

Alzheimer's Protocol

THE 10 SIMPLE STEPS TO ELIMINATE ALZHEIMER'S

1 REDUCE INFLAMMATION AND STABILIZE BLOOD SUGARS

Treatment: Anti-inflammatory Diet
Supplements: Vit D, Curcumin, omega-3 fatty acids

6 ENHANCE COGNITIVE PERFORMANCE AND NERVE GROWTH FACTORS

Treatment: Lion's Mane mushroom extract, Bacopa herb used in Indian medicine for memory problems

2 OPTIMIZE HORMONES

Treatment: Anti-inflammatory diet, quit smoking, reduce alcohol, exercise, sleep, drink more water, Vit C 1000 mg twice daily, Vitamin D 5000 units daily, Vitamin E 600 IU daily, magnesium 250-400 mg daily

7 BOOST MITOCHONDRIAL FUNCTION: HORMONES

Treatment: CoQ10 daily

3 OPTIMIZE ANTIOXIDANTS

Treatment: Blueberries, spinach, kale, oranges
Supplements: Selenium, Vit C, N-Acetyl cysteine (NAC), Vitamin E

8 MAINTAIN OPTIMAL FUNCTION OF OUR ORGAN SYSTEMS

Mental and physical exercise: increase blood flow to the brain and vital organs. Assists in making tissues and cells healthy by reducing the free radicals.

Treatment: 30 minutes of moving each day, low impact and cardio exercise. Puzzles, music, journaling, all add to a robust mind, body, and spirit

4 OPTIMIZE GUT HEALTH: GUT-BRAIN CONNECTION

Treatment: Food is medicine: Serotonin, dopamine, norepinephrine, melatonin

9 ENSURE NOCTURNAL OXYGENATION

Our brains need oxygen: Especially at night. Supplemental oxygen may be required to keep all cells healthy and to avoid accumulation of free radicals.

5 EAT HEALTHY FATS

Avocados, olives, seeds and nuts: helps produce acetylcholine for memory and learning

10 DETOX HEAVY METALS

Order heavy metal screen as part of an Alzheimer's blood panel. (Lead, mercury, aluminum, arsenic, and cadmium). May need chelation therapy if level's abnormal

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CLINICAL APPLICATION OF THE 10 STEP PROTOCOL

1. Eliminated simple carbs from her diet
2. Lost 20 pounds
3. Removed processed food and gluten from her diet
4. Increased intake of fruit, vegetables and wild fish
5. Began studying yoga
6. Meditated for 20 minutes, 2 times daily
7. Used melatonin for sleep
8. Increased sleep to 7-8 hours nightly
9. Supplemented with Vit D each day
10. 2000 mg Omega-3 supplements
11. Fasted for 12 hours between dinner and breakfast
12. Ate evening meal 3 hours before bed
13. 30 minutes exercise for 4-6 days each week

ICT PROTOCOL FOR ALZHEIMER'S DISEASE: REVERSIBLE & TREATABLE

REFLECT THE CREATOR MODEL OF HEALTHCARE 5 PILLARS OF WELLNESS: **GOD'S MEDICINE IS FREE!**

- 1 Water is the greatest detoxifier in our body:
½ our weight in ounces each daily
- 2 Food is medicine: Ant-inflammatory diet
- 3 Routine Exercise
- 4 Sleep, meditation, and prayer
- 5 Maintain love and forgiveness in our hearts

