Ever forget a name, blank out on a word or walk into a room and forget why you’re there? Sure, we’ve all done it, and most of you under 40 don’t think twice about it. For the rest of us, such slip-ups can leave us wondering, worrying, rationalizing, and otherwise wasting precious mental energy trying to convince ourselves that we are NOT careening down the slippery slope of no return called “Alzheimer’s disease.”

**The Game Changer**

Fortunately, the memory changes of Alzheimer’s vs. “normal aging” are readily distinguished, and most “senior moments” not harbingers of decline to come. For example, if word- or name-finding is your only issue, having the name, word or item pop into your mind later is a good indication you’re exhibiting “normal aging” only.

Now, the amazingly good news is that the heretofore impossible, the cure that no drug has been able to deliver, despite billions, yes billions, spent on research for dozens of years—to slow, stop or reverse memory decline—has just become a reality.

And what works is not the usual high tech medical breakthrough of expensive drugs, immune or gene therapy you might think. Rather, the solution is an amazingly low-tech, multimodality, natural approach that is within the reach of every one of us right now.

My Recent Training with Dr. Bredesen in Reversing Cognitive Decline

**Reversing Cognitive Decline**

When I learned that Dale Bredesen, MD, the pioneering physician-scientist and discoverer of this method was training doctors in his protocol, I jumped at the opportunity and flew to Dallas to attend the
Institute of Functional Medicine’s Advanced Clinical Training in the Reversal of Cognitive Decline.

There Dr. Bredesen taught over 350 of us doctors the details of how to assess each individual’s risk and underlying causes and how to correct each in a systematic way, often resulting in improved memory function within 3-6 months. (Improvement occurs most readily in those under 75 years of age and in early stages of the disease.)

I’m already seeing positive results in patients following this program and want to share this revolutionary approach with EVERYONE interested in avoiding Alzheimer’s and improving their mind power and memory.

Is My Ageless Brain Webinar Intensive for You?

If you are concerned about your memory, have a family history of Alzheimer’s, or simply want to sharpen your already great memory and keep it that way, this webinar is for you.
I invite you to join the My Ageless Brain LIVE Workshop

When it comes preventing and reversing cognitive decline….

**The earlier you start, the better the results!**
The My Ageless Brain LIVE Workshop is designed to help you improve your mind, memory and brain function, starting now!**
You will learn how to:
Identify the 6 major causes of memory and cognitive decline.
Assess your memory and brain function
Improve your mind, memory and whole body health in 10 evidence-based ways.

You will also learn:
Enhanced healing approaches from Ayurveda and Functional Medicine, Dr. Bredesen’s Preferred Natural Approaches

*If you have a medical condition or take prescription medication, please consult your personal physician before making dietary or exercise changes or starting any herbs or supplements recommended in this program

NOTE: Depending on your current state of mind-brain health, you may wish proceed ahead of or following this workshop with calling on your local physician to order Dr. Bredesen’s recommended lab tests, the “Cognoscopy,” give you one-on-one feedback on the results, and advise you on opotimal treatment. (This may also allow insurance coverage for some of the recommended tests, depending on your specific policy).

**Important Note: Results will vary depending on individual differences, including age, current degree of memory loss, and other mental and physical factors affecting the potential reversibility of the underlying causes. No claims or guarantee are made for any particular health outcome. This is an educational program only, and you are cautioned to seek and follow your own physician’s advice based on his or her knowledge of your condition.

About Dr. Nancy Lonsdorf....
Nancy Lonsdorf, MD is a Pioneering MD trained at Johns Hopkins and Stanford with over 30 yrs. Experience in Integrative Ayurveda and Functional Medicine.

“One of the nation’s most prominent Ayurvedic doctors.” — The Chicago Tribune

“Dr. Nancy Lonsdorf’s career is marked by helping break down tired old barriers in medicine that no longer serve our healing system. As a pioneer in holistic medicine she is helping shape the future of medicine
as we embark on a more scientific way of doing healing.” —Bill Dean, MD, National Ayurveda Medical Association

Nancy Lonsdorf, MD is a nationally-recognized integrative medicine physician, author and teacher with special expertise in Ayurveda, women’s health and mind, memory and consciousness. Named “one of the nation’s most prominent Ayurvedic doctors” by the Chicago Tribune, she is a Diplomat of the American Board of Integrative, Holistic Medicine (ABIHM) and the recipient of the Atreya Award for excellence in Ayurvedic practice from the Association of Ayurvedic Practitioners of North America. In 2017, she was honored with the Award of Excellence in Holistic Medicine by the Holistic Doctors Recognition Board.

Dr. Lonsdorf has a solid foundation in traditional Western medicine as well, having received her medical degree from the Johns Hopkins School of Medicine and residency training in psychiatry at Stanford University.

Since she started her practice in Ayurveda and Integrative Medicine in 1987, she has treated over 25,000 patients in Washington DC, at the award-winning Raj Ayurveda Health Spa In Fairfield, IA and privately in Fairfield, IA and around the world.

She frequently presents at a wide variety of integrative medical conferences and also teaches Ayurveda and integrative medicine to health professionals at the University of Maryland Center for Integrative Medicine and others.

She has extensive media exposure, having appeared numerous times on national radio and TV, including the Donahue Show and Geraldo Rivera and is frequently quoted in popular magazines such as First For Women, Natural Solutions, Yoga Journal and Redbook.
Her pioneering books on women’s health and Ayurveda include co-authorship of *A Woman’s Best Medicine* and author of *The Ageless Woman, How to Navigate the Transition Naturally for a Long Life of Vibrant Health* and *Radiant Beauty*.

**My Ageless Brain™ Workshop**

**Hour 1: Getting started: The Healthy Brain Recode Program.**

This webinar provides an overview and orientation to Dr. Bredesen’s ReCode Protocol to Reverse Cognitive Decline. In an easy-to-understand way, you’ll learn the science and clinical experience behind it, how it works, what to expect and how to apply it in your daily life to prevent or reverse memory issues and related cognitive decline.

You will learn:

- What causes memory loss and Alzheimer’s disease
- How to distinguish “normal aging” memory slips from pre-Alzheimer’s
- The 6 Subtypes of Alzheimer’s
- Why having the “Alzheimer’s gene” is less problematic than ever before
• The “cognoscopy” as recommended by Dr. Bredesen.
• What tests to get, where to get them, what cost, will insurance pay, how to prioritize on a budget.
• How to decide whether to see your local doctor for test prescriptions, or do it yourself with online, “direct to consumer” testing
• What you’ll learn from your “cognoscopy” and how it will guide you to achieve optimal brain health ...and much more!

Webinar B: Inflammation: How to Heal Your Gut-Brain Connection and Put out the Fire

Clear thinking and memory, weight loss, immunity and anti-aging are all connected via gut health. For most of us, the first step in healing the brain lies in healing the gut.

In this first hour, we’re going to draw from the latest gut-brain knowledge and take quantum leap further with the highly personalized understanding of gut health and digestive types offered by Ayurveda, the world’s first health science.

Gut Health, Front and Center for 5000 yrs—Ayurvedic Medicine
Ayurveda has preached the centrality of digestion and the gut in whole body and brain health for millennia, and now finally modern research backs it up---our gut health profoundly affects our brain health.

Ayurveda is the original gut health expert, having revealed the wisdom of leaky gut and optimizing acids and enzymes, elimination, detox and a healthy microbiome over 5000 years ago!

Here’s what we’ll be doing in January, to help you achieve your mind, memory, weight and immunity goals by healing your gut, digestion and elimination:

You’ll learn:

- About the gut-brain connection—how it works, why it matters
- How to assess your gut health status
- How to improve digestion and metabolism while you gently detox and help normalize your weight
- Personalized tips and strategies to optimize your gut-brain health

...and much more!

Hour 2—Inflammation, Blood Vessels, Heart and Your Brain
Are you just “too sweet?” By now you may have heard, “sugar is the new cholesterol,” and considered more influential in promoting heart and artery disease than “big, bad” cholesterol itself.

We’ll learn the latest in heart health and get answers to a multitude of your questions about diet, supplements, medications, exercise and other factors important to the health of our arteries, responsible for good blood flow to our brains or, conversely, dementia due to strokes. Planned--An exciting “Heart Health” hour with a top guest cardiologist that will help us understand the important role of metabolism and our arteries for keeping our brain healthy.

**Hour 3: The Sweet Truth About Sugar and Your Brain - The ReCode Approach + Ayurveda**

Is Alzheimer’s “Diabetes of the Brain?” Learn how to lower risk and reverse the damage caused by sugar.

You’ll learn:

- What “AGE’s” your brain
- How sugar makes you dumb
- Can I eat bananas?
- How do I follow low carb if I’m vegetarian?
Hour 4 - Nourish and Nurture your Brain for Faster Recovery

Our brains love nutrients and are fed also by trophic, or growth-promoting hormones. On the other hand, take key nutrients and hormones away, and our brain starts to “wilt” like a delicate flower on a hot, desert day.

While I always prefer to restore hormone balance without hormone therapy if possible, if the brain is “wilting,” the risk/benefit ratio can shift pretty dramatically to “save the brain now and prevent potential side-effects later.”
With today’s bio-identical hormones and sophisticated monitoring methods, it should be possible to restore “physiologic” (meaning healthy, normal, and not dangerously excessive) hormone levels with minimal risks and side-effects and help turn around cognitive decline as quickly as possible. We’ll talk about how to do that in this month’s webinars.

**Webinar A: How to Optimize Hormone Levels Naturally**

You’ll learn:

- Which hormones are important to brain health and what do they do
- How our hormones function together and influence each other
- How stress and aging impacts our hormones.
- Herbs, diet and lifestyle tips to improve adrenal function and key hormone levels, naturally
- How to evaluate whether to take hormones, how much, which ones*
- How to promote hormone balance without taking hormones. When is this most likely to succeed?
• How to minimize side-effects and risks of long-term hormone therapy.
   ...and much more!
  * Ultimately, you will need to discuss this with your personal physician doctor who will advise you and prescribe, or not, based on your entire health situation.

**Hour 5 - Spring Cleaning Time! How to Clean your Brain for a Clearer Mind**

The “toxic” cause of cognitive decline is the most challenging to treat, and complicated to diagnose accurately and thoroughly. However, advances in understanding the influence of a myriad of toxic exposures on the brain and immune system has allowed effective protocols to be developed.

Finding and removing the underlying toxic cause, and fortifying your body’s detox system with nutrients, foods, spices and herbs that help it detox is critical to turning around this type of memory loss and cognitive dysfunction.

You’ll also learn about the highly important Ayurvedic practice of “cleansing” the body at the change of season, taking advantage of the natural purification that happens every spring at the end of March through June.
Detox done at this time is important for preventing seasonal respiratory infections and flu as well as preparing the body for a healthy summer season. You’ll take a quiz to identify your “detox type,” and receive personalized instructions of how to glide through the season change smoothly, and healthfully, the “Ayurvedic” way.

Webinar A: Is Your Brain Toxic? The ReCode Approach + Ayurveda
You’ll learn how to determine if your brain has toxic stress or decline. You will also learn about the tests utilized to assess toxic load and how much it may be contributing to memory issues or cognitive decline for you, based on the kinds of results you may have gotten already back.

Chronic systemic inflammation can result from a variety of causes, including viral and bacterial infections; parasites or yeast; imbalanced flora in mouth, nose or gut; Lyme disease or mold exposure, to name a few. You’ll learn about this health-damaging condition, how doctors test for it, how it can harm your brain and what you can do to restore your immune system (and brain) to a normal, non-
inflamed state by eliminating the underlying cause(s).

You’ll learn:

- How to determine if your brain has toxic stress or decline
- Do you have characteristic symptoms?
- What are the usual signs?
- What test results point to a toxic cause?
- How toxins damage the brain
- Tests you should do to evaluate toxic risk to your brain
- What to do if you have toxicity
- When to see a physician detox specialist for your condition

You’ll learn:

- What kind of impurities have accumulated in your system
- How to personalize your spring cleanse for maximum benefit
- A personalized program to support your body’s seasonal transition and cleansing
...and much more!
Hour 6 - How to Reduce Stress and Heal the Emotional Heart

Overcoming Stress: #1 Enemy of the Brain, Hippocampus and Memory, and How to Reverse It

We all know stress affects us, and we all need effective ways to reduce the effects of stress on our brain and nervous system. We’ll explore what stress is, how it affects our mind and memory, and powerful, evidence-based approaches to reduce stress and help heal the brain.

You’ll learn:

- The role of stress in memory issues
- How stress damages the brain
- What we do daily that damages our brain and why we must avoid it
- Best evidence-based approaches to beat stress and heal your brain

...and much more!

Overcoming Emotional Stress and Where to Go From Here....

Your Emotions: How to Relieve Chronic Emotional Stress from Unresolved Breakups, Relationships, Job Loss and other Emotional Hurts

You’ll learn:
• How our emotional heart also has a center in the brain
• How emotions can trigger stroke and heart attack
• How to dissolve chronic emotional stress—non-pharmacologic approaches
• We’ll explore a vision of high performance functioning of the emotional brain—greater love, gratitude, appreciation and fullness of heart—an Ayurvedic prescription for higher brain-heart development explore how best to continue to grow in brain health, mind, memory, emotional balance and ultimately “supercognition,” the best our brains can be!

Testimonials
What Event Leaders and Producers Say About Dr. Nancy’s Speaking and Teaching:

Thank you, you were so wonderful! You explained everything so clearly and it came across really well. Allie, Producer, Veria TV Productions, NYC

Just hearing Dr. Nancy speak was a healing experience. Her presence and peacefulness was transformative…. I have read and listened to
Ayurvedic doctors before, (but) this time I understood. Dr. Nancy has a way of making it clear, easy and embraceable.

Connie Kemmerer, Executive Director
Teton Wellness Festival, Jackson, WY

You had a serene presence and presented a complex system in a very orderly and digestible manner that gave the audience a good taste of Ayurveda. I felt your lecture was delivered in a very sensible and thoughtful way that really did justice to the topic.

American Board of Integrative and Holistic Medicine (ABIHM)
Executive Director
Nan Sudak, MD, ABIHM

What Dr. Nancy’s course participants say:
I loved the way the webinar was so well-organized. You covered a tremendous amount of material in a short time.
The fact that Dr. Lonsdorf is well educated and knowledgeable in both traditional Western and Vedic medicine gives me confidence in her advice. And her presentation style is very personable and easy to understand. An excellent presentation, Thank you!
I wanted Dr. Lonsdorf’s presentation to go on and on and on!! It was fascinating, and she was so easy to relate to. She’s a fantastic speaker, and you can tell by the way she connects with her audience that she genuinely cares about and enjoys people. I’ve applied some of her tips and feel great benefits already!

I thoroughly enjoyed the webinar... it was so full of valuable information!

It was so exciting to hear this knowledge...a dream come true for me. I have been seeing doctors for many years at one of the most prestigious medical university centers in the world, and I had the distinct feeling when Dr. Nancy was speaking that what she was saying was the truth. .... she is the best doctor I have ever heard speak...thank you...thank you...thank you!!!