarily.

If I could choose one, it'd be it'd be diet because you can reverse diabetes with the appropriate diet. We can talk about what that looks like later. Basically a diet, free of refined, foods and processed foods.

And we can talk about a little bit later about how, cigaret companies, tobacco companies have been involved in our food system and really, affected it in a negative way since the 1980s.

So type two diabetes is another risk factor. And then, concussion, concussion and stroke are major risk factors. And so if someone has had a concussion or stroke, your first job is to not get another one.

And I'm not being funny about that when I say it, people kind of laugh because it's obvious, but people don't think about that. If you ski, if you snowboard, if you're active physically, if you drive your car fast, you've had a concussion.

You got to consider giving up skiing, certainly wear a helmet. And then you drive more safely because multiple concussions get exponentially worse. They make your brain expend, they hurt your brain even more.

And, same thing with stroke. If you've had a stroke, please work on your cardiovascular system, work on your exercise and your diet to reduce the risk of a further stroke, because multiple strokes can snowball and get really, really bad.

So so those are some of the major risk factors of Alzheimer's disease. So the major things you can do if I could choose one across the board would probably be exercise exercises, medicine for your brain.

According to the Journal of the American Medical Association, Jama, exercise is across studies, is one of the consistent things that reduces the risk of Alzheimer's disease.

Exercise pumps fresh blood and nutrients to the brain. Exercise also reduces stress, improves mood, helps reduce depression and anxiety, and improves sleep.

So many benefits of exercise bonus exercise helps grow new brain cells. Research from Doctor Kirk Erickson and colleagues from the University of Pittsburgh did a great study.

They looked at older adults. Half of them did, stretching a couple times a week, let's say for 30 minutes. Half of them did, kind of aerobic activity.

Then they looked they did brain scans, before and after, after six months. And so after six months, the group that did, the aerobic exercise, they had bigger brains noticeable on brain scans compared to the group that was doing stretching.

The reason for this is that when we physically exercise our muscles, our muscles secrete a growth factor called brain derived neurotrophic factor. Bdnf.

This is a growth factor that facilitates the growth of new brain cells and new neural connections also helps maintain our brain. They're supplemented also increased beating F like lion's mane.

By the way, just disclaimer I sell a lion's mane split, so I'm very biased about that. Exercise increases Bdnf. Curcumin increases BD and F. There's another way.

There's multiple ways to increase Bdnf through food, diet, supplements, and exercise. But exercise is amazing medicine for the brain. So that's probably tip number one to reduce the risk of Alzheimer's, a healthy diet I'll simplify this.

We can get in more detail, but basically only eat these foods just to keep it simple. Organic fruits, organic vegetables grass fed beef grass fed lamb, wild caught salmon, sardines, pastured eggs.

That's kind of it. If you just eat those things, you're going to be really healthy. You can add in other things, but you got to really know what you're doing.

So basically, no ultra processed foods, no refined sugars, and ideally no grains. Grains are very new to the human diet. We started adding eating grains about 10,000 years ago.

Human beings have existed between 100,000 and 300,000 years. Grains are very, very new in our diet. Most of us, are healthier without grains. And there's an interesting book. It's a little controversial.

It's called eat the number for Your type, which means eat for your blood type. Type O as, A is it's really type zero blood. It is the oldest blood. And so I'm type O.

I do best eating the most ancient of foods, eating organic fruits, vegetables and meats. I don't do well with grains. Type AB is a newer form of a blood type.

They actually do better with more grains. So that book, by the way, that book share with me. I don't do well with avocados. When I remove avocados from my smoothie, I feel much better.

So it's a very interesting book. It's worth a read. Remember in high school, James, they said, oh, your blood type. That doesn't mean anything. It's just your blood type.

Remember that? I do remember that what that's code for is we don't know what that means. Yeah, that's what that meant. But they didn't say that because teachers want to look smarter than their students.

And maybe they are. Maybe they aren't. They're more experienced because they're older. But that's not the right answer for a scientist. The right answer is we don't know what blood type is or what it does.

We just know if we give you the wrong type of blood, your body doesn't like it. But we don't know very much. Same thing with the same. The appendix of the tonsils.

Like me, they used to think, oh, these don't serve anything. Sure. Take it out. Why not? Now we're learning that they actually do have some function. So, you know, they used to say the brain is, you know, we only use 10% of our brains.

That's definitely not true. It just means scientists didn't understand what's happening. They used to think 80 or what? 99% of our DNA was just garbage left over some large percentage of our DNA, they said.

Didn't code for anything. I don't know if that's any longer true. I think they're discovering that the DNA that doesn't necessarily code for proteins is is doing something.

So science is constantly being updated, and we're learning more and more things throughout the body. But anyway, the book eat for Your type fascinating read.

That can be a great resource to people if they want to optimize their diet for their blood type. So we got exercise, we got diet. And then lastly, I would say improve sleep.

If you're not sleeping well, that's harming every single aspect of your health. So please prioritize your sleep. I give myself nine hours in bed. Please give yourself at least eight hours in bed.

And then if you're a busy parent, if you're a mother, I know mothers have a lot to do. Please prioritize your sleep and tell your children and your spouse why you're doing it.

Set the example for your family. I learned a lot of health practices from my mother. This is really relevant today with, what's happening as far as getting rid of toxins in our food.

I remember coming home from school when I was, seven, eight, nine, and my mother had all this. She's on her knees and in the kitchen looking at all these food from our pantry, said, mom, what are you doing?

She said, I just saw a report that yellow number five causes cancer. We are not eating yellow five in this house. And I say, what the heck is yellow number five?

And she says, I don't know, but it's bad, right? And so I remember seeing her just getting rid of yellow number five. And then we went to the grocery store that week.

I wanted pickles every every jar of pickles I picked up. She read it and had yellow number five, so I couldn't have any of the pickles that I wanted. And so I got, I got a lot of my health practices of eating off of reading labels.

I got this from my mother when I was a little kid. And so please set the example for your for your children, your family of getting your exercise of eating healthy food, of prioritizing your sleep and tell your family why you're doing it. Your health matters.

The mother is really the head of the household regarding the health. And so please set the example for your children and your family. Awesome. Thank you.

Well, I appreciate you know, all of that and so many great lessons there. And I feel a lot of kinship because I feel a lot of, similar lessons handed down.

One of the things has come up at time and time again on the summit already, and I'd love to get your thoughts on is just that the time between when the process of what becomes Alzheimer's starts and when, you know, you sort of get diagnosed with Alzheimer's.

There's there's a long period of time that the prodromal period pre symptoms where it's already starting to happen. What do you what do you say to people who maybe you're in what I would call like dementia denial where they, having certain initial symptoms.

But they haven't got a diagnosis. Maybe they're not close to getting a diagnosis. Seems like that's the time to, to start to implement these things. What are some of your recommendations to knowing where you are on the journey and so that you can start to implement and make this, urgent?

That's a great question. So according to the framing it so Alzheimer's disease starts 30 years before symptoms emerge. So according to the Framingham study, the Framingham Heart Study, which is out of Framingham, Massachusetts, it's a longitudinal study.

And they looked at people in this community over decades. And I think now they're looking at the second generation. I think they're looking at their kids now.

And what they found was that your levels of inflammation at the age of 40 predict your risk of Alzheimer's disease at age 70. So your levels of inflammation today predict your risk of Alzheimer's disease 30 years later.

So it's a really good idea to start today. Maybe sleep on it. Think about it. Start tomorrow. Start reducing your inflammation levels today or tomorrow as soon as you can.

Because it matters for your long term health, especially your brain health. And so people don't get Alzheimer's disease overnight. The only the potential exception is the traumatic head injury that kind of comes out of nowhere.

No player, you know, if, if a young athlete gets ten concussions within a two week period, yeah, they may have symptoms of memory loss and dementia because their brain just got totally smashed.

And if they don't do the right things to recover, they may not recover. And they may have have have symptoms of dementia. But for the vast majority of people, this happens over time, just like cancer doesn't happen overnight unless you're exposed to really crazy amounts of radiation or toxicity.

This happens over time. Boy. And we're seeing tremendous rates of childhood cancer now, rates never seen before because of our toxic food. I don't really want to get into that, but it's, really terrifying if you have children, if you've been feeding them ultra processed food.

The cancer rates in kids in this country is very, very scary. So Alzheimer's disease builds up over time. So it's not it doesn't happen lickety split.

Happens over a lifetime of behavioral choices. And so one thing to do is to measure a levels of inflammation. That's a good place to start. Three levels three markers of inflammation.

You can measure with your doctor. Any any doctor can order these. Or you can go to Quest Labs and request these. Test yourselves are C-reactive protein, CRP, interleukin six, IL six and tumor necrosis factor alpha or TNF alpha.

And basically get get them tested in your blood and then have someone interpret the results and see are you high, medium or low? Ideally you're low. If you're high, it increases your risk of Alzheimer's disease, but also many other chronic diseases.

C-reactive protein specifically increases your risk of heart disease. So you want to look at these markers early.

Testing early and recognizing memory decline

I recently got, a blood test from, function, function health. I'm not, sponsored by them, though I may be in the future. Function health. They paid 600 bucks. I get two blood tests a year.

They look at 100 different biomarkers. Now, I'm at a point in my life where I can afford that, and that's not, too, too painful to do. If you can afford regular blood testing.

Really good idea to get your blood measured once or twice a year, to look at your levels of inflammation, to look at your levels of magnesium, to look at your levels of zinc, to look at your levels of vitamin D, are they in the healthy range, things that are out of range or are they getting in range?

So looking at what your blood is saying and then as you mentioned, memory, how do we know if we're at risk for dementia aside from our blood markers? Well, I recently did a personal consult with someone.

This actually yesterday, a young woman in Miami, she's 41, and she said, I have memory issues. And I said, okay, prove it. And I sent her memory test. She's right.

Her brain was functioning just fine outside of her memory. Her short term and long term memory were on the low

end. And she's 41 and she's a mother. It turns out, I'll tell you some of the things she was doing that were wrong.

She was drinking diet soda, she was sleeping poorly. She was taking sleeping pills, eating a lot of dairy and then eating a lot of sushi. And I would say she was not getting the nutrients that she needed.

Those are just some of the some of the things she was doing regular yoga. I want her doing more physical exercise. And so I say this because you can start seeing symptoms of memory loss as early as age 40.

Does that mean she has Alzheimer's? No. I said to her, no, you do not have Alzheimer's. Are you at risk for Alzheimer's? Yes, absolutely. If you have memory loss at age 41, yes, you are increased risk of Alzheimer's disease.

And you can find this out with a memory test. But that doesn't mean by any means that you're going to get dementia. It means start now. It means starting out, getting your sleep in order, getting your diet in order, stopping the processed foods.

Stop smoking, stop drinking alcohol or reduce it. Stop drinking your diet soda and regular soda and start potentially working with a professional, or a coach, or a medic, or a competent medical doctor, and start doing the things to improve your health and reduce your risk factors for Alzheimer's disease.

Yeah. It's awesome. Well, that's absolutely critical. And know I know that one of the things that, is problematic in medical care is that people wait too long.

And then the process is it, you know, too far along and it's harder to bring it back. It's much easier the first, you see. So I think some of the tips that you gave there are awesome as far as you know, starting early, understanding what's happening in the brain and testing regularly for sure.

Let's talk about supplements, because I know this is an area where you are also really passionate and you have a lot of experts. Yes. But before we get to some points, I want to talk about what the regular standard of care was.

I'm sure you can relate to this. It used to be your old person. You know, your your Betty. It has memory loss. She's 75. She goes in the neurologist tester.

They said, okay, we need to know if it's all the timers or not before we can do anything. Right. And so they go through go through tests cost a lot of money.

Six months later, the doctor says, okay, you have Alzheimer's. I'm sorry. There's nothing we can do. That was what they used to do. And there's still some neurologist who I say our practice, our practicing, in an incompetent way.

They're making people wait. So it's hard to get in to see a neurologist. They do expensive testing, and then when they show that they have early stage Alzheimer's disease, they say there's nothing you can do.

That's untrue. There are many things you could do. I named a lot of them, but that was the standard of care. And unfortunately people are still doing that.

So if you see a neurologist or when your friend sees a neurologist and the result is there's nothing you can do, say no thank you. First of all, show them this book, Reversing Alzheimer's by Heather Sanderson.

Second, say, doctor, I think you are not current on the current signs and go find someone who can help you that way. I mean, patients, patients come to me and my medical clinic, they said, that's what my neurologist said.

I said, I don't think they should be practicing medicine. It's really, really bad. I'm sorry what you said. You know what the standard of care was? That's what the state of care's been in the U. S.. It's been.

Oh, you're diagnosed with Alzheimer's. Nothing we can do. And that's that's just no longer true based upon the

current science. Yeah. Well, you know, one of the things that triggered me into getting involved more aggressively into this, having met Doctor Bateson in 2017 and being impressed and seeing the outcomes that have been started to generate it, is the fact that Doctor Burke was able to diagnose the cause of my father's cognitive decline without ever having seen him from across the world, just, and that when I showed up in South Africa and said, hey, I think it's likely this because of this, this and that, you know, everyone thought I was insane.

Who's this guy? But she was right, and I was right. And it was basically because, you know, she understands the patterns of of cognitive decline because she's one of the only people in the world who is consistently reversing it, like Doctor Sanderson, like Doctor Bateson.

You know, there is an emerging group. And part of the point of the summit is to build capacity for this new standard of care that you are advocating for, which I really and those courageous, really highly competent individuals have been attacked.

They've been attacked. That's generally how it works when there is a frontrunner in the field doing things no one else is doing and helping treat diseases.

No one else has been treating this. The result is not, hey, let's follow what this person is doing and learn from them. It's let's attack them. And so doctor Dale breast has been attacked, tremendously for for what he's been doing.

I think Doctor Sanderson less so because he helped pave the way, but she's been criticized as well. The common thing I hear is, oh, she's a she's a natural doctor.

She's not a real doctor. I say, hey, in the United States, seven out of ten Americans are overweight and obese. We have we have a declining, declining life span.

And that's because of medical doctors. So if you think medical doctors are better than naturopathic doctors, I think you need to take a hard look at our medical system.

And if you talk to Doctor Sampson, she is so much more competent than any other medical doctor I've talked to. Yeah, she's insanely competent. And so people attack the front runners who are doing new and exciting and essential things in the field of health and wellness, because, they're trying to maintain the status quo.

Right. And so if people are stuck in the status quo of basically sick care, right, in the United States, we have sick care, not health care. And so if you're stuck in a sick care model, if people are actually helping heal people from dementia or helping them prevent dementia, their response is to attack them rather than to to honor their contribution to science and humanity.

Why the old standard of care is outdated

And it's really, I think people are getting tired of it and because of the internet, because we can share information like this essentially for free. Right? Heather's book is, what, 30 bucks on Amazon?

You can basically get this book almost essentially for free. That is really changing the public perception around medicine, which I think is so important.

Yeah, absolutely. Well sad dude. And look, I feel, you know, I'm excited that you're out there sort of banging the drum because. Yeah. Look, Doctor Sanderson's outcomes are better than what you achieve at Mayo and better than what they achieve at the bigger organizations, because she's gone above and beyond to really learn the latest science and apply it and apply it consistently.

And I would just say, like the difference between this summit and all the summits that have gone before is that, you know, yes, before you could listen to that, you could take these recommendations and you could do that.

But I think what we're doing in this summit is building an army capable of reversing this at the scale that it exists,

and it won't take us a year to do it, but it'll in the next five years, you know, we will have a structure where any clinic will be able to, execute on a protocol that was born from Doctor Bateson that has been refined by Doctor Burke and that has been organized into software that will allow any practitioner to replicate this.

And we'll start with the functional and precision medicine doctors for them to run programs. But where we will end up is that your average geriatrician, your average neurologist, your average medical center, your average, you know, senior living center, your average memory care center will be able to do it, maybe not as well as Doctor Sanderson or up to Burke, but at least 80% and that'll still be five times better than the standard of care today.

So that's where we're headed. And, I'm super excited to, you know, for you to just be, you know, taking some of the arrows at the front so that the Army can follow up behind, I, I'm happy to take the arrows to help pave the way for, for science and and for health, you know, attack me all day long if it makes the world a better place.

Happy, too happy to bear that brunt. I love what you said about the idea of empowering an army of both health care professionals and and patients, basically empowering humans so that they can make decisions to improve their health and protect their brain and help reduce the risk of Alzheimer's disease.

I mean, that's really what gets me excited, you know, on my on my social media channel, what gets me most excited is that people are taking action from what they see and that, you know, they watch a video or they watch the summit and then they're eating healthier food or they're sleeping better.

And then they tell their friends and then they know there's a benefit to their health. It's there's this idea of empowering people with the science backed information so that they can live healthier lives.

I love the idea of educating an army of empowered people with this information beautifully. I mean, you're doing that, I would say on the, on the, on the patient side is that people can watch your stuff and follow you on Instagram and TikTok and get empowered for that.

It's always easier to change the minds of patients, you know, and the functional medicine revolution generally over the last 20 years, because of summits, because of the internet, because of podcasts and books, the patients are the first people to choose because they can just change.

The hardest thing to change is the doctors. But ultimately, if you want a kind of standard of care to change, you have to do that. And that's what I've been committed to, and that's what I'm still committed to, and I'm excited about that coming around the corner.

So do you want to read a little bit about some of your faith? Yes. Let's get let's get to the supplements. So supplements. So let me talk about some foundational ones I'm going to start with.

So I was listening at a, at a conference. I got to ask Doctor Andrew Huberman, a neuroscientist from Stanford and probably the world's most famous podcaster, probably the most famous scientist in the world.

He's actually taken a lot of arrows recently for his work. I asked him, what are some of the most important supplements, the average person can take to improve their brain?

What he shared was, was really interesting to me. Number one, he said, a probiotic, either probiotic foods or probiotic supplements. I can share with you what I have back here.

Building a new model for reversing cognitive decline

So I'm not sponsored by this company. If I show a sponsored one, I'll tell you this is by aspire. I like this one. I think the second day I took this, I kind of felt this in my brain.

But choose a choose a probiotic supplement and then eat fermented foods, organic sauerkraut, organic kimchi, organic natto, or something like a nondairy yogurt that's free from sugar.

So a coconut yogurt, dairy is, I think it's not good for your for your gut and good for your brain. Unless, you know, you own the cow, in which case it's a different quality of what you can get in a store.

So a probiotic number two is creating creatine is one of the most studied supplements on Planet Earth. When I was in high school, creatine was for bodybuilders.

I used to take it for wrestling. Creatine. What it does it it basically increases the ability to make energy. It increases the ability to make ATP. And it does this by donating a donated a phosphate group.

So ATP, adenosine triphosphate. When we use this energy, it goes down to add adenosine di phosphate two phosphates, creatine mono phosphate. Which of creatine is donates a phosphate group so we can make more energy.

So basically creatine allows us to make more energy. What does this do. This increases energy available in the muscles but also in the brain. And double blind, placebo controlled studies show that people who take creatine have improved cognitive performance compared to placebo.

So creatine great for the brain. Extremely safe. Average dose approximately five grams or 4 or 5000mg per day for a healthy adult. Okay. That's good. Good stuff.

Supplement number three is omega three fatty acids. My favorite is fish oil. You can also do omega three algae oil if you are, vegan or vegetarian. It is more expensive and it's less effective.

You can also try to get your omega threes from from nuts. But again, you got to eat a lot of nuts to try to get enough, what's called DHEA, which is the best, omega three fatty acid for your brain?

I take minimum. So what I recommend minimum 1000mg of DHA per day. So read your bottle. The brand I like is natural force, pure omegas. And, that's a liquid. It's less expensive.

It's still expensive, but it's less expensive than a, than a pill. If you're gonna do a pill. Nordic Naturals is a very good company. I like them when I travel, so read the label.

1000mg a day, minimum. If you already have memory loss and or you're recovering from a brain injury or stroke. By the way, I'm a neuroscientist. I'm not a medical doctor not giving you medical advice, but you may want to consider taking up to 3 to 4, thousand milligrams or 3 to 4g of of DHA per day to make sure your brain has enough healthy omega three fatty acids research.

Doctor David Smith at Oxford found that those who take a b-complex vitamin and fish oil, I take both b-complex and fish oil. They have approximately 30% reduction in the risk of Alzheimer's disease.

Now, James, why is that not front page news? If I had a drug, if I had a pharmaceutical that reduced the risk of Alzheimer's disease by 30%, it would be on the front page. Tomorrow.

I got two supplements that are available for 60 bucks a month, available to everyone, almost free of side effects. You know, research from from Oxford University reduces Alzheimer's by 30%.

That I can't get. No media will. We'll pick up that story. It's amazing. The world of information media we live in. So fish oil B-Complex vitamin, make sure it's a methylated, b-complex vitamin, methylated B vitamins are more absorbable and more easy to use.

And then I got a really great story. I just interviewed for this for this, health summit. Doctor. Joel Kohn, famous, functional heart doctor. And he shared this with me.

So in 1900, in the United States, we had something called, bleached flour, where you take whole wheat and bleach it white. Basically, you're removing the nutrients.

And because of this, your wheat naturally has, B vitamins, specifically B3 or niacin.

Foundational supplements for brain health

What happened in the next 20 years? From 1919 20, over 100,000 people died in the United States from B vitamin deficiency, specifically B3 from not having enough B3 vitamins.

So in 1920, they decided to add back in vitamin B3 into flour into bleached white flour. Now, if you read nutrition panel, it'll say enriched white flour.

Right. I'll say fortified with B vitamins. They did that because bleached white flour was literally killing people. Bleached white flour literally killed 100,000 people from lack of B, lack of B, three because they took the vitamins out of it to make it white and make it more palatable, or make it cheaper and make it easier to cook with.

So this is just another reason why you want to avoid processed foods and eat organic fruits and vegetables, because they're just going to have much more nutrition.

And I wouldn't trust processed foods because, clearly they're not they're not well designed. So that's in Doctor Joel Kahn's interview. If you watched that in the Health Summit, great interview.

I, I barely got to talk. He was he had so much great information. He was fantastic. So get methylated b-complex vitamins and then, what am I to more. And then, I can get more specific, magnesium.

Magnesium is used in over 300 enzymatic processes in the body. It's involved in bone health. It's involved in brain health. It's involved in muscles. It's evolved in sleep. It's involved in energy.

Really, really important. According to the United States Department of Agriculture, seven out of ten Americans are not eating enough. Be enough. Enough magnesium rich foods, for example, leafy greens or, or almonds.

So seven out of ten Americans would likely benefit from a magnesium supplement. Now what kind? There's two that I like. First, I recommend starting with magnesium glycine eight.

Magnesium glycine eight is the least expensive, very absorbable, very bioavailable, and it won't give you a stomachache or disaster. Pants magnesium citrate and magnesium oxide.

On the other hand, if you take a bunch of that, you may have a stomachache and end up running to the bathroom. And they're not very absorbable. So excuse me, I really like magnesium glass.

Need to start with. I'll take that in the morning and afternoon. I was taking that at night, but then I noticed sometimes I'd have, my stomach wouldn't feel very good, at night.

But it feels fine during the day. And so you might want to test. Is it better at night or in the morning? I like it in the morning, for sure. And then potentially in the afternoon.

And then another form of magnesium is magnesium. Three. Oh, Nate, this is a smaller form of magnesium that, we know easily crosses the blood brain barrier.

And so it can get into the brain and then deliver valuable magnesium to the brain where we need it. This section, Studies of Alzheimer's brains, found that the Alzheimer's brain was deficient in magnesium and and had higher levels of aluminum compared to the healthy brain.

So what does this mean? Number one, eat magnesium rich foods. Number two, consider a magnesium rich supplement. Number three, try to reduce your exposure to aluminum.

Because aluminum in the brain is considered a risk factor for dementia. One last supplement I've mentioned this

before. I sell this myself. It is a lion's mane supplement.

So lion's mane is medicinal mushroom use an ancient Chinese and Japanese medicine. We're just now learning in Western medicine how powerful lion's Mane is.

Here are just some of the benefits of lion's mane. Number one, lion's mane improves memory, proves memory in both human and animal studies. When you. Here's a list of things Lion's Mane does. It's just phenomenal.

So Bruce memory number two it improves sleep. It helps people fall asleep faster, stay asleep longer, and fall back to sleep. Bonus it improves REM sleep.

So I've noticed vivid dreams. I really like going to sleep now because I'll usually have adventures in my dreams and I'll remember them. And that's that's been increasing since I've been taking Lion's Mane, I think, for at least the last four years.

So improve sleep. It reduces stress and anxiety. It actually reduces depression, anxiety, and double blind, placebo controlled studies. They have this great lion's mane cookie study.

This is great, James. They gave you a cookies. Get out either lion's mane cookie or placebo cookie. And they take them for 30 days. They measure their anxiety at the beginning, anxiety and depression beginning and end of study.

At the end of the study, the lion's mane cookie people had, less depression and anxiety. Lion's mane can improve, cognitive performance after just one hour.

So they gave you a lion's mane or placebo and gave them a cognitive test. The lion's mane. People did better. One hour later at just just an hour after using it.

So many benefits of lion's mane and improves your, it's good for your gut bacteria. Lion's mane also, helps grow new brain cells. We can grow new brain cells even into our 90s.

I want to cite the work of Doctor Elizabeth Gould, a neuroscientist at Stanford. She has published journal articles in both in both Science and Nature, two of the top journals in the scientific world, demonstrating that adult mammals can grow new brain cells, a process called neurogenesis.

They can grow new brain cells, specifically in the hippocampus, the memory center of the brain. So that's really good news. And Bdnf, brain derived neurotrophic factor can help that lion's mane increases BDF.

So so many different benefits of lion's mane bonus. Lion's main. Keep it up. Slow down aging because it lowers inflammation. So by lowering inflammation it can it can protect the brain from Alzheimer's disease.

Because inflammation is a major risk factor of Alzheimer's disease. And number two, it can help slow down aging by lowering inflammation. So tremendous benefits of lion's mane.

And then mushrooms generally speaking. So it's really great if you get a lion's mane supplement that's mixed with other mushrooms because other mushrooms are so valuable as well.

Research by Lee Fang and colleagues at a Singapore found that those who eat mushrooms, three times a week or more, have a significant reduction of the risk of Alzheimer's disease.

What kind of mushrooms? Well, they didn't specify, in their study and the things they've said in the Journal of Alzheimer's Disease 2017. So Lee Fang and colleagues basically found eat mushrooms, eat a lot of mushrooms.

It improves your brain health. It reduces your risk of Alzheimer's disease. So if you're watching this, please eat plenty of mushrooms. I didn't mention that in the part about diet.

Eat lots of mushrooms. And if you like, consider taking a mushroom supplement. Please make sure it has some lion's mane. It that's probably the most powerful.

These are just wonderful things for your brain. Beautiful. Well, look, I really appreciate you sharing that. And you got such a such a great knowledge there.

I guess I want to ask you a question. Maybe you haven't been asked before and like, you've been on a bunch of these summits. You've done this before. You've been advocating this for a long time.

I guess I just want to like, ask you, what's the dream like? What? What what do you see? Like, if we execute, I mean, five, ten years out. Like what? What's possible, you know, in this.

Well, what does it mean to build. You know what? What do you see as a as a dream of in the future of, of what Alzheimer's could become and should become?

That's a great question. So my desire is that Alzheimer's is is no longer a thing. Doctor Breslin says Alzheimer's is now optional. I love that you can avoid Alzheimer's if you choose, by doing the things that you know are in are in his book or in Doctor Samson's book. Are in this are in this health summit.

You can avoid Alzheimer's disease if you so choose. I'd like to. I'd like in ten years for Alzheimer's to just be non-existent. Now, that's probably faster than it's going to happen.

It could happen. But I don't think it's going to be that fast. But I think in ten years we will have debt, just like we have dental offices. I think we'll have Alzheimer's reversal offices in a strip mall, where you go in there and you follow the exact protocol of exactly what you need to do.

They might have hyperbaric chambers, they might have saunas, they might have exercise equipment, they might have lion's mane. I don't know what's going to be in there, but they got healthy stuff in there.

And you can go in there, get your blood, get your blood tested. You can they'll probably, you know, they might have they might have auto delivery meals that help lower inflammation, all kinds of things.

So I think that's I really hope in ten years Alzheimer's prevention reversal is accepted. I guess it's not as important. That is accepted by everyone, because that what's important is that the average person knows that it's possible and that they can get access to it.

So right now, wealthy people have an advantage. For sure. Wealthy people can afford these things. Even middle class people can afford these things. I would like working class people, people on Social Security to be able to afford Alzheimer's prevention and reversal programs.

I'd like it to be very well known so that they know about it.

The future of Alzheimer's prevention and longevity

They know it's possible and that they can get the help doing it. I'd very much like to see that. And then after that, I'd really like us as a species to focus on, longevity.

Not only can we prevent Alzheimer's, how can we live our healthiest? Not necessarily longest, but healthiest lives? Maybe. So you can just enjoy the joy of being alive, but ideally so we can contribute.

There's a great book by Casey and Carly Means these are two of my new heroes. It's called Good Energy. Casey means, is a medical doctor from Stanford who quit being a medical doctor because she saw that it wasn't helping people be healthy.

And Carly Means was a, he was a lobbyist for, like, a big pharmaceutical company. Big food company. And he

realized that he was doing things that wasn't making people healthy.

So these are two insiders of the health industry, and they're now advocating for long term health practices that are very sustainable and very good. And they've brought things like spirituality and prayer into their work.

They're really wonderful people. I really recommend checking them out. And then Carly Means was very instrumental in getting Robert F Kennedy, appointed, connecting him with the Trump administration and getting him appointed, head of Health and Human Services. I'm not a Donald Trump fan.

I'm certainly an RFK fan, because now we can talk about science without fear of getting canceled. I had friends that were canceled. There are people on the summit who were canceled because they talked about, because they talked about the science during the during the pandemic, I had my channel canceled.

I had videos taken down. I was shadow banned even for just saying vitamin C is good at the airport. So science was very much threatened, during the pandemic.

And I love what, the Trump administration is doing to allow the discussion of science, what Robert F Kennedy is doing and getting toxins out of our food, air and water.

But that's that's my dream, is that Alzheimer's prevention is widespread, is that it's accessible to all income levels, and that we as a society, can work on living longer lives so that we can be productive members of society.

That's what the connection with Casey and Kelly means. Kelly, I mean, says, look, the children are sick today, and so many of them, half of them are pre-diabetic.

They're going to be sick adults. We don't date. We don't want that. We want young people growing up to be productive members of society. I think we can all agree upon that.

Freud said the purpose of life is to love and to work. And so we need purpose. We need work. And if our children are sick, if they're sick as adults, they're not able to be productive members of society.

That's not good for them and that's not good for us. And so that's what I that's what I really dream of, is not only Alzheimer's prevention for whoever wants it, but also good health for whoever wants it as long as they want it.

So we can fulfill what the with the Hindus call our dharma, so we can live our mission and purpose. And so we can contribute, contribute to the world ideally doing work that we love.

Love that. Well, thanks, Robert, I feel you and I see you doing your dharma right now. And, I'm sure you're inspiring others to do the same. And, really appreciate you leading the charge.

And being part of this, of it being such an awesome co-host and partner and getting the word out and also, taking this forward. So thanks so much for tuning in to the, Alzheimer's Summit.

There's so many awesome sessions coming up this week. Robert Speed interviewing people. I have. Christine, you know what? I have a topic, related to this.

You'll find something really valuable. And there's so much, value in this session. Thanks so much for tuning in. I'm your co-host, James Maskell, and we'll see you at the next session.

Thank you so much, James.