

ONE over 65 years old is living with Alzheimer's disease.[1]
IN 10 PEOPLE

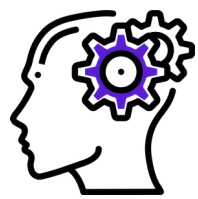
It is the most common form of dementia or mental decline impacting **5.8 MILLION AMERICANS**



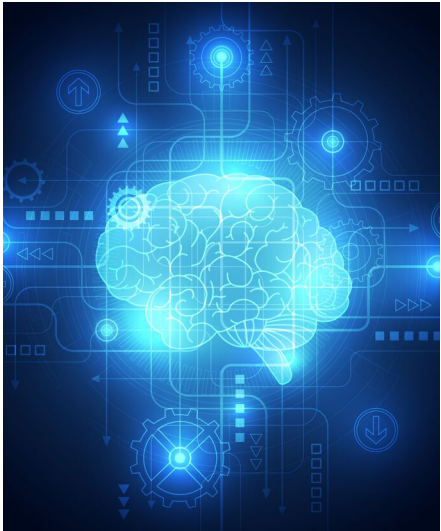
Alzheimer's is a disease of the brain thought to begin 20 years before symptoms appear. Our longer life spans have increased the risk of dementia and Alzheimer's disease.

New research by Dr. Dale Bredesen, M.D., and colleagues' demonstrates that a functional medicine approach that addresses multiple lifestyle factors can slow down and even prevent dementia.[2]

In honor of World Alzheimer's Day, we would like to increase the awareness of these important tools that can help us take control of how well we age.













- Cognitive decline doesn't have to go along with aging, even for those that are genetically predisposed.
- The research suggests that early intervention with diet and lifestyle can reduce the risk of cognitive decline and Alzheimer's.



KNOW THE SYMPTOMS

Early symptoms can be very mild and difficult to detect. Becoming aware of these early warning signs is important. Possible symptoms include:[3]

				
Sleeping more often, waking up late, or taking more afternoon naps	"Brain Fog"	Confusion regarding time or place	Difficulty focusing	Difficulty competing daily or familiar tasks
				
Difficulty finding the right words	A general loss of interest even in activities once enjoyed	Apathy or depression	Vision problems	Poor facial recognition.

EDUCATION ABOUT EARLY DETECTION IS KEY.

At the first signs of cognitive decline it is best to not wait to get checked. Early detection increases the chances to stop or reverse disease progression.



ON WORLD ALZHEIMER'S DAY
empower yourself and your family to take control of their cognitive aging by sharing this important message.

Functional medicine is a science-based approach that identifies and addresses the root cause of disease. This will allow the right treatment plan to be tailored to individual needs.

¹ 2019 Alzheimer's Facts and Figures. Alzheimer's Association. <https://www.alz.org/media/documents/alzheimers-facts-and-figures-2019-r.pdf>
² Bredesen DE, Sharlin K, Jenkins D, et al. Reversal of Cognitive Decline: 100 Patients. J Alzheimers Dis Parkinsonism. 2018;8(5):1-6.
³ 10 Early Signs and Symptoms of Alzheimer's. Alzheimer's Disease and Dementia. https://www.alz.org/alzheimers-dementia/10_signs. Accessed September 18, 2019.