



BRAIN WELLNESS & LONGEVITY

Norse Foundation

Dan Carter - Dr Ostm, DO, MSc Ost, BSc, QTS, Lic
Ostm, Lic MET, Lic Man, Dip SMRT.



BRAIN WELLNESS – ALZHEIMERS DISEASE

6 million people in the USA suffer from it.

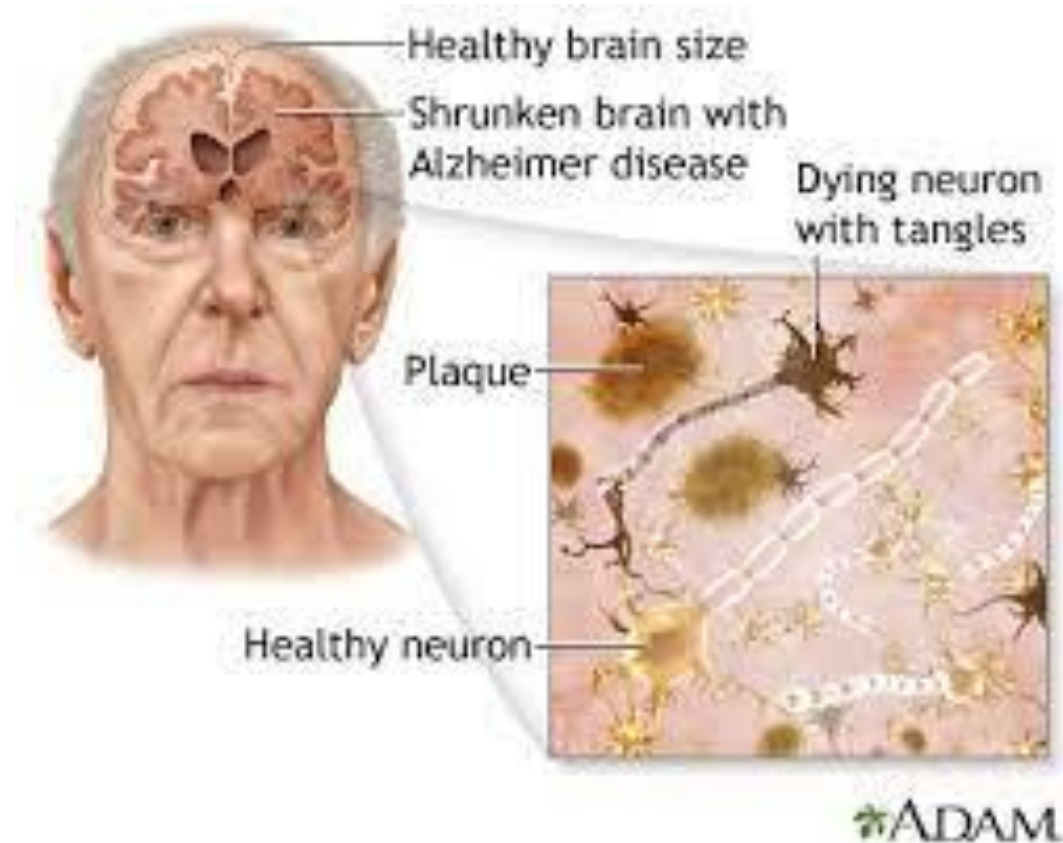
50 million worldwide - Kills more people than breast cancer and prostate cancer combined.

- **Pneumonia is the main killer of people with AD.**

- Loose ability to swollen.

10% of people over 65 suffer from AD.

1 in 3 in the population over 85 get AD.





BRAIN WELLNESS – ALZHEIMERS DISEASE

There is a lot of research working on this problem and the evidence thus far is good.

- At present only one FDA approved medication.

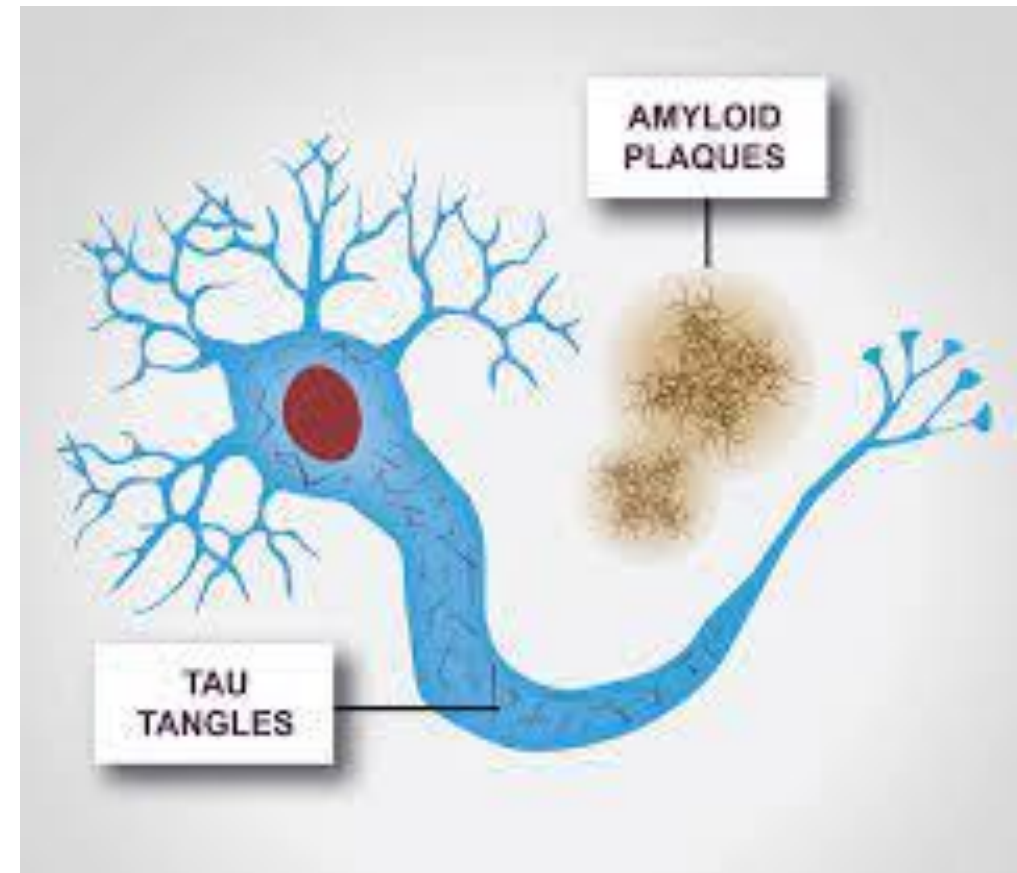
Two proteins that cause plaque build-up in the brain.

- **Amyloid and tau they cause neuro inflammation.**

Simple blood test can show potential of developing the disease.

There are several things we can do;

- **The power of micro biome.**
- **Lions Maine mushroom.**
- **Getting sleep.**
- **Social interaction cuts risk by two-fold.**
- **Exercise a brisk walk.**





BRAIN WELLNESS – RISK FACTORS

The things you can do to reduce chances of brain wellness issues, in order of significance:

1. Hearing loss – 8.2%
2. Low education levels in youth 7.1%
3. Smoking 5.2%
4. Depression 3.9%
5. Social isolation 3.5%
6. Traumatic brain injury 3.4%
7. Air pollution including smoking and wood fired boilers – 2.3%
8. Hypertension higher than 130 - 1.9%
9. Physical inactivity – 1.6%
10. Diabetes – 1.1%
11. Excessive alcohol consumption more than 3 drinks a day – 0.8%
12. Obesity – BMI more than 30 – 0.7%

?? 12 RISK FACTORS FOR DEMENTIA YOU CAN CHANGE

