

REVERSING COGNITIVE DECLINE

Strategies to Prevent Alzheimer's Disease and Reverse Memory Loss



with

DR. WES YOUNGBERG

DrPH, MPH, CNS, FACLM

Dr. Youngberg has 30 years of experience practicing as a lifestyle medicine specialist and clinical nutritionist and has helped hundreds of cognitive impairment and Alzheimer's patients improve their health. He has lectured to medical and lay audiences worldwide, produced the *Diabetes Undone* program, authored multiple books on health, including *Goodbye Diabetes*, *Memory Makeover*, and several medical journal articles on Alzheimer's. He is a fellow and founding director of the American College of Lifestyle Medicine, assistant clinical professor at Loma Linda University Schools of Public Health & Medicine, and has trained with neurologist Dr. Dale Bredesen.

JULY 9-11, 2019

Tuesday, Wednesday and Thursday

7:00-8:30 p.m. each night

Three Part Series

Loma Linda University Church

11125 Campus Street

Loma Linda, CA

DEMENTIA is defined as a decline in mental ability severe enough to interfere with activities of daily living. Come learn about the three goals of optimizing brain health:

1. **Slowing cognitive decline.** This is available to essentially everyone who applies the basic strategies.
2. **Stopping cognitive decline.** Up to 90% of individuals can accomplish this.
3. **Reversing aspects of cognitive decline.** Up to 80% of individuals who follow this comprehensive plan show some form of improvement in cognitive function.

Learn why Alzheimer's is now being called Type 3 Diabetes and Insulin Resistance of the Brain. Learn about the lab tests that can guide both prevention and optimal management. Learn about the six pillars of Alzheimer's risk and the fundamental strategies documented to support healing of the brain. Multiple case studies will be presented documenting how many individuals have reversed symptoms of cognitive decline associated with MCI and Alzheimer's.

THIS SEMINAR IS FREE AND NO PREREGISTRATION IS REQUIRED

