

Brain Health, Chronic disease, Preventing and Reversing Cognitive Decline Resources*

BOOKS

The Ageless Brain, How to Sharpen and Protect Your Mind for a Lifetime by Dr. Dale Bredesen, MD. Provides tools and insights to support lifelong health of brain and body. Also provides tables on lab results with target ranges, testing, supplements, and upcoming treatments.

The End of Alzheimer's Program: The First Protocol to Enhance Cognition and Reverse Decline at Any Age by Dale Bredesen MD, August 2020. This NYT bestseller was Dr Bredesen's first book about the multi-modal program he researched and designed to prevent and reverse cognitive decline.

The First Survivors of Alzheimer's: How Patients Recovered Life and Hope in Their Own Words by Dale Bredesen MD, August 2021. Stories of seven patients who reversed their cognitive decline and how they did it, with summary by Dr Bredesen at the end of each story.

The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles – A Revised and Expanded version of Dr Wahls first book.

Brain Energy by Dr Christopher Palmer. www.chrispalmermd.com. Founder and Director of the Metabolic and Mental Health Program at McLean Hospital and Assistant Professor of Psychiatry at Harvard.

PODCASTS

“Patient Zero: How 80-year-old Judy Benjamin Reclaimed Her Brain After an Alzheimer's Diagnosis”. Think Well Age Well Podcast with Dr. Heather Sandison, ND.

<https://podcasts.apple.com/us/podcast/thinkwell-agewell-podcast/id1821222728?i=1000742473476>

“Proof That Alzheimer's Disease & Dementia Can Be Reversed” with Dr. Dale Bredesen. The Model Health Show Podcast, Episode 804. <https://podcasts.apple.com/us/podcast/the-model-health-show/id640246578?i=1000660739114>

“Become an Alzheimer's Survivor: Dr. Richard Isaacson's Breakthrough Approach”. The Dr Mark Hyman Show. <https://drhyman.com/blogs/content/podcast-ep1087>

“Transform Your Mental Health with Diet and Lifestyle” with Dr. Chris Palmer. Andrew Huberman's Podcast, Episode 222. This is a long podcast but well worth listening.

<https://podcasts.apple.com/us/podcast/huberman-lab/id1545953110?i=1000701550743>

VIDEOS

Alzheimer's Prevention, Master Class with Dr. Richard Isaacson - <https://brainmind.org/alz>
Free 20 videos, 7-10 minutes each focusing on individualized clinical management of AD using emerging principles of precision medicine.

Kat Toups MD video on how she reversed her cognitive decline –
<https://www.youtube.com/watch?v=KWqmjXYATV0>

“Introducing the First Survivors of Alzheimer’s”. From Dr Bredesen’s third book.

https://youtu.be/WDzas4_EvUw?si=fR2xz3FwxqjHFjWU

“Minding Your Mitochondria” with Dr Terry Wahls – How Dr Wahls reversed Multiple Sclerosis

https://youtu.be/KLjgBLwH3Wc?si=PtqHlr_jWCRnpp-G

OTHER RESOURCES AND PUBLICATIONS

2025 Alzheimer’s Association Annual Report - <https://www.alz.org/alzheimers-dementia/facts-figures>

“Retain Your Brain” - A free online tool for personalized Alzheimer's prevention, offering brain-training games, risk assessment, and lifestyle guidance. Dr. Richard Isaacson's NIH-funded program -

<https://retainyourbrain.com>

Take a free and confidential cognitive assessment test Dr Bredesen’s official website (scroll down)

<https://www.apollohealthco.com/alzheimers-reversal>

Free eBook “Decoding Dementia” by Kat Toups MD, DFAP. Describes methods of reversing cognitive decline in published study – <https://bayareawellness.net/ebook/freeguide.html>

Dementia Prevention, Intervention, and Care: 2024 Report of the Lancet Standing Commission.

Livingston G et al. July 31, 2024 - [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(24\)01296-0](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(24)01296-0)

Nearly half of dementia cases could be prevented or delayed by tackling 14 risk factors starting in childhood, including two new risks—high cholesterol and vision loss. <https://www.eurekalert.org/news-releases/1052982>

Effects of intensive lifestyle changes on the progression of mild cognitive impairment or early dementia due to Alzheimer’s disease: a randomized, controlled clinical trial, Dean Ornish -

<https://pubmed.ncbi.nlm.nih.gov/38849944>

Amyloid-beta-targeting monoclonal antibodies for people with mild cognitive impairment or mild dementia due to Alzheimer’s disease - <https://pubmed.ncbi.nlm.nih.gov/41985900>

To download a copy of this resource sheet and be able to click on the links, copy this link into your browser - <https://bit.ly/43eziKa>

*These resources are meant to assist in further study of the prevention and reversal of cognitive decline. These resources are not meant to provide any medical advice or services. They are not a substitute for professional care by a doctor or otherwise qualified health professional. If you are looking for help in your health journey it is important to have someone in your corner who is a qualified, trained, and licensed medical practitioner, who can help you with your healthcare decisions.

