

IMPROVING MEMORY

& working through dementia



INTRODUCTION

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I am a naturopathic doctor and graduated from Bastyr University in San Diego, CA

I'm born and raised in CT and work at Soleil Holistic where I see patient for many different issues regarding digestion, hormones, cardiovascular disease, and for craniosacral therapy.



LEARNER OUTCOMES

Understand the different types of dementia

Common symptoms that are associated with different types of dementia

Different activities that increase memory

Understanding how the gut-brain connection is important in dementia

Understanding the importance of supporting your blood sugar for memory

Food sources of nutrients that enhance cognition

WHAT IS DEMENTIA?

Condition with progressive loss of intellectual functioning where memory, abstract thinking are impaired

Often seen with personality changes

- Alzheimer Disease
- Vascular dementia
- Combination of Lewy Body, Parkinson's Related
- Alcoholic dementia
- Frontal lobe dementia



WHAT IS DEMENTIA?

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SYMPTOMS OF DEMENTIA

- Apathy
- Inability to concentrate
- Withdrawing from society
- Dramatic changes in mood + affect
- Decline in memory + other cognitive functions



SYMPTOMS - ALZHEIMER'S

- Disorientation to time and place
- Poor/decreased judgement
- Difficulty performing tasks
- Having problems with language
- Memory loss that effects job skills
- Problems with abstract thinking
- Misplacing things
- Changes in mood + behavior
- Loss of initiative
- Change in personality



SYMPTOMS - OTHERS

- In Lewy Body Dementia there may be more hallucinations
- Fronto-temporal Dementia there is more experiences with inappropriate behaviors
- Parkinson's with a stooped posture, tremor, and a shuffled gait

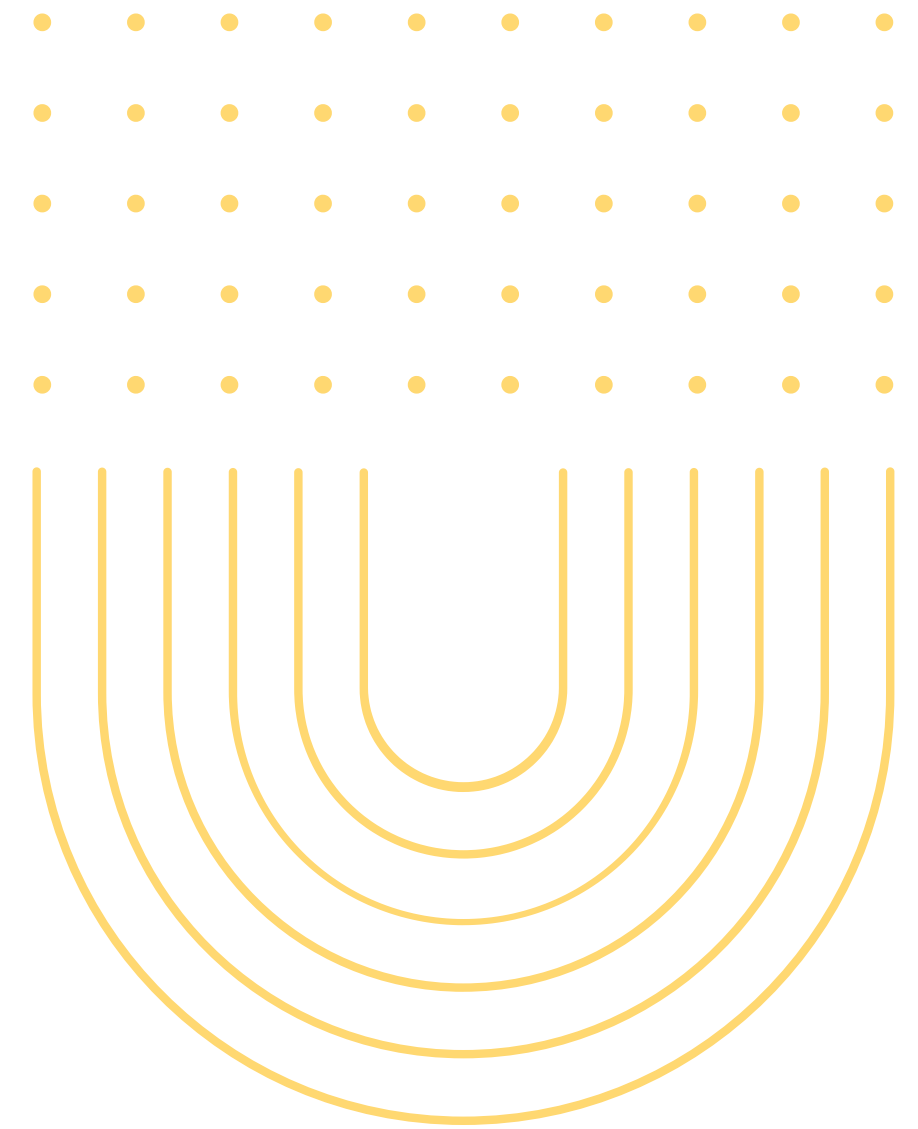




ROBIN WILLIAMS
Lewy Body Dementia



BRUCE WILLIS
Frontal Lobe Dementia



**CELEBRITIES
WITH DEMENTIA**

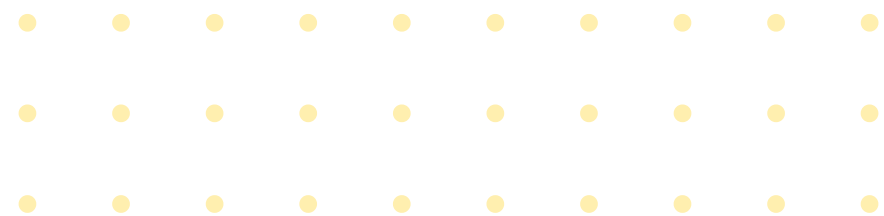
COULD IT BE SOMETHING ELSE?

Did the symptoms start after a new medication?

Any history of hypothyroidism?

Screening for depression

Any nutritional deficiencies?

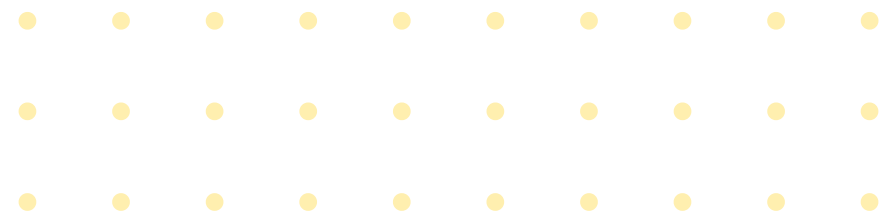


SPOTTING DEMENTIA EARLY

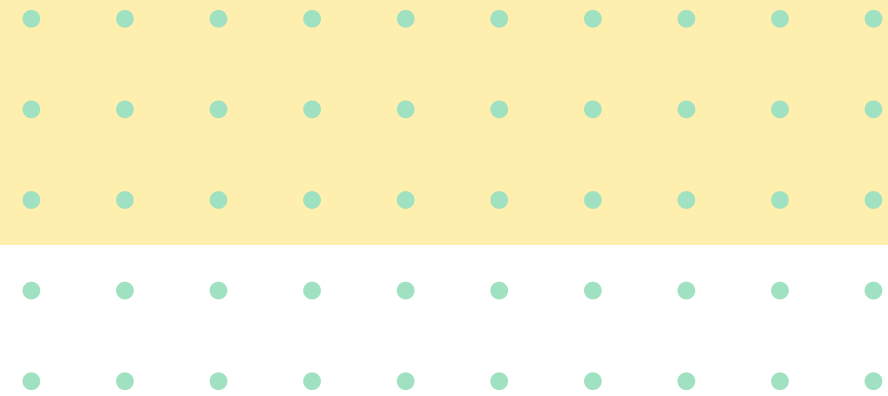
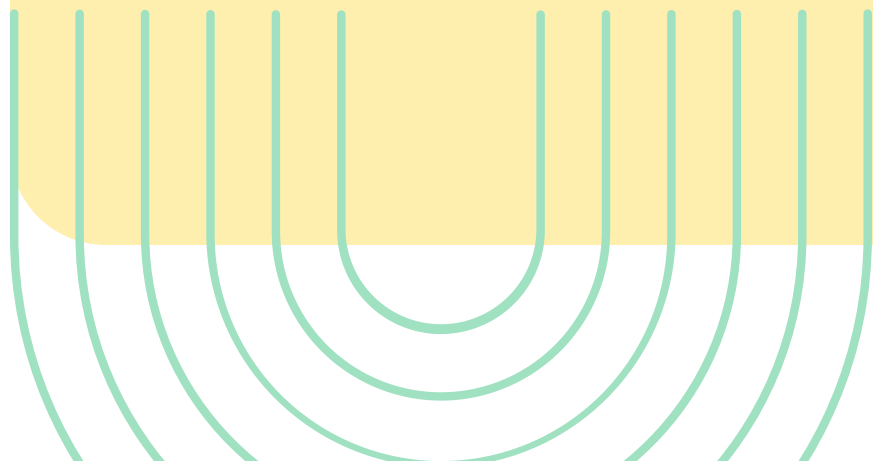
Allows you to work with your doctor to plan ahead

Allows you to discuss the need for medical therapy

Gives you some more time to put together a life plan



NATURAL SUPPORT



YOUR SLEEP AS YOU AGE

As you age, your sleep goes through big changes

- Not sleeping as long
- Takes longer to fall asleep
- Waking more often

Your slow wave sleep declines



PINK NOISE FOR BETTER MEMORY

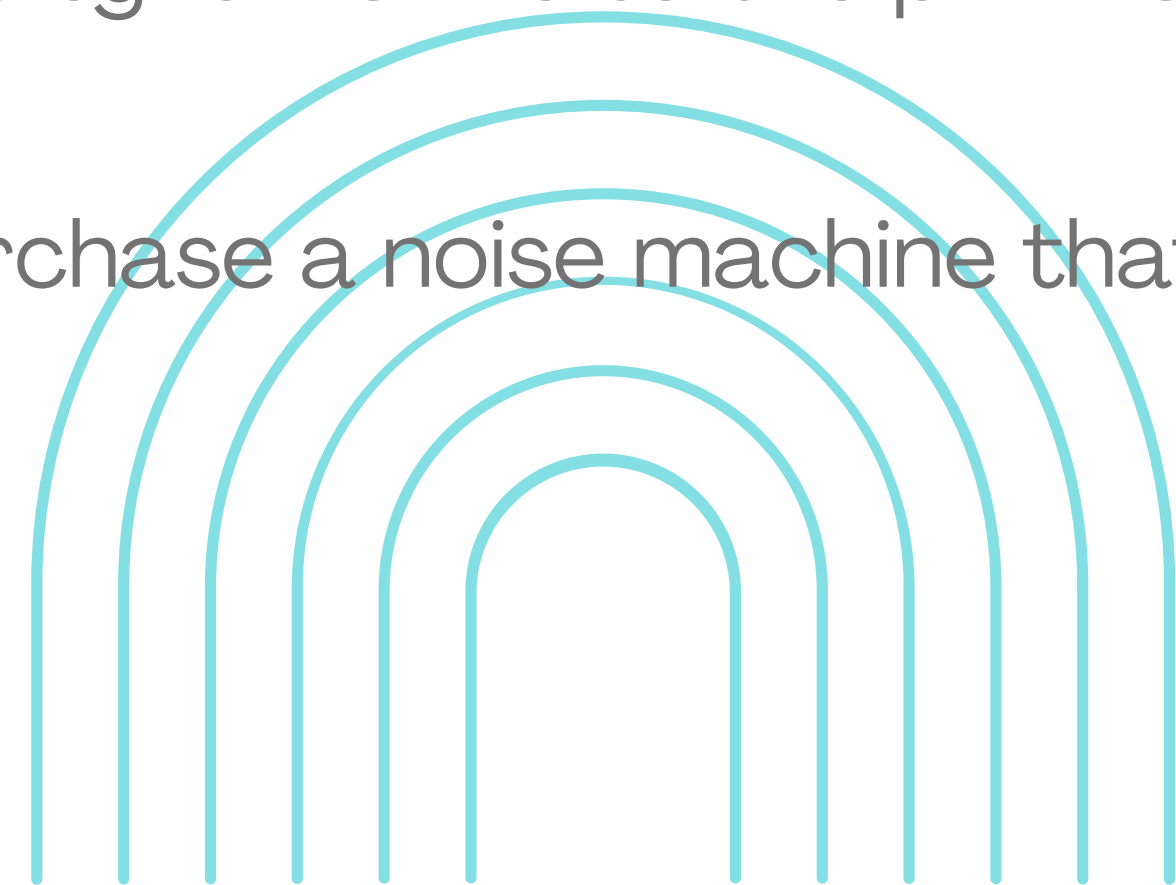
Pink noise: similar to white noise, sounds similar to a water fall

Studies show that pink noise is helpful for enhancing sleep quality and memory in elderly

Your brain waves while you sleep will start to synchronize to the pink noise

What to do: find a playlist or youtube or purchase a noise machine that has multiple color noise options

Play the pink noise as you sleep



THE GUT-BRAIN AXIS & MEMORY

Your gut has its own nervous system and is also closely related to your brain

- The nervous system found in your gut is called the enteric nervous system

The vagus nerve sends signals to the gut from the brain via enteric nervous system and visa versa

If the connection between your brain and gut are weakened, this can cause problems with memory

Poor diet and low diversity of microbes can through off the gut-brain connection



1

humming and singing



2

deep breathing, meditation,
prayer



STIMULATE THE VAGUS NERVE



contrast showers



3

gargling and
gagging



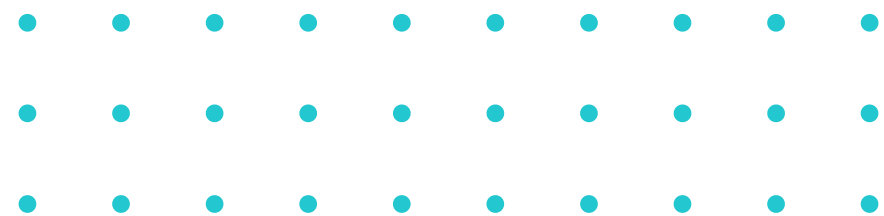
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THE MICROBIOME

What is the microbiome?

- Trillions of bacteria that are located in your gut
- They stimulate the neurons of the enteric nervous system

Dysbiosis and overgrowth of pathogenic bacteria can release toxins that influence inflammation

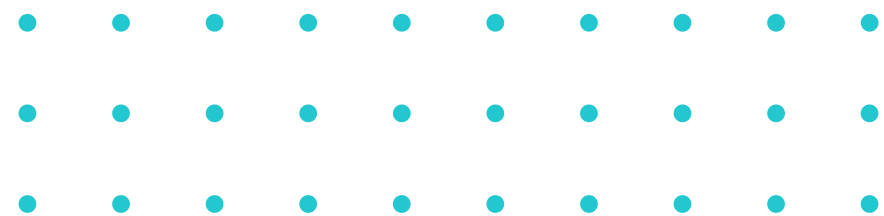


INCREASING DIVERSITY

There are studies showing the composition and diversity of the gut can have an impact on learning, memory, and behavior

What can you do?

- Eat 30+ plants per week
- Probiotic rich foods
- Resistant starches



YOUR DIET

- High fat and high sugar diets have been shown to deteriorate memory
- Omega 3 fatty acids has been shown to improve memory via the gut, provides neuro-protective effects
- Insulin levels: High sugar diets or high levels of insulin cause more inflammation in the body
 - High inflammation causes neurons to die and the brain to age, this puts you more at risk for neurodegenerative diseases like Alzheimer's

YOUR DIET & THE BRAIN

**HIGH SUGAR/INSULIN
RESISTANCE**

INFLAMMATION

**DAMAGE TO
BRAIN**

**DISEASES LIKE
ALZHEIMER'S**

DO ANY OF THESE SYMPTOMS SOUND FAMILIAR?

Increased energy after meals
Fatigue after meals
Cravings for sweets after meals
Relying on coffee or sugar for energy
Poor memory, forgetfulness
Blurred vision
Constant hunger
Mood swings
Increased appetite & thirst
Frequent urination
Difficulty losing weight
Migrating aches & pains



DO YOU EXPERIENCE THESE WHEN MISSING MEALS?

Feeling lightheaded

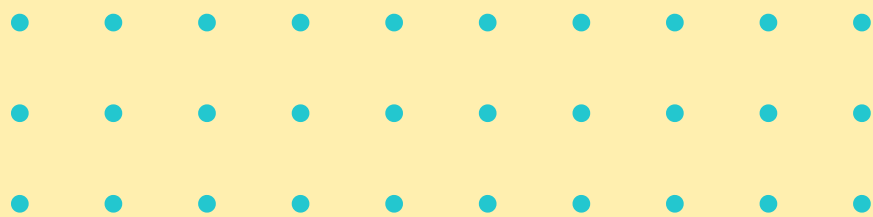
Jittery

Shaky

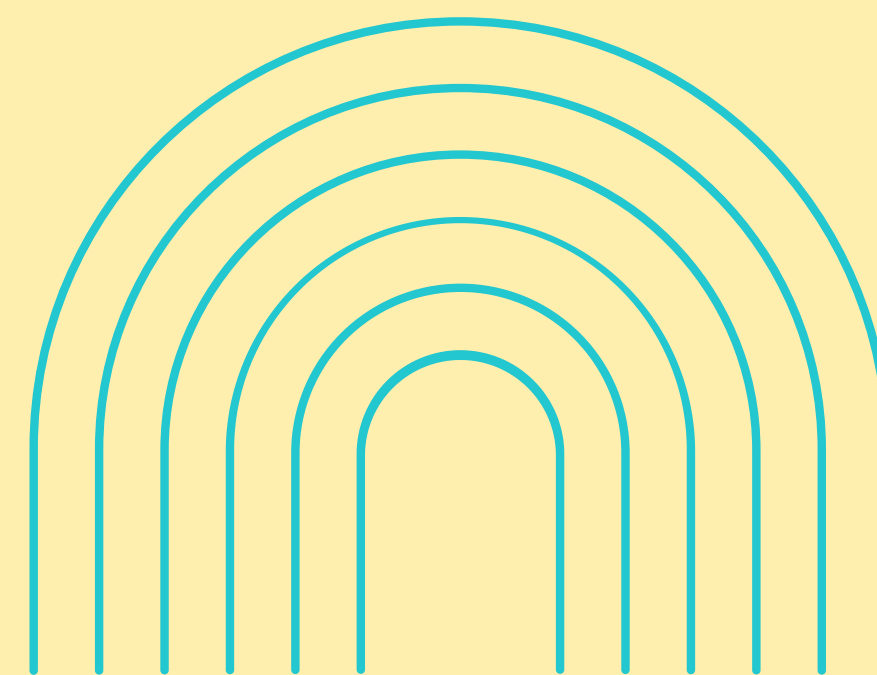
Tremors

Getting angry, irritable "hangry"





THESE ARE ALL SYMPTOMS OF UNSTABLE BLOOD SUGAR



BALANCING BLOOD SUGAR

- Eat high protein, low carbohydrate breakfast
- Carbohydrate pairing
- Cut out sweets and sugar before bed
- Eat a balanced diet that consists of vegetables, healthy fats, protein



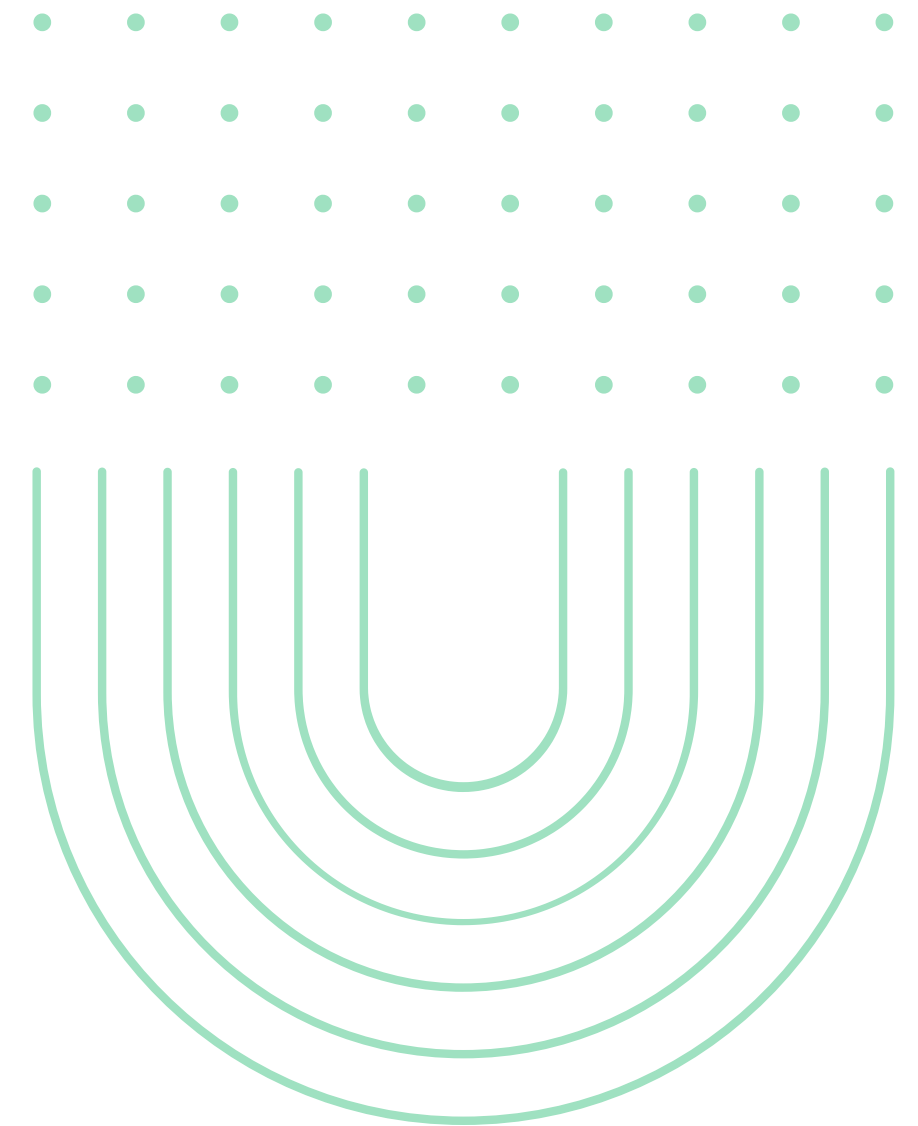
Scrambled eggs

with veggies, cottage cheese, and sausage
Protein: 20+g



Smoothies

with greek yogurt or kefir,
nuts, nut butters, avocado,
hemp seeds



HIGH PROTEIN, LOW CARB BREAKFASTS

CARBOHYDRATE PAIRING

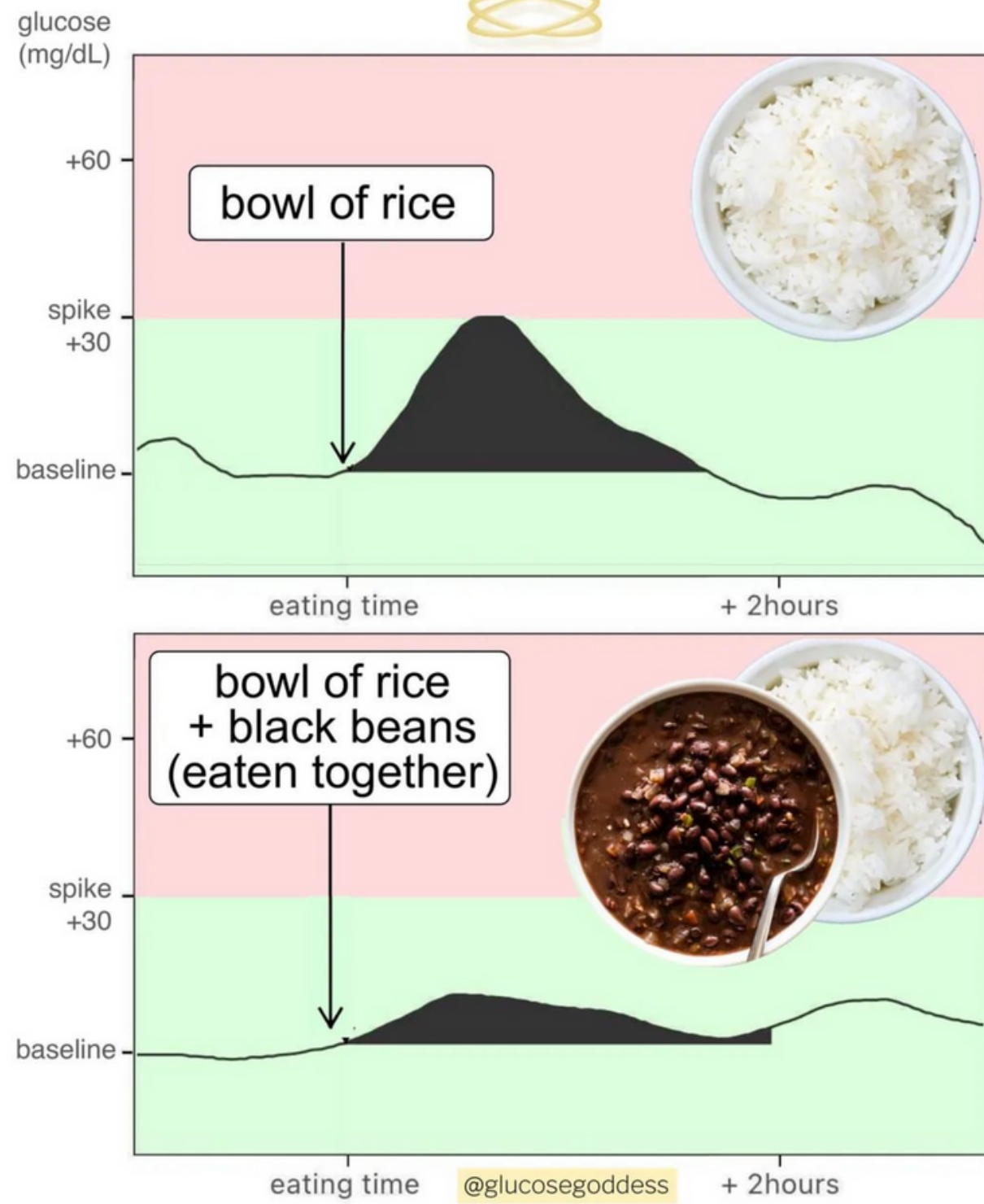
Eating certain foods with carbohydrates will bring on a more *gradual* increase in blood sugar

- Rather than a huge spike in blood sugar





glucosegoddess



Liked by manifestationbabe and 29,517 others

glucosegoddess Swipe

I'm always amazed at how cultural traditions are good for our... more

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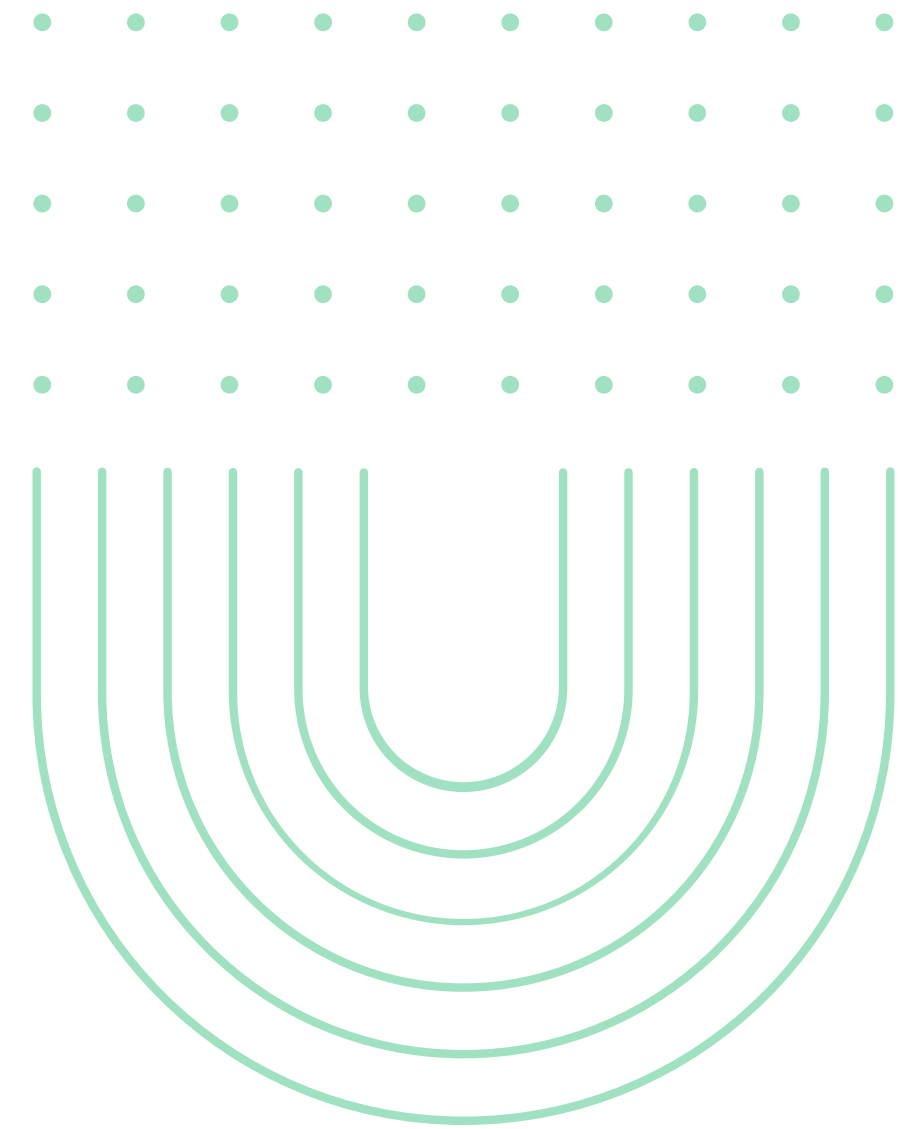
Rice with Legumes

Rice and beans



Nuts with Fruit

Walnuts with strawberries,
almonds with raspberries



CARBOHYDRATE PAIRING



Toast with a topping

like nut butters (PB, almond butter, cashew butter) or avocado



Plain oatmeal

pair with nut butters, nuts, seeds



CARBOHYDRATE PAIRING



Walnuts

High in fat to keep you full and doesn't cause a huge spike in blood sugar
BONUS: a great source of melatonin!



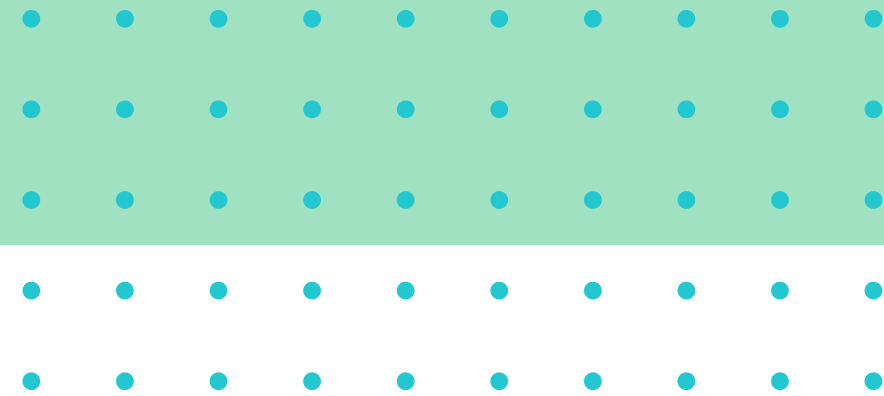
Greek Yogurt

A good source of protein, buy unsweetened for less sugar

NIGHTTIME SNACKS



BRAIN ACTIVITIES TO IMPROVE MEMORY



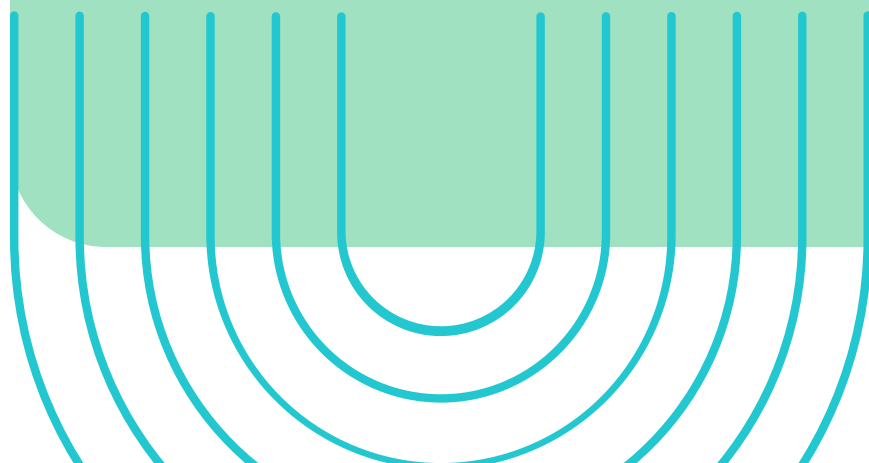
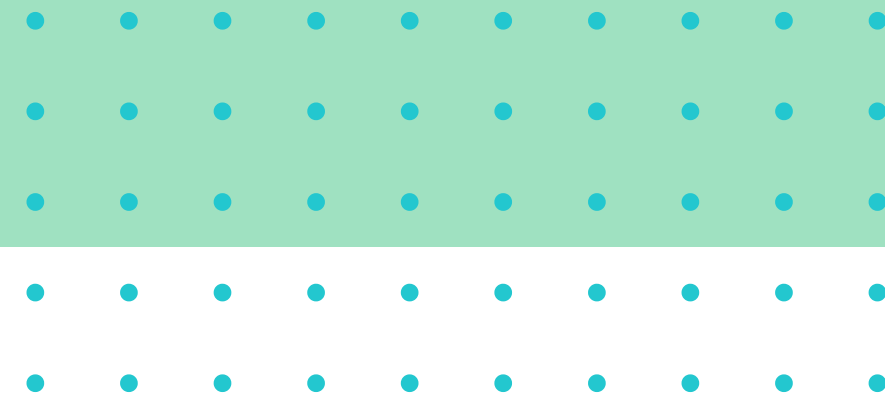
PUZZLES

Crossword puzzles can help delay the onset of memory decline and dementia by 2 and a half years

Sudoku has been shown to increase working memory



NUTRIENTS FOR OPTIMAL BRAIN FUNCTION





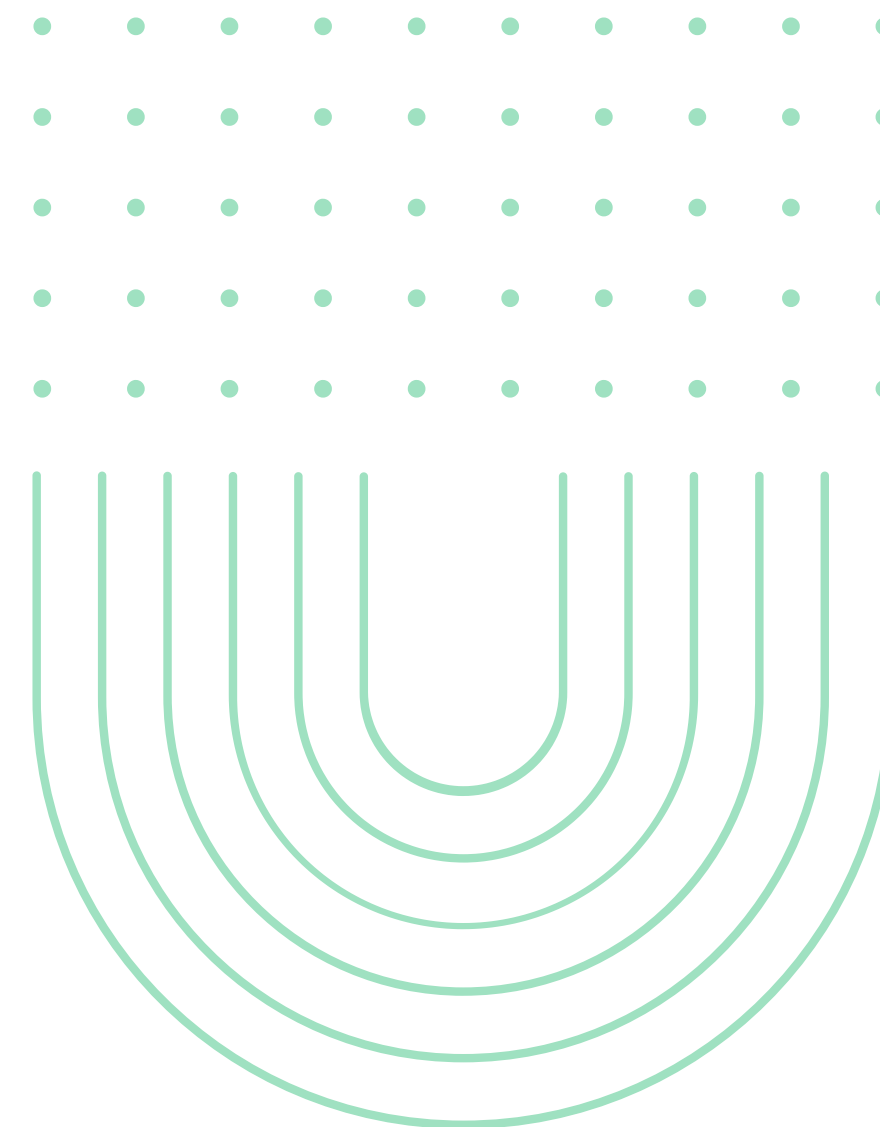
Chocolate

Daily consumption of cocoa flavanols improved cognitive function



Cherry Juice

About 6oz of cherry juice can improve cognitive function



NUTRITIONAL SUPPORT

VITAMIN B12

- Deficiency of vitamin B12 can be a cause of cognitive decline and dementia
- Lab values may be normal, but spinal fluid may not show a deficiency
- As you age, absorption from food decreases

Food sources: meat like beef, liver, poultry, eggs, mussels, clams, milk, nutritional yeast

Supplementation: oral liquid or liposomal form of B12 for better absorption or intramuscular injections

B12 AND YOUR STOMACH ACID



- Vitamin B12 needs stomach acid in order to be absorbed by the body
 - Stomach acid makes a carrier to help B12 be absorbed
- Certain medications can decrease stomach acid (PPIs, H2 blockers)
- Age and stress can decrease stomach acid
- Deficiency may not show up for a few years because B12 is stored in the liver



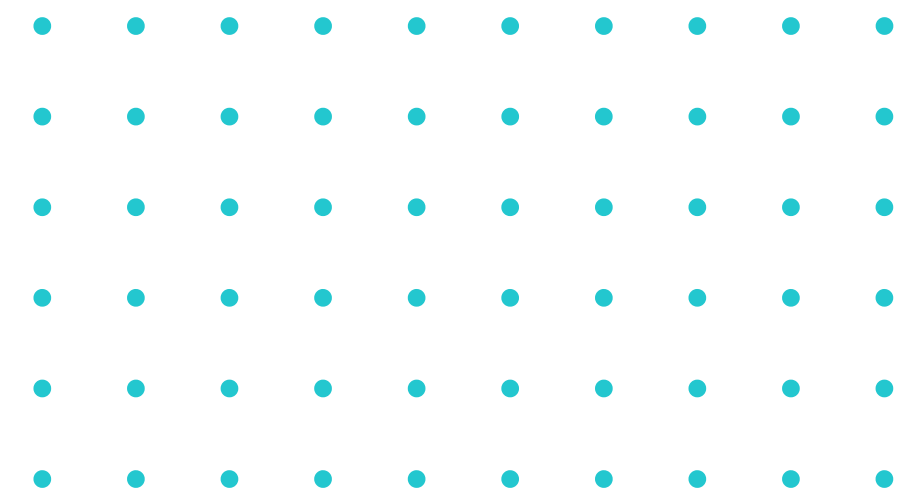
FOLIC ACID

Low levels of folate on labs was associated with Alzheimer's Dementia and when labs showed higher values, there was a slower rate of cognitive decline

VITAMIN B1

A deficiency in B1 can cause a specific form of dementia known as "Wernicke-Korsakoff Syndrome"

Those at risk: alcoholics, those consuming a nutrient poor diet, not eating enough, history of gastric bypass, loop diuretics



FOOD SOURCES

FOLATE

leafy greens, legumes, citrus fruits, beets, whole grains, fortified refined grains

THIAMINE

whole grains, legumes, pork, pecans, spinach, oranges, cantaloupe, milk, eggs

MAGNESIUM

nuts, pumpkin seeds, beans, cooked spinach, swiss chard, white potatoes with the skin, dark chocolate, salmon, beef

BOTTOM LINE

There are many different activities and foods you can do to support your brain

Your whole body is connected

Don't underestimate the need for support!



QUESTIONS?

