JULIA'S STORY

Despite living a healthy lifestyle, at age 49, Julia began experiencing what she can only describe as cognitive decline. It was subtle, yet progressive, and manifested in ways that were most unsettling: Driving down a familiar road and suddenly feeling lost, failing to recognize the faces of dear friends. Giving up reading for pleasure because she couldn’t track the stories.

Today Julia is a pioneering on the new frontier of brain health. When her decline began in 2012, neurologists painted a bleak picture of continual decline and no hope of recovery. Unwilling to accept that fate, Julia began researching and networking. She pieced together a treatment program that included major lifestyle and diet changes. Improving her sleep habits, eliminating toxins, sugar and refined carbohydrates, balancing omegas and eating organic. She started taking supplements and upped her exercise regime.

Two years later, her brain recovery already in process, Julia saw an article about Dr. Dale Bredesen’s groundbreaking work on therapeutic interventions much like those Julia was pursuing. “He validated my personal experience,” Julia said, “And I validated his research.”

“The rest is the beginning of history,” said Dr. Bredesen.

For more information about receiving an invitation to participate, visit BuckInstitute.org/REmind

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DR. BREDesen, M.D.

Dr. Bredesen is internationally recognized as an expert in the mechanisms of neurodegenerative diseases such as Alzheimer’s disease. He joined the Buck Institute at its inception in 1998 as founding President and CEO. Today, he divides his time and expertise between the Buck and UCLA, where he is Director of the Mary S. Easton Center for Alzheimer’s Disease Research.

ABOUT

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IN PARTNERSHIP WITH
REMEMBERING

It’s not as easy as it used to be as we age. Forgetfulness—misplacing your keys, missing an appointment—is one thing. But if your story sounds like Julia’s, you may be experiencing early stage Alzheimer’s, Mild Cognitive Impairment (MCI) or even Serious Cognitive Impairment (SCI). The idea that you may have symptoms that could develop into Alzheimer’s disease is frightening. You may hesitate to share your concerns with your family and friends, and perhaps even with your physician. You have heard, and may believe, that there is no treatment available.

REVIVING HOPE

Alzheimer’s disease affects some 30,000,000 globally and is now the third leading cause of death in the United States. If you are a woman, your chance of an Alzheimer’s diagnosis now exceeds your chance of a breast cancer diagnosis. To date, 243 out of 244 drug trials have failed. Fighting the disease with a single target therapeutic approach has not been successful. It’s time to look for new horizons in recovery—it’s time to consider the science-mind-body approach. We need a new reason to hope.

RECOVERY

RE:Mind is based on a small study in which anecdotal evidence exhibited subjective or objective improvement in memory within three to six months after beginning the program. Of those patients who had been struggling with maintaining employment, all were able to return to a healthy functioning lifestyle. As of this writing, the longest follow up is three years post initial treatment. This study was the first to suggest that memory loss may be reversed, and improvement sustained, with this comprehensive, 36-point approach. It is important to note that it is believed that an ongoing commitment to lifestyle modification is required to avoid future decline.

REGISTER

The Buck Institute is expanding its research into a new frontier for brain health—a mind-body approach to memory recovery. We are offering access to the RE:Mind program on a limited basis, via a four-day immersion program that is coupled with one year of behavior modification support to help you sustain the recovery. For more information visit BuckInstitute.org/REmind.