

Alzheimer's Prevention Protocol Brain Rehabilitation Protocols

Stop consuming crappy/glycating carbohydrates

Balance omega-6/omega-3 ratio (1.5 – 4 /1)

Get vitamin D levels above 50 ng/ml

Take vitamin K2-4 and K2-7

Be mindful of cholesterol lowering drugs (optimum total cholesterol for brain physiology 200-240 mg/dl)

Supplement with magnesium, about 500 mg/day

No copper water or copper in supplements

Take antioxidant vitamin/mineral supplements (watch the iron and copper)

Take curcumin/resveratrol

Elevate glutathione (undenatured whey protein / NAC supplementation)

Detoxify (foot bath / sweat /oil pull)

Avoid brain trauma

Exercise

Do not smoke

Minimize television and other mindless activities

Do crossword puzzles and other challenging brain games/activities

Consume Medium Chain Saturated Triglycerides (coconut oil, 1 Tbs./meal)

Do not retire from work (increases risk 3% per year of retirement)