As I’m sitting here writing this message to you, I am also preparing a presentation for the 2019 Alzheimer’s Association International Conference (AAIC). I will be discussing how yoga and our Kirtan Kriya (KK) meditation improves brain, mood, and memory function. KK has been revealed to make your brain younger and sharper. Once again, we are making history.

There is more awareness and interest now than ever before in how lifestyle-based activities impact brain health and, in fact, are crucial to maintaining cognition, memory, mood, well-being and a good quality of life. Yoga and Kirtan Kriya are some of the most important techniques, besides the other components of The 4 Pillars of Alzheimer’s Prevention, which your ARPF has been advocating and studying for close to 25 years:

• Diet and Supplements  
• Physical and Mental Exercise  
• Spiritual Fitness™

What is particularly exciting about this upcoming presentation at AAIC is that the entire concept of Cognitive Reserve, or making your brain stronger, is being directed by none other than Yaacov Stern, PhD. Dr. Stern is a Professor of Neuropsychology and directs the Cognitive Neuroscience Division of the Department of Neurology at Columbia University, New York. He is another pioneer, having explored the concept of brain plasticity for many years. In fact, Dr. Stern was on the original ARPF Scientific Advisory Council many years ago. It’s great to reconnect with him as we’ve supported of each other’s work for a long time.

How does yoga and Kirtan Kriya improve Cognitive Reserve, you may ask? Based on our 15 years of research, we have shown that KK increases blood flow to important brain areas that influence memory. Beyond that, KK increases the connections between brain cells (neuroplasticity) and improves other key elements of a great functioning brain.

We at ARPF feel so fortunate to be able to forge the way and make history together. To say we are pioneers is a big understatement.

As you’ll see in this issue, there are many people supporting Alzheimer’s prevention research and educational programs. If you haven’t already, please consider donating in 2019. We need your help. Thank you.

Yours in Brain Health,

Dharma Singh Khalsa, M.D.  
Founding President / Medical Director
Edward Gellert, BSM

Edward (Eddy) Gellert has been a real estate deal maker and a practitioner of yoga for more than 25 years. He has directed the investment activities for the US Real Estate Strategy at Avenue Capital Group since 2004 and is currently a Managing Director for Real Estate Debt Investments at AllianceBernstein, where he also teaches meditation as part of the firm’s wellness offerings. Prior to joining Avenue in 2004, Eddy founded EDGE Partners, where he served as a co-managing member of joint-venture entities that developed, repositioned and owned over 1.2 million square feet of properties. Previous to that, he sourced and arranged distressed debt and property acquisitions for Argent Ventures and Amroc Investments, and was an analyst and asset manager for BRT Realty Trust.

In January of 2019, Eddy began teaching a new course at the AB Freeman School of Business at Tulane University. Inspired by his daily practice of yoga and meditation and his business experiences, the course is called Conscious Business Practices and Positive Impact Strategies. Eddy is on the Board of the Alzheimer’s Research and Prevention Foundation and co-founded the Bound Lotus Foundation. He lives in Harrison, NY with his wife Wendy and dog Hudson. They have a daughter studying at Tulane University and a son studying at the University of Michigan. Eddy holds a BSM from the AB Freeman School of Business at Tulane University (1988).

ARPF is delighted to have Eddy on board. His eye for investment strategy and interest in holistic wellbeing will be a great help to further our mission.

UPCOMING BLTT TRAINING

Your ARPF is thrilled to announce the next Brain Longevity® Therapy Training will be held October 25-27, 2019.

For more information visit www.alzheimersprevention.org/training2019 or email Julie@alzheimersprevention.org.
What Others Are Saying:
ARPF Research Featured in Dr. Janet Zand’s Magazine

Meditate On It

Regular meditation strengthens the brain and improves cognition. It can even reverse symptoms of Alzheimer’s disease.

Brain scans show that one form of meditation in particular, Kirtan Kriya, activates one of the first areas in the brain that degenerates with Alzheimer’s.

Researchers from the University of Pennsylvania recently conducted a study, which the Alzheimer’s Research and Prevention Foundation funded, using a short, specific singing exercise called Kirtan Kriya. They took brain scans before and after the eight-week program. One “before” scan showed a lack of complete blood flow, which is a known risk factor for Alzheimer’s. The “after” scan of the same brain showed an increase in blood flow. Simply speaking, this technique reversed memory loss and enhanced brain function in people with early Alzheimer’s.

Many experts consider meditation one of the most effective forms of mind/body medicine. Meditation has nothing to do with religious beliefs or practices. You can pray or continue with your religious practice and still meditate. Many kinds of meditation simply consist of focusing your awareness and specific breathing exercises. Kirtan Kriya is a chant of four particular sounds. You chant them repeatedly and in a specific order. It includes visualization and holding your fingers in a specific manner.

Kirtan Kriya is easy to do. But if you’re like me, you may want some help to make sure you’re doing it properly. You can buy an audio CD from the Alzheimer’s Research and Prevention Foundation. It will lead you through this exercise and give you confidence that you’re doing it correctly. You can visit the website alzheimersprevention.org/research/12-minute-memory-exercise or call the ARPF at 888-908-5766 or email them at info@alzheimersprevention.org.

Research has also shown that regardless of what type of meditation you practice, when performed daily it helps slow down age-related shrinkage. Just like your height, your brain shrinks as you age. This shrinkage causes weaker communication between various parts of the brain. This slowing down of the brain’s functions is normal. But that doesn’t mean it’s entirely necessary.

Years ago, researchers at UCLA discovered that some parts of the brain in meditators were larger than those in a control group. Now their new study has found that not only was there less shrinkage, the various parts of their brains communicated better with one another. The connections throughout their brains remained strong instead of weakening over time.

It didn’t seem to matter what type of meditation they used. The length of time they meditated was more significant. The subjects of this study meditated for two to 46 years. The longer they meditated, the larger their brains.

If you already meditate daily, don’t stop. And if you don’t meditate yet, it’s not too late to begin. In addition to Kirtan Kriya, try out various meditation techniques until you find one or more that you feel comfortable with. You can begin meditating five minutes a day, then gradually increase the amount of meditating time to half an hour a day. Regular meditation not only preserves your brain’s size, it can lower high blood pressure and energize you as well.
Donor Spotlight

A Portrait in Generosity:
Union Congregational Church

Your ARPF is honored to have received a very generous donation from members of the Union Congregational Church in Richmond Hill, New York. Their profound support, both financial and emotional, has been uplifting to our organization and will continue to benefit our mission of Alzheimer’s prevention. Please see their encouraging words below. We are deeply thankful.

“First of all, let me express how grateful we are to your organization for your wonderful work on behalf of so many Alzheimer’s sufferers and their families. We have had experience within our congregation watching with heavy hearts the mental decline of those who have served our church in so many important ways. This, in a very personal way, has highlighted the need for more research and we pray for a solution for relief from this terrible disease.

Our church originally had over 1400 members but families declined due to aging out or other factors. Therefore, we were happy to reach out to your organization and use some of our resources to help fund the research so desperately needed to come back the scourge of Alzheimer’s. Union Congregational Church has long had a passion for helping however and wherever we can to relieve suffering and pass on the gospel of good news in this way. We feel this is totally in line with the mission of our church and give thanks for the caring commitment of all those who are and have been in the forefront of this ongoing battle, working to eliminate the impact of Alzheimer’s upon individuals and families.

Your work is not in vain.

You are all real heroes of humanity.”

– Union Congregational Church, Richmond Hill, NY

Union Congregational Church, UCC, c. 1907

“That they may all be one”
Research Update

ARPF Research Published in a Neurology Magazine

Brain & Life, Neurology for Everyday Living, discussed ARPF’s research on the cognitive benefits of Kirtan Kriya meditation. Below is a snippet from the article.

Boost Memory And Cognition

People with neurologic conditions such as Parkinson’s or Alzheimer’s disease experience depression, memory loss, and cognitive problems. But meditation may help mitigate some of those effects, according to a small 2016 study published in the Journal of Alzheimer’s Disease.

When adults with mild cognitive impairment (MCI)—a precursor to dementia practiced either Kirtan Kriya, a type of yoga meditation, for 12 minutes at home each day and attended a one-hour weekly Kundalini yoga class or did memory enhancement exercises, those who practiced meditation and yoga reported statistically significant lower rates of depression after 12 weeks than those who did memory enhancement exercises. Furthermore, yoga and meditation were as effective as memory enhancement training in improving visuospatial memory among older adults.

To order your own copy of Kirtan Kriya with beautiful female vocals and background music, visit alzheimersprevention.org and click the Shop tab.

ARPF’s research has shown the powerful effects of Kirtan Kriya on memory, brain function, genetic health, inflammation, mood, depression, sleep, spirituality, and quality of life. These simple and affordable exercises are the only proven way to prevent Alzheimer’s disease.
THANK YOU

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Remember Us in Your Will

If you would like to receive information on how you can leave a legacy to support the Alzheimer’s Research and Prevention Foundation’s critical research initiatives, or to support one of our many other programs, please contact ARPF’s Vice President Randy Brooks at 520-749-8374 or randy@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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New Publication by Your ARPF:

Brain Longevity® Yoga Exercises for Every-Body

ARPF is making our highly anticipated manual, Brain Longevity® Yoga, Exercises for Every-Body, available to anyone interested in improving their mental function. These specifically selected yoga exercises will boost your brain health without requiring any particular training, flexibility, or strength. Whether you’re a novice, caregiver, or a yoga instructor, you can find a variety of brain-enhancing exercises for you. Brain Longevity Yoga is comprised of easily accessible, chair-based and effective yoga techniques for every-body.


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