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NEURAL DEGENERATION/COGNITIVE DECLINE/MEMORY LOSS NUTRITIONAL SUPPORT PROTOCOL

Lifestyle Recommendations:

1. Avoid alcohol and any over-the-counter medications unless prescribed by your doctor.
2. Exercise daily; Aerobic, such as brisk walking to increase circulation, and resistance exercise.
3. Avoid exposure to chemicals including skin care and hair care products such as Grecian Formula (contains lead), lipstick (contain aluminum), deodorant (aluminum), cleaning products and artist paints.
4. Do mental exercises such as a brain gym, crossword puzzles, math, music, art, meditation and reading.
5. Practice good sleep habits and get between 8-9 hours of sleep a night.

Dietary Recommendations:

1. Avoid or limit caffeine and MSG. Avoid trans fatty acids and refined carbohydrates. Avoid artificial sweeteners, aspartame, Splenda® and saccharin (Equal®, NutraSweet®); use stevia, cinnamon and xylitol as sweeteners (½ teaspoon 2-3 times per day).
2. Eat lean, organic quality protein (no hormones, pesticides, etc...) at each meal to stabilize blood sugar levels; fish is ideal.
3. Consume 10 servings of organic vegetables/fruits every day. Use dark berries such as blueberries, blackberries, strawberries, cranberries, boysenberries and red grapes (½ cup of fruit = 1 serving). Avoid sugar and refined carbohydrates. Use spinach, kale, broccoli and peppers.
4. Increase the amount of omega 3 fatty acids in your diet (i.e. large cold water fish), green leafy vegetables, soy (use only fermented soy at about 30 grams per day), walnuts and pumpkin seeds, decrease saturated fat and limit or avoid trans fatty acids (hydrogenated margarines and vegetable oils).
5. Drink at least 100 ounces of filtered, bottled or distilled water every day. In addition, drink 2-3 cups of Green Tea (naturally decaffeinated).

Supplement Recommendations:

Foundation:

Twice Daily Essential Packets:

1 packet twice a day

Q-Avail (CoQ10) 100 mg:

1-2 softgels twice per day (up to 10 softgels a day)

Brain Vitale:

2 capsules twice a day (breakfast and lunch)

Omega Ultra Marine:

2 softgels twice a day (breakfast and dinner)

Stabilized R-Lipoic Acid Supreme:

2 capsules twice a day (breakfast and lunch)

Step 1:

Inflammatone:

2-3 capsules twice a day (on an empty stomach)

Krill Oil:

1 softgel twice a day (breakfast and lunch)

EGCg:

1 tablet twice a day

Grape Seed Supreme:

1 capsule twice a day

N-Acetyl Cysteine (NAC):

1 capsule twice a day