

Alzheimer's Prevention Protocol

Balance omega-6/omega-3 ratio (1.5 – 4 /1)

Take antioxidant vitamin/mineral supplements (watch the iron and copper)

Take curcumin/resveratrol

Elevate glutathione

Detoxify

Low Level Laser Therapy (dual head, 5 mW, 4-9-33-60)

- 1 minute prefrontal cortex
- 1 minute cerebellum
- 1 minute occipital visual cortex
- 1 minute temporal cortex
- 1 minute at frontal/parietal junction

Avoid brain trauma

Exercise

Do not smoke

Minimize television

Do crossword puzzles