Once again, research is showing us the benefits of social engagement as a determining factor for reducing the risk of Alzheimer’s disease as well as the risk of memory loss. Socializing strengthens the brain by improving brain chemistry and mood and by offering a deep sense of fulfillment inclusive to maintaining a sense of community.

Studies have proven that we should keep prioritizing community involvement, especially as we’re growing older and more susceptible to cognitive decline. For example, a longitudinal study published in Volume 155 of the American Journal of Epidemiology states:

“Stimulating activity, either mentally or socially oriented, may protect against dementia, indicating that both social interaction and intellectual stimulation may be relevant to preserving mental functioning in the elderly.”

The study examines 776 subjects 75 years or older who are interviewed by nurses and have follow-ups with physicians over approximately 8 years.

Interestingly, the subjects who were deeply immersed in social engagement showed lower rates of Alzheimer’s and a lower risk of memory loss. The researchers credit the lower rate of Alzheimer’s with the mental stimulation involved with social interaction, but also with the deeper sense of meaning involved with a sense of community.

The results of this study are important to consider when thinking about following ARPF’s 4 Pillars of Alzheimer’s Prevention program. The pillars included in the program encourage older adults to remain socially engaged late into life.

For example, the 4th pillar, Spiritual Fitness™, involves spending time creating meaning in your life, often by participating in group activities. This socialization can take place in the form of walking with friends, exercise classes, book or knitting clubs, yoga classes, or any other activity that facilitates positive social interaction.

Further, the 4th pillar suggests being of service to others whenever possible. Being of service will often include deep, meaningful interactions with other people.

ARPF’s Brain Longevity Therapy Training (BLTT) and Symposium also proves to be a wonderful way of building community among like-minded people. We are looking forward to giving you tools and support to build programs in your local communities. The next BLTT is taking place October 24th to 27th, 2019. Be sure to read the entire course description which details the exciting modules and other key information at alzheimersprevention.org/training.

Yours in Brain Health,
Dharma Singh Khalsa, M.D.
Founding President / Medical Director
Why I’m Going to #BLTT19

By Chelsea Pyne, ARPF Newsletter Editor

As the famous French author Antoine de Saint-Exupéry once said, “What makes the desert beautiful is that somewhere it hides a well.”

That couldn’t be more true as we approach our Brain Longevity Therapy Training held in the magnificent Sonoran Desert this fall. I’m excited to meet you personally, and welcome you into the ARPF Brain Longevity family. For our BLTT grads returning for the Symposium, I’m looking forward to hearing about your progress—and challenging your potential even further. I hope to be a resource you can use to empower yourselves, your careers, and to create a healthy future.

This year’s training is located right outside of Arizona’s capital. Scottsdale is world-famous for the luscious desert landscape, hiking, art, and architecture. It’s home to unique outdoor attractions, such as 19th century olive trees, orange tree orchards, hot air balloon sunrises and renowned golf courses. In addition to the gorgeous environment, our team of experts has prepared a wealth of knowledge that we can’t wait to share with you. Whether you want to increase your client base, have personal reasons for brain longevity, or if you want to be part of a driving force for good—ARPF is here to support our collective missions.

#BLTT19 is our biggest event of the year, and above all else, it is our way of making positive change. We are hosting BLTT in different cities every year to ensure local communities have access to this life saving information. Our grassroots effort is blooming into an incredible health movement. Will you join us on the forefront of this cause?

CEU hours are available for the following allied healthcare providers: Nurses, Occupational Therapists, Psychologists, Psychoanalysts, Social Workers, Counselors/Marriage and Family (additional fee required). CE credits are available for yoga therapists, yoga teachers, Physical Therapists and Certified Care Managers. Please share this information with anyone you may know in these fields.

Bringing people together and working towards a common goal will create real, tangible change. For more information visit alzheimersprevention.org/training.

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"The Mayo Clinic Handbook combines research from neuroscience, psychology, philosophy, and spirituality to help you find contentment through well-being and self discovery. We are delighted to see that it features Kirtan Kriya (KK) meditation to help Mayo’s patients balance their stress and cope with the hospital experience. After all the fantastic benefits that have been scientifically proven about KK, it’s certain that anyone can improve their quality of life when being admitted at Mayo.

Kirtan Kriya Meditation Featured in The Mayo Clinic Handbook (page 16)."
Donor Spotlight:
Lake Havasu Eagles Aerie #4299
Fraternal Order of Eagles/Auxiliary from Lake Havasu, AZ

With our deepest gratitude, ARPF is honored to receive the generous support of the Lake Havasu Eagles (LHE) #4299. This chapter of The Fraternal Order of Eagles consists of incredible individuals who make up an international non-profit organization uniting fraternally in the spirit of liberty, truth, justice, and equality, to make human life more desirable by lessening its ills and promoting peace, prosperity, gladness and hope.

LHE #4299 has supported Alzheimer’s research and ARPF for many years. Charity Coordinator Penny Lee explained, “Dementia is a very serious illness for Lake Havasu City and Arizona in particular. We have a very large population of retired and elderly people. We are a mecca for the beautiful weather in the winter months so our population over 60 doubles during those months. Arizona is doubling in Alzheimer’s numbers and Alzheimer’s is listed as a top cause of death in Arizona.”

Like many states, Arizona is recognizing the importance of prevention programs. Alzheimer’s disease is also increasing across the country and becoming a major crisis throughout communities. Penny added, “Our membership is concerned about this serious affliction and many of them are dealing personally with dementia issues in their families. Our Chairpersons, Bill and Robin Earle, were tragically impacted by three of their family members suffering and early deaths from Alzheimer’s. I am currently dealing with the devastating inch-by-inch progression of the disease in my once intelligent, vibrant, and loving mother. I believe losing her day-by-day is probably one of the most helpless feelings a family member can endure. If we can do anything to lessen these symptoms or eventually find a cure for this dreadful disease, we are willing to assist in the research that may take us there.”

We all know someone who has been affected by the grueling grip of Alzheimer’s. Your ARPF is striving to help families avoid going through such an ordeal. We cannot thank the Lake Havasu Eagles #4299 enough for their consistent support. Their donation ensures that Integrative Medicine research continues to make progress in Alzheimer’s prevention.
Research Update

How Kirtan Kriya Meditation Benefits Adults with Early Memory Loss

by Dharma Singh Khalsa, MD, ARPF President and Medical Director

White Paper #2: How Kirtan Kriya Meditation Benefits Adults with Early Memory Loss reviews the breakthrough results of ARPF research at the University of West Virginia. It explains the research project entitled Effects of Meditation and Music-Listening on Blood Biomarkers of Cellular Aging and Alzheimer’s Disease in Adults with Subjective Cognitive Decline: An Exploratory Randomized Clinical Trial, and cites scientific references. This is an eye-opening paper about how proper research is carried out and how the participants of this study reacted to yoga and meditation having an effect on their memory scores.

This White Paper by Professor Kim Innes, one of our Scientific Advisory Council members and a professor at West Virginia University, is simply outstanding. In it she describes how people with real memory loss, called Subjective Cognitive Decline (SCD), can dramatically benefit from the practice of Kirtan Kriya (KK) for 12 minutes a day.

Subjective Cognitive Decline is an early form of memory loss where the person feels that his or her memory isn’t working as well as it once did. However, the tests do not produce positive results—hence the term subjective. The most important aspect about this stage of memory loss is that it can progress to more advanced stages, including Alzheimer’s disease.

In the White Paper, Dr. Innes describes her study in great detail and shares the results of not only how KK meditation improves memory but how the control group, which was simply listening to music, also received benefits.

I hope that you enjoy this White Paper by Dr. Innes and that it inspires you to either start a daily practice of 12 minutes of Kirtan Kriya in the morning or to continue with your evolution from KK to all the psychological and spiritual benefits it creates.

To download your copy, please visit our online store:
arpf.donorshops.com/products/shop

Download

Professor Kim E. Innes, MSPH, PhD
Scientific Advisory Council Member of ARPF

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Remember Us in Your Will
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If you would like to leave a legacy for your loved one through supporting ARPF research and initiatives, please visit everloved.com/charities/alzheimers-research-prevention-foundation/. We are so thankful to those who wish to include ARPF during such a sensitive time. We will continue to make strides in Alzheimer’s prevention in memory of all those who have been afflicted by dementia.

We are forever grateful.

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