On October 26, I gave the keynote address to our attendees at this year’s Brain Longevity Therapy Training in Scottsdale, AZ. Thanks to Kirti Khalsa, our delightful CEO and her remarkable staff, the program was a huge success. I also want to thank the great group of participants for the rousing standing ovation. I appreciate all of you for carrying our work forward.

My talk was, “What’s New in Alzheimer’s Prevention?” You’ll probably laugh at what I told them was new: “NOTHING.” How can I say that? Well, actually it’s true. All the latest research and news flashes from the world of Alzheimer’s prevention simply echo what we’ve been saying and doing for 27 years. Even one of our grand presenters, Miia Kivipelto, M.D., Ph.D., the principal investigator of the world-renowned FINGER study acknowledged that.

After all, her monumental studies are based in large measure on our work at ARPF.

Now a new article entitled, People At Risk of Alzheimer’s May Improve Brain Function with Individualized Treatment, by Richard Issacson, M.D. of Cornell University School of Medicine’s Alzheimer’s Prevention Clinic describes how he’s utilizing similar ideas to take this work to the next level.

When I read the article, I immediately emailed Dr. Issacson and thanked him for his work. He acknowledged me back as being “the first person to present the concept of prevention.” So we’re grateful to him for continuing down the path and being on our Scientific Advisory Council.

Our cutting-edge research continues, especially in the realm of Yoga, Meditation and Alzheimer’s Prevention. The ongoing project at UCLA, the Pink Brain™ Project, is well underway. In Pink, we are looking at how Kundalini Yoga and Kirtan Kriya will prevent Alzheimer’s in high-risk women, i.e. those with memory loss, heart disease and menopause. While we’re grateful that others are carrying our seminal work forward, we aren’t resting on our laurels.

Yes! Your ARPF is moving onward and upward.

Please remember your ARPF for your year-end, tax-deductible contribution and continue to support this historic work. Thank you.

Yours in Brain Health,
Dharma Singh Khalsa, M.D.
Founding President / Medical Director
Recap: 2019 Brain Longevity® Therapy Training and Symposium

By Chelsea Pyne, Newsletter Editor and Brain Longevity Specialist

We are filled with gratitude that the 2019 Brain Longevity Therapy Training and Symposium was such a vibrant success. From our renowned board of speakers to our receptive and kind graduates, #BLTT19 was an event that we will remember dearly.

The affable Dr. Chris Walling led the training with ARPF CEO Kirti Khalsa at his side. Dr. Walling’s upbeat energy filled the room and participants mirrored the excitement that our research has brought forward. His lectures featured Applied Yoga Research in Alzheimer’s Prevention, the Psychology of Longevity, and Motivational Techniques for Creating Behavioral Change.

“This Chris has the rare gift of taking dense information and giving it real life, allowing me to digest this personally important material. His humor is such a gift. By the way, he’s brilliant!”
— 2019 BLTT Graduate

Kirti led Module 1 participants in Kirtan Kriya yoga meditation. This is the most effective way to naturally improve your memory. This simple and effective meditation is important for caregivers and patients alike as it aides one’s ability to stay sharp and healthy. Studies show this is the best known way to protect meditation is important for caregivers and patients alike as it aides one’s ability to stay sharp and healthy. Studies show this is the best known way to protect

“ARPF provided a very productive training, and experience, for all of us attendees and I am very grateful to you. I am very immersed in setting up all the resources that I will need to be able to reach the population that is so deserving to receive this knowledge and treatment. Everyone I have made contact with is very excited. I am revamping my current business making this training the forefront addition to my yoga client population and reaching as many people as I can.”
— Marcia C. 2019 BLTT Graduate
Access to this research keeps BLTT graduates on the forefront of brain health science. It also provides grads with a network of like-minded professionals and a connection to the top experts in mental health. Our Brain Longevity Specialists are filling the gap by incorporating this vital research in their own careers and communities. By harnessing this information, they can use it for their own wellbeing, that of loved ones, and the health of their clients.

Following the Therapy Training was our first annual Brain Longevity Symposium. This was designed to give past graduates more opportunities to learn and grow within a supportive network. We could not be more pleased with how it unfolded. “It was well balanced, well organized, and representative of multiple disciplines. Thoroughly enjoyed.” – 2019 Symposium Participant.

The speakers were invigorating and encouraging. Dr. Miia Kivipelto, Dr. Kim Innes, Dr. Christian Habeck, Dr. Lori Fazzio, Mahan Kim Kaur, Carol Hahn and ARPF President Dr. Dharma shared the latest research, trials, and tools for preventing Alzheimer’s disease. A few topics covered were: Early Memory Loss, Healing the Healer, Yoga Therapy in Healthcare, and Building Your Brain.

In May 2019, the World Health Organization’s Director-General Dr. Tedros Adhanom Ghebreyesus, said, “In the next 30 years, the number of people with dementia is expected to triple. We need to do everything we can to reduce our risk of dementia. The scientific evidence gathered for these Guidelines confirm what we have suspected for some time, that what is good for our heart, is also good for our brain.”* This is exactly the message that our Brain Longevity Specialists are now bringing in our communities and we couldn’t be happier.

“I just wanted to let everyone at ARPF know how much I appreciate all the work you put into the speakers and presentation. As a past BLTT graduate, I really enjoyed attending the Symposium and hope that this is something you will be offering in the future. The information was interesting, thought provoking and very useful. It was energizing to be with the 2019 graduates– the enthusiasm is contagious!”

– Debbie S. 2018 Graduate

Outreach & Education Update:

ARPF Partners with Community Health Providers in Southern Arizona

By Le Craven, Office Manager

On September 29th, ARPF was the featured speaker and educator at the Cochise County Worksite Wellness Conference, partnering with multiple organizations from across Southern Arizona, such as Healthy Arizona Worksites, Canyon Vista Medical Center, Benson Hospital, Chiricahua Community Health Centers, Southeastern Arizona Behavioral Health Services, Inc. and County of Cochise, among others.

The theme of the conference was “Moving the Wheels Towards a Healthier Workplace.” Over fifty employees from partner organizations, community businesses, and health care providers gathered to learn more about how the Healthy Arizona Worksite Program could benefit both the health and the productivity of their employees. Simply put, the healthier and happier the workplace, the better end results for both employees and business output.

ARPF representative Melinda Zeimantz, NP, who achieved her ARPF Brain Longevity Specialist Certificate in 2018, shared an overview of the 4 Pillars of Alzheimer’s Prevention in the context of ‘Brain Health in the Workplace’ and ARPF staff held 15 memory screenings to interested individuals. In addition, ARPF discussed #BLTT19 as a way to educate healthcare providers within these organizations.

Our partnership with the Cochise County organizations includes important goals for the future, which were also inaugurated that day:

1) Expanding the science and practice of prevention to Cochise County and Southern Arizona by local professionals who hold a Brain Longevity Specialist Certificate, and

2) Providing free memory screenings under the auspices of ARPF.

During the Worksite Wellness Conference, ARPF was honored with a certificate of recognition for our participation in the conference and willingness to build a strong partnership that will promote prevention and brain health in our community for years to come.
Nearly 6 million people in the United States are suffering with Alzheimer's disease. Researchers now acknowledge that brain changes leading to the disease occur years before the disease itself manifests. The research aims to assess whether individualized protocols can hinder negative brain changes associated with the eventual development of Alzheimer's disease.

Enrolled participants were given pharmacological approaches (many of which included vitamins/supplements), nonpharmacological approaches such as exercise, nutrition, sleep, cognitive training, and stress management, as well as genetic counseling.

The results are unmistakable. After the final cognitive tests, the participants had notable, higher cognitive function. The prevention subjects scored a 6.25 percent overall increase in cognition, while the early treatment group scored an 8.7 percent overall increase.

As you know, Richard Isaacson, MD is an esteemed member of your ARPF’s Scientific Advisory Council. A very recent, largely lifestyle-based study conducted by Dr. Isaacson at Weill Cornell University examines the idea of risk factors for Alzheimer’s and even the idea of “pre-Alzheimer’s.” The research studied “individualized clinical management of patients at risk for Alzheimer’s disease” in 174 participants over 18 months.

Lifestyle and individualized treatment for Alzheimer’s disease have been at the core of ARPF’s mission for over 26 years. ARPF’s 4 Pillars of Alzheimer’s Prevention® focus on:
- diet and supplements
- stress management
- exercise (including mental exercise)
- spiritual fitness (such as socializing, purpose, and empathy).

These components are the foundation of preventative and rehabilitation protocols for Alzheimer’s and “pre-Alzheimer’s” patients, such as those in the above research.

ARPF’s work is steering the Alzheimer’s prevention world away from the age of the “magic bullet,” or drugs for the treatment of Alzheimer’s disease, and to true prevention and treatment via wholesome lifestyle choices. Also, individualized treatment is quickly becoming another key factor for prevention and treatment. Patients are individuals with unique histories, toxic exposures, stress levels, and more. The above research shows that they should be treated as such to increase their chances of disease prevention or even reversal.

For full text of this paper: https://www.alzheimersanddementia.com/article/S1552-5260(19)35368-3/fulltext
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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.