We just returned from the annual Alzheimer’s Conference in Chicago.

The main message I want to share is that when it comes to Alzheimer’s prevention, lifestyle medicine is taking center stage. In fact, many other presentations were given at the conference that support our 25 years of research and investigations.

We had an exhibition booth to share our remarkable work. It was incredible how many attendees, doctors and scientists came up to us and thanked us saying, “Drugs don’t work.”

Our good friend Professor Miia Kivipelto, M.D., Ph.D.– the main scientist of the Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER) study– presented one of the main plenary sessions or keynotes. She described how a lifestyle approach based on our 4 Pillars of Prevention significantly reduces many risk factors for the development of Alzheimer’s.

As you may know, ARPF has supported FINGER and we’re also partnering in their hallmark research on telomeres (the protective caps on DNA).

We gave a great poster presentation on how Kirtan Kriya our SAFE (safe, affordable, fast, effective) yoga meditation may prevent Alzheimer’s in women. This was co-presented with Tej Khalsa, M.D. of the Mayo Clinic, one of our Scientific Advisory Council (SAC) members. The media picked this up and shared it widely.

Katerina Sheradova, M.D. from the Czech Republic, also a member of our SAC, gave a very interesting presentation. Dr. Sheradova revealed how spirituality has a very positive impact on your brain health and reduces risk for memory loss. This is equivalent to our fourth pillar, Spiritual Fitness.

Women and AD risk is also a very important issue. Although it isn’t clear yet exactly why women have a much higher risk for Alzheimer’s, hormones certainly play an important aspect. I will be discussing more about that in future newsletters.

We are grateful for your support and so are the millions of people who are receiving help to prevent this horrible disease. Your participation is necessary in achieving this goal. Please see the last page of this issue for a new opportunity to join our mission.

Yours in Brain Health,

Dharma Singh Khalsa, M.D.
Founding President / Medical Director
Introducing Our Newest Medical and Scientific Advisory Council Member

Elissa Epel, Ph.D.

Dr. Epel is a Professor in the Department of Psychiatry at University of California, San Francisco. Her research aims to uncover and understand the mechanisms of healthy aging, and to apply this science through interventions in order to reach vulnerable populations, notably women.

Dr. Epel’s research has been featured in venues such as TEDMED, NBC’s Today Show, 60 Minutes, National Public Radio, New York Times, Wall Street Journal, Wisdom 2.0, Health 2.0, and in many science documentaries. She co-authored The Telomere Effect with Elizabeth Blackburn, a NYT bestseller under the category of Science.

Dr. Elissa Epel is the Director of the Aging, Metabolism, and Emotions Center, and the Consortium for Obesity Assessment, Study, & Treatment (COAST) and Associate Director of the Center for Health and Community. She studies psychological, social, and behavioral pathways underlying chronic psychological stress and stress resilience that impact cellular aging. Dr. Epel also studies the interconnections between stress, addiction, eating, and metabolic health. With her collaborators, she is conducting clinical trials to examine the effect of self regulation and mindfulness training programs on cellular aging, weight, diet, and glucose control. She is involved in NIH initiatives on the role of stress in aging, and on reversibility of early life adversity, and Science of Behavior Change, and is the President Elect of the Academy of Behavioral Medicine Research and on the Steering Council for Mind & Life Institute.

Dr. Epel has received several awards including the APA Early Career Award, the Academy of Behavioral Medicine Research Neal Miller Young Investigator Award, and she is a member of the National Academy of Medicine. Dr. Epel was named Innovator of the Year by McLaughlin group and received the 2017 Silver Innovator Award from the Alliance for Aging Research.

We are delighted and honored to announce that Dr. Elissa Epel will be the 2018 Brain Longevity Therapy Training keynote speaker and will present on “The Telomere Effect: How Lifestyle Influences Cellular Health and Alzheimer’s Risk.” To register for the October 2018 session of the Brain Longevity Therapy Training, please visit www.alzheimersprevention.org/training.

“*The 4 Pillars of Alzheimer’s Prevention*” is published quarterly by the Alzheimer’s Research & Prevention Foundation.
Community Outreach

Your ARPF is participating in these events, come and meet us!

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“"What Grads Are Saying About BLTT"

Kristy Manuel has been teaching yoga for 17 years and is a certified yoga therapist with the International Association of Yoga Therapists. Yoga has taken her all over the world and from it she has received countless blessings. The joy of practicing yoga benefits both the student and teacher. Last year, Kristy graduated from the Brain Longevity Therapy Training to pursue a more advanced niche: working with seniors at-risk for cognitive decline. This is a challenging discipline because the bodies and minds of her students are not as strong or flexible as they once were. BLTT helped Kristy further understand the science behind brain function in correlation to Alzheimer’s. She has been able to use her new skills to help students mentally, physically and emotionally. Through each practice, Kristy is reversing the Alzheimer’s epidemic.

Kristy added, “BLTT widened my knowledge behind the power of yoga and meditation, and inspired me to incorporate Kirtan Kriya (KK) into my daily practice. I have been teaching KK for a few years to those who struggle with PTSD because of all the physical senses involved. It was wonderful to discover more about the positive effects KK has on the brain—especially for seniors. I have already recommended to many of my colleagues to take the BLTT training as soon as they can!”

Kristy Manuel, BLTT graduate
Donor Spotlight
A Portrait of Generosity: Marlene Habib in Honor of David Cassidy

“Just nine months after bravely announcing his dementia diagnosis and battle to the world, we lost him. We lost David Cassidy: The music, TV and theatre icon, charitable giver, animal lover, father of 2. He was just 67,” wrote author Marlene Habib. The quote comes from her recently published book, David Cassidy: Crazy Over You in Saratoga, Ain’t No Rock ’n’ Roll Story, It’s a Special Tribute to a Music Legend’s Love of Horses and the Fans He Loved. David passed away on November 21, 2017.

Marlene wrote David Cassidy’s tribute book with a focus on his lesser known sides: horse advocate and dementia patient. In memory of his lovable character, musical and acting talents, and the inspiration he gifted both to his fans and the charities he supported, Marlene is donating proceeds from her book to the Alzheimer’s Research and Prevention Foundation.

David was a long time supporter of ARPF and Marlene selflessly wishes to continue his tradition. He honored his mother Evelyn Ward and his grandfather Frederick Ward who both suffered from Alzheimer’s. ARPF is beyond thankful to have had David’s advocacy and now the continued support from Marlene.

David Cassidy: Crazy Over You in Saratoga is a 42-page tribute book which is sold on Amazon.com. The donation of $1,068 is the first from Marlene which she topped up to end with “68” as David would have turned that age on April 12, 2018.

She explained, “I pledged in writing my book that proceeds would go to ARPF because David and his family have been touched by Alzheimer’s/dementia, and he also supported this charity. I paid out of my own pocket to research and write this book myself– I make no money from this book or my efforts– I am simply doing it to honor David and help ARPF in its efforts to fund research to prevent and treat Alzheimer’s/dementia. “To see my name giving to a charity that David supported– I can’t tell you how it feels.”

Marlene has been working for the Canadian Broadcasting Corporation (CBC) as an editor and reporter since 2005. The death of David Cassidy last November touched her so deeply, she volunteered her time and expertise for this project. Marlene wants to make sure David and the work he did for his charities are never forgotten. All of David’s fans can contribute to this project and raise funds to combat Alzheimer’s by purchasing a copy of this heartwarming book on amazon.com. And, if you shop through smile.amazon.com, you can raise an additional 0.05% to benefit ARPF!
We are delighted to report that, once again, our work was very well represented at the main Alzheimer’s conference of the year.

Dr. Khalsa presented a poster on The Pink Brain™ Project, the newest research study that is now underway at UCLA. As you know, we are now expanding our yoga research on women at high risk for the development of this terrible disease. Enrollment is going very well for this project and the research team reported that there is a keen interest on the part of the research participants. We are just at the beginning of this study and we will keep you informed on the latest developments.

Additionally, ARPF has been working closely with the FINGER study. Thanks to your support, we have been able to provide funding for this ongoing, breakthrough work – and the results continue to be positive. So much so, that now the FINGER study has become the World Wide FINGERS. Many other countries are adopting similar large research projects in order to help people at risk delay the onset of Alzheimer’s... what we call prevention. That includes Europe, Singapore, Australia, and locations in the US.

Besides Dr. Kivipelto giving a keynote lecture on this work, her other colleagues presented posters on other findings and meaning of this lifestyle-based approach that essentially mirrors your ARPF’s 4 Pillars of Alzheimer’s Prevention.

Moreover, we were approached by other organizations looking to incorporate our research protocols into their studies and to adapt the 4 Pillars of Alzheimer’s Prevention, especially Kirtan Kriya yoga meditation, for specific populations that are eager to be actively involved in a prevention initiative. If your organization is interested in learning more about a collaborative opportunity, please contact ARPF Medical Director, Dr. Khalsa, at drdharma@alzheimersprevention.org.
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Three Easy Ways You Can Help Build the Alzheimer’s Prevention Community:

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