

THE JORDAN HARBINGER SHOW

Worksheet for Dr. Dale Bredeesen | How to Make Alzheimer's Just a Bad Memory (Bonus Episode)

On this show we spend a lot of time examining the brain and taking strides to improve critical thinking, boost cognition, and approach life with a smarter edge. But what happens when cognition starts to decline in our later years? Is it just a natural part of the aging process, and should we just sigh and resign to neurodegeneration as a sad but imminent fact of life? Not according to the majority of current research.

In [this bonus episode](#), I sit down with Dr. Dale Bredeesen, internationally recognized expert in neurodegenerative disorders and author of NYT Best Seller [*The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline*](#). We discuss what Alzheimer's actually is, what causes it, and the steps we can take to fend off or even reverse its symptoms.

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“You Give Yourself Alzheimer’s”

While I recognize that the content of the discussion in this episode can be a little dense -- especially for those of you who are being introduced to this for the first time -- one of the key points that Dr. Bredesen shares with me is that cognitive decline is within our control, especially if we are proactive. Alzheimer’s is actually a protection device for our brain, activated repeatedly over decades, and our lifestyle choices can either help our brain out or see to its decline.

Dr. Bredesen shares some of the lifestyle factors that contribute to cognitive decline. For each of the items in the list below, I want you to determine how well or how poorly you lifestyle affects each factor.

Next, determine how you are going to implement positive changes in each factor. Don’t hesitate to dig into these factors more deeply; do some research if necessary (chapter four of [Dr. Bredesen’s book](#) discusses this idea specifically and lists additional factors).

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For instance, “Get enough sleep” seems simple enough, but focus on actionable steps you can take, such as using blue light filters with your computer or mobile device in the hours before bedtime.

- Get enough sleep.
- Eliminate *chronic* stress (through means other than use of “remedies” such as prescription drugs, alcohol, or marijuana).
- Eat a healthy diet (including eliminating trans fats, limiting sugar, including simple sugars, to no more than 15 grams per day, and eating more leafy green vegetables).
- Exercise.
- Increase gut health (Dr. Bredesen mentions leaky gut specifically).
- Reduce your exposure to toxins, including metals (such as copper and mercury), molds and other biotoxins, organic toxins such as DDE (a pesticide).
- Take care of your teeth.
- Exercise your brain through brain training.
- Make sure you have enough trophic factors (helper molecules such as vitamins D and B12, testosterone and estrogen, for instance).

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Bonus

Check out [episode 7](#) where I interviewed Max Lugavere, the co-author of [Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life](#). You'll notice a significant overlap in his focus and Dr. Bredesen's, and Max's perspective on healthy eating can help you gain a more solid understanding of using food as fuel, how to make better dietary decisions, and how food relates to brain health.

Get a Cognoscopy

Because there are multiple types of Alzheimer's, one needs to be able to identify specific contributors for which they're at risk genetically. The types of Alzheimer's that Dr. Bredesen mentioned in our discussion are:

1. Type 1: Inflammatory
2. Type 2: Atrophic
3. Type 1.5: Glycotoxic (Combines 1 and 2)
4. Type 3: Toxic

There are also two other types:

5. Type 4: Vascular
6. Type 5: Traumatic

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Following the theme of being proactive about your brain health, Dr. Bredesen and I discussed the challenges around getting the information you need to know your specific risk factors for which type, and the actions you can take to prevent or reverse cognitive decline before it's too late. Part of the challenge is that the specific tests you need are not reimbursable tests, and many doctors aren't educated on what to look for anyway.

We need to help our doctors identify the factors that contribute to our unique needs with regards to cognitive decline. In addition to tools like an MCI (mild cognitive impairment) screening and the MoCA (Montreal Cognitive Assessment), Dr. Bredesen recommends getting a cognoscopy, which includes genetic testing from blood and urine.

Navigate to Dr. Bredesen's website to learn more information about the [ReCode report](#), and to access the testing you'll need.

Full show notes and resources for this episode [can be found here](#).

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About



Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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