On the Sgt. Pepper’s album, The Beatles sang, “It was 20 years ago today.” Well, for your ARPF, 2018 marks our 25th anniversary– a huge milestone. I can’t stress enough how much these 25 years mean to me.

I remember those early days well. We were focused on “doing something” to help people live longer with a better brain. Alzheimer’s disease (AD) was not well-known or understood. Through the years all the thinking and support and research came together and “doing something” blossomed into a movement with brain health and AD prevention at the very center.

Back at the very beginning, we set ambitious goals. I’m quite happy to say we’ve accomplished a lot. Your faith in us has been our fuel.

This incredibly important work would not have been possible without your help. So first, I must say thank you to our generous donors, to all those who have been with us since 1993 through to those who joined our efforts just this first quarter of 2018. Thank you! Thank you!

I also thank all those who have faithfully served on our Board of Directors, Medical and Scientific Advisory Council, Educational Advisory Committee and all the staff, volunteers and representatives who have worked behind the scenes to grow your ARPF. Such unwavering support for so many years is inspiring.

Attacking those ambitious goals required many successes both big and small throughout the years, but we’ve also gained momentum and accomplished many major milestones. Your ARPF:

• Created the first program to prevent and reverse cognitive decline.
• Became the world’s leader in linking yoga meditation with Alzheimer’s prevention.
• Organized the first seminar for physicians on AD Prevention, back in 2003.
• Continues to generously sponsor and advise the FINGER study– the largest single scientific study ever on AD prevention.

With your continued help, your ARPF has important goals for the next 25 years. These milestones will take our results to even higher levels:

• The future of your ARPF research is pink. We are championing The Pink Brain™ Project, an in-depth, groundbreaking study on preventing AD in high-risk women. In the US, 66% of AD diagnoses are with women, so the importance and timeliness of this US-based research cannot be denied.
• Our second goal is to train one million people worldwide through Brain Longevity® Therapy. (May we begin with you?)

We can’t do it alone, but together, we will make strides toward healthy brains– and stopping Alzheimer’s– every day.

Yours in Brain Health,

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

**Nancy B. Emerson Lombardo, Ph.D.**

Dr. Nancy Emerson Lombardo is a passionate advocate for people with Alzheimer’s and other brain diseases. She co-founded the Alzheimer’s Association and Alzheimer’s Disease International. These non-profit organizations enhance support for patients and families, educate, and promote research and public action on prevention and treatment. Currently, she serves on the Medical Scientific Advisory Committee of your ARPF.

Dr. Emerson Lombardo is Adjunct Research Assistant Professor of Neurology at Boston University School of Medicine, and BU Alzheimer’s Disease Center and recipient of an Alzheimer’s Association grant to study a combination of nutritional supplements. She is Founder and President of the Brain Health and Wellness Center which promotes over 11 evidence-based brain healthy lifestyles.

Using modern nutritional neuroscience techniques, Dr. Emerson Lombardo integrated the results of hundreds of scientific studies into the Memory Preservation Nutrition® (MNP™) program. In accordance with ARPF’s 1st Pillar of Prevention, Nutrition & Supplements, following the MPN program can promote cognitive and emotional brain health for people at every age. She has developed menus for stronger minds with her delicious, science-based recipes.

Dr. Nancy Emerson Lombardo delivers presentations nationally and internationally advocating on behalf of integrative science and medicine towards healthy brain aging. She offers consultations and coaching to individuals and organizations, including guidance on customizing and implementing the Memory Preservation Nutrition program.

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“The 4 Pillars of Alzheimer’s Prevention” is published quarterly by the Alzheimer’s Research & Prevention Foundation.
Community Outreach
Brain Longevity® Therapy Training at Kripalu Center for Yoga & Health

Last October saw the launch of the Brain Longevity Therapy Training (BLTT). Your ARPF was beyond thrilled with the program, outcome, and continued support of the training. As the need for this integrative and holistic program grows, we are doing everything in our power to meet the demand of our students.

With that being said, we are excited to offer our second BLTT session at Kripalu. The three day course will be just like the one at UCLA with some adjustments and improvements, including CEUs for nurses.

On March 15-18, 2018 we are inviting all yoga therapists, psychotherapists, yoga professionals, and healthcare providers working with older adults to join our program at Kripalu.

Brain Longevity Therapy Training is an evidence-based curriculum that has helped tens of thousands of individuals maintain healthy brain function with age. This breakthrough medical approach for healthy aging was created by Dharma Singh Khalsa, MD, in the early 1990s as the core program for ARPF.

Now your ARPF is offering this Brain Longevity Specialist certificate program to nurses, yoga therapists, psychotherapists, integrative medicine practitioners, and other professionals who work with baby boomers and older adults and want to become part of the movement to prevent Alzheimer's disease and other forms of memory loss and cognitive disability. This training includes: lecture, discussion, a review of medical and lifestyle risk factors for Alzheimer’s prevention, and the elements of a holistic approach to healthy aging and optimal brain functioning: diet and supplements, stress management, physical and mental exercise, spiritual fitness, and ways to improve sleep and combat social isolation.

The course includes a downloadable comprehensive Brain Longevity curriculum and training manual with essays on each course topic and helpful instructor notes to aid attendees in their teaching. Those who choose to become certified as Brain Longevity Specialist also receive mentoring and coaching support and a practicum exam review, plus all Powerpoint decks for teaching and a one year directory listing on the Medical Fitness Network website.

For more information, visit alzheimersprevention.org/training or email Kirti Khalsa at kirti@alzheimersprevention.org

What Others Are Saying About ARPF

“This training is totally worth it. It gives me hope that I may keep my own brain healthy even if both my mother and father [had] developed Alzheimer’s and Dementia in their later life (82 & 84). This training is a good foundation for teaching folks with Dementia and Alzheimer’s Disease as well as folks hoping to prevent it in themselves.”

–Bonnie E. Kendrick, Yoga Teacher

“The staff is exceptional and very accommodating. Materials and organization of curriculum was great and beyond expectations. Speakers were awesome and leaders in their field.”

–Evalani Manzon, Yoga Therapist
Outreach and Education Update

On October 24th, 2017 ARPF Outreach & Education Chair Dr. Chris Walling presented “The Role of Yogic Meditation in Restoring Brain Function” at the Academy of Integrative Health & Medicine’s (AIHM) annual conference in San Diego, California. This year’s AIHM Conference was titled People, Planet, Purpose and was the integrative health and medicine conference of the year. It featured experts from all over the world who are helping create a person-centered, team-based approach to health care. Dr. Walling’s talk was highly attended by physicians and allied health professionals who are interested in advancing the field of integrative medicine through the application of cutting-edge research.

On December 7th, 2017 Dr. Walling also presented “Brain Longevity Therapy: How Meditation Can Help Prevent Alzheimer’s Disease” at the 2017 SharpBrains Virtual Summit. He joined speakers from AARP, the Global Council on Brain Health, the Barcelona Brain Health Initiative, the Swiss Federal Institute of Technology, the Bill and Melinda Gates Foundation, and many elite academic research institutions all discussing “Brain Health and Enhancement in the Digital Age.” The audience in attendance was eager to learn about the new educational initiatives at ARPF, and how we integrate the 4 Pillars of Alzheimer’s Prevention in our comprehensive Brain Longevity Therapy Training.

What’s It Like – to be Newsletter Editor for ARPF

By Chelsea Pyne

Sometimes I will get an email on a Sunday afternoon asking if I’m available to write about the 4 Pillars of Prevention for the next Newsletter. My initial response? Popping up and starting my computer.

Being the Newsletter Editor and a Writer for ARPF is one of the most diverse and fulfilling positions I’ve ever had. For one, ARPF is an organization that carries a momentum that is contagious. When you work for a leading medical foundation, everything you are apart of becomes exciting—no matter the day of the week.

One day it could be writing a simple explanation on stress management for the Newsletter. It could be translating research results in a way that is not overly technical. (Summaries vs. statistics and trial data.) Another day I may receive feedback from Kirtan Kriya participants that we want to include in our annual report. It could be surveying other ARPF staff about how we can improve our own internal functions.

Even today I am still finding out how far and wide ARPF reaches. You never truly know how much work an organization does until you are right there behind the scenes. From outreach programs, newsletters, emails, annual reports, research and studies, partnerships, events, fundraising, and so forth… there is always something that needs attention. The unrelenting determination that I’ve seen from my colleagues is an affirmation that we are onto something big. It makes those lazy Sunday afternoons much sweeter when I know we’re changing the course of brain health and longevity.
The latest breakthrough in Alzheimer’s prevention research has come to light via the FINGER study, of which your ARPF is a proud supporter. A main concern regarding dementia prevention is whether those with a genetic risk factor benefit from lifestyle interventions.

The Apolipoprotein E Genotype, APOE ε4 allele, is a key genetic risk factor for cognitive decline, Alzheimer’s and dementia. APOE creates proteins that are responsible for packaging cholesterol and other fats, and carrying them through the bloodstream. When this gene is mutated, it causes cardiovascular and brain problems. Therefore, people who have the ε4 gene are more likely to develop Alzheimer’s.

However, researchers have just discovered that those who have the ε4 gene are able to reduce their risk for developing Alzheimer’s through the FINGER program. This study shows again that genetics can be influenced by lifestyle factors—exactly what your ARPF has been advocating for the last 25 years.

FINGER is the longest and largest ongoing study for a lifestyle-based, multi-domain intervention for older, at-risk individuals. This program essentially mirrors ARPF’s 4 Pillars of Alzheimer’s Prevention. The study is set up as a randomized clinical trial of 1260 participants divided into a control group and intervention group. Both groups received oral and written information and advice on healthy diets, activities for promoting vascular management, and preventing disability.

The Intervention Group (IG) also received sessions on nutrition and diet. Study physiotherapists provided aerobics, resistance training and balance exercises. They also discussed practical exercises for making lifestyle changes in social group sessions. Furthermore, IG underwent online cognitive training at home.

Both groups were evaluated over two years on executive functioning, processing speed, memory, and several other categories. Researchers discovered that the cognitive benefits of a multi-domain intervention (diet, exercise, cognitive training, and vascular risk management) were particularly beneficial to those who have the ε4 allele. These results have tremendously positive implications because the APOE ε4 allele did not stop the individuals from gaining intervention benefits.

Our program is the only proven way to prevent Alzheimer’s disease. In conclusion, the key to ending Alzheimer’s does not have to come with an expensive prescription and side effects. It is estimated that approximately one-third of all Alzheimer’s cases worldwide may be attributed to physical inactivity, obesity, hypertension, diabetes, smoking, and depression. Preventative measures through healthy lifestyle habits, as seen in the 4 Pillars of Prevention, make a huge difference in brain longevity—regardless of genetic variability. For more information on how to start healthy habits in your home, visit alzheimersprevention.org.

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Please see our website for a complete list of workplace campaigns that support your ARPF.

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Please contact ARPF’s Vice President Randy Brooks at 520-749-8374 or randy@alzheimersprevention.org.

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Book Review The Brain Longevity® Diet Cookbook

You’re invited to take a seat at our table and enjoy the brain boosting recipes from the ARPF kitchen. This cookbook has been carefully designed to introduce you to delicious meals that provide the nutrients to keep your mind and body at optimal health. The recipes follow a fiber-rich, low-carb and lean protein diet. Featuring over 50 recipes, mostly vegetarian, from entrees to desserts, the meals promote brain function, weight loss and whole body health. Each nourishing dish is created with ample flavor–healthy never tasted so good.

The first step to brain longevity starts here. Wellness is a journey and we hope you take this opportunity to cook up good health and savor your memory with every bite.

Now offered at a low introductory price! All proceeds benefit Alzheimer’s awareness programs.

You can find it on our online store at alzheimersprevention.org

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