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**3/16 Aging Well: Prevent Dementia, Improve Cognitive Function**

### Food and exercise are the most powerful ways to change your genes and their expression and feed your mind. Brain has neural stem cells that can replenish and repair neurons controlled by genes activated by aerobic exercise, sleep, calorie restriction, ketogenic diet, turmeric and omega3 oil, suppressed by obesity, stress, some drugs and blood sugar. Breast milk is 54%, brain is 70% and cell walls are 50% saturated fat. Cholesterol essential for permeable, waterproof membranes around cells, myelin covering of neurons, protects brain from oxidative damage, ingredient of all steroid hormones, bile and fat sol vitamins, for growth of new brain synapses, and changes shape of proteins to enable thinking, learning, and memory. Statins increase diabetes 48% in 160,000 postmenopausal women (NEJM 2013), all cause death Am J. Cardiol 2010, damage myelin, lower testosterone in men. Risk AD x2 with DM. Glycation deforms proteins so inflexible, nonfunctional, forming rigid crosslinks with other bent proteins for degenerative diseases, aging, inflam.@ BS>100, GlycoHgb >5, fasting insulin>5, waist fat assoc with diabetes, dementia, smaller brain, depression. Walking 20 min/day minimal. Average blood pressure > 140/80 damages brain. Low active thyroid T3. Feed brain coconut (AxonaRx for AD)or olive oil, omega3DHA +EPA> 3g/d, avocado, wasabe, walnuts, wild fish, eggs, grass fed meat and butter, VitK grass fed ghee, whole turmeric root 3g/d in oil with black pepper, ginger, rooibos and black teas, berries, resveratrol, beets, red cabbage, pomegranates. Heal leaky gut. Meditation for memory, focus, no brain shrink. Adaptogen herbs recognize, respond, recover, resist, restore, are nontoxic, nonspecific, normalize, enhance all cell energy, modify stress response, restore damaged hormone systems, anabolic, protect repair DNA, promote healing, detox, suppress cancer, resist disease: Ginseng (American milder), eleuthero root, rhodiola, ashwaganda, schisandra seed and fruit combined with ginko, ginger, astragalus, bacopa, hawthorn, gotu kola, holy basil, licorice, mushrooms:lion's mane, cordyceps, poria, reishi., rooibos tea, methyl B12, B6, VitD3(80 ng) magnesium glycinate 400mg/d. Brain-derived neurotropic factor stim growth new neurons by exercise, wasabe, EPA, berberine, arginine, SAMe. Resources:greenmedinfo.com, Healthy Mind Cookbook by Katz, Adaptogens: Herbs for Strength, Stamina and Stress Relief by Winston, Grain Brain and Brain Maker by Perlmutter MD, mountainroseherb.com for herbs, spices, adaptogens, UCLA MEND protocol by Dale Bredesen MD sharpagain.org ISNPR.org