

ALZHEIMER'S  
RESEARCH & PREVENTION  
FOUNDATION™

a 501(c)(3) charitable organization



**ANNUAL  
REPORT  
2020**

# PRESIDENT'S MESSAGE

There is no simple way to sum up 2020. But in a year of turbulent change, we feel hopeful, having seen time and time again the power of people to help each other through a crisis. Nevertheless, I hope you and your loved ones are staying strong and have found good support to get through this pandemic. These trying times have taught all of us to cherish our loved ones more, focus on our health and wellness, and to appreciate our essential workers— we are all in this together. This is a time to be thankful for the many things that we take for granted.

Despite a pandemic that has continued to surprise us, we have kept our commitments here at the Alzheimer's Research and Prevention Foundation (ARPF). It is still our goal to help as many people as possible to live healthier, longer lives. This past year, we have achieved great things that align with our promise to investigate Alzheimer's disease, raise awareness, and help reduce the disease's prevalence with scientifically proven tools and techniques.

Our achievements include the successful completion of:

- 2 published manuals
- 1 white paper published
- 5 scientific research papers
- 6 Continuing Education webinars
- 1 published chapter in the medical textbook "Integrative Neurology"
- Launched the Online Brain Longevity Therapy Training (BLTT)

Thanks to your generosity and support, ARPF has demonstrated incredible determination in fighting the Covid-19 pandemic as well as the Alzheimer's epidemic, pushing forward with research, educational initiatives, and growing stronger as a community. Thank you for all that you do to help us fight Alzheimer's disease. As we strive to make more progress, we look forward to having you in our corner on this journey.



Yours in Brain Health,  
Dharma Singh Khalsa, M.D.  
President / Medical Director

# OUR MISSION

The mission of the Alzheimer's Research and Prevention Foundation is to prevent Alzheimer's disease by funding research studies, providing professional training, educational outreach and memory screenings.

# HOW WE WORK

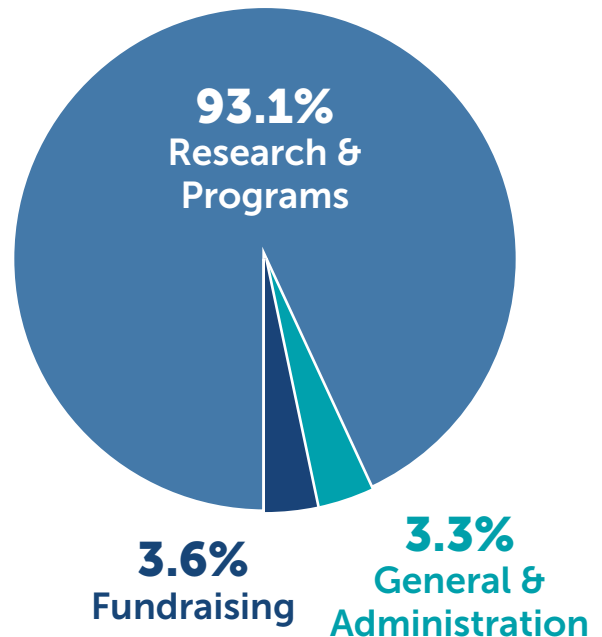
The ARPF provides an alternative to the conventional, "magic bullet" drug approach.

We believe that you can help yourself, right now, by utilizing a holistic or integrative medical approach, based on the lifestyle tools we advocate. Modern medical research reveals that all of the aspects of the ARPF's 4 Pillars of Prevention Plan®, including Spiritual Fitness, especially when used together, help build a healthier and stronger brain and memory. You can also review our latest work in our published White Papers and publications on our [Store page](#).

Recent research continues to validate what we have known for close to 30 years: magic bullet drugs are not the final answer in fighting Alzheimer's. The only effective way to prevent Alzheimer's, or even slow its progression, at this time in history is by harnessing the power of an integrative medical approach.

By understanding the key elements of prevention—the 4 Pillars of Alzheimer's Prevention—you can better protect and care for yourself and your loved ones who are struggling with this disease.

## HOW YOUR DONATIONS WERE SPENT IN 2020



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# RESEARCH & COMMUNITY

Since our inception in 1993, Dharma Singh Khalsa, M.D. has spearheaded research on the integrative or holistic 4 Pillars of Alzheimer's Prevention. For over fifteen years, Dr. Khalsa and his colleagues, through a series of scientific studies, have investigated – for the first time – a simple, 12-minute yoga meditation called Kirtan Kriya (KK). Here is a selection of the most important published work this year.

**A chapter by ARPF President Dr. Khalsa on "Mind/Body Medicine and the Prevention of Alzheimer's Disease" was published in the medical textbook Integrative Neurology by the Weil Integrative Medicine Library.** We continue to educate healthcare professionals in the importance of lifestyle medicine for the prevention of Alzheimer's.

**A paper on "Telomere length change in a multi-domain lifestyle intervention to prevent cognitive decline: a randomized clinical trial" was published in the Journals of Gerontology.** This is the first large Randomized Clinical Trial showing that a multi-domain lifestyle intervention facilitated leukocyte telomere length (LTL) maintenance among sub-groups of elderly at-risk for dementia, including APOE4 carriers. LTL maintenance was associated with more pronounced cognitive intervention benefits. Participants with better telomere integrity showed better cognitive benefits from the FINGER Study interventions, in particular regarding executive functioning, long-term memory and neuropsychological test battery.

## FEBRUARY

ARPF presented a webinar on "Sexuality and Aging: Embracing Change."

## APRIL

ARPF presented a webinar on "How to Sharpen Your Marketing Skills."

## JULY

ARPF presented a webinar on "The Neuroscience of Yoga."

## SEPTEMBER

ARPF presented a webinar on "How to Successfully Work with Residents in a Senior Community."

## NOVEMBER

ARPF presented a webinar on "Trauma, Yoga, and Your Brain."

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## 2020 HIGHLIGHTS

ARPF provided six continuing education webinars that were watched by almost 800 people.

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## JUNE

Webinar: "Maintaining Brain Health During the Covid-19 Pandemic."

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ARPF was chosen as one of 6 Health Organizations Spreading Awareness and Improving Treatment by Video Wiki.

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ARPF's research was featured as part of International Yoga Day 2020.

## ●

Launched a fully online Brain Longevity Therapy Training (BLTT). BLTT teaches participants lifestyle modalities to modify risk factors that contribute to the development of Alzheimer's disease.

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## DECEMBER

BLTT in Italy completed the 3rd training session and 20 people graduated.

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# PUBLICATIONS

In addition to research articles, the ARPF published three articles written for a wide audience in 2020. Two of the articles focus on helping people stay healthy in the difficult age of COVID-19: "Improve Your Immune System in the Time of COVID-19" and "The Best Meditation For You Now." The third is a concise, easy-to-read summary of the scientific conclusions made by the Lancet Commission this year with regards to dementia prevention, intervention, and care.



## [Improve Your Immune System in the Time of COVID-19](#)

ARPF President and Medical Director, Dharma S. Khalsa, MD prepared this special report on how you can improve your immune system in times of Covid-19. This is our gift to you, because knowledge is power. Please stay safe and healthy during these times.



## [The Best Meditation For You Now](#)

During these COVID-19 times, we are all under tremendous stress. No matter your age, profession or gender, everyone is navigating uncharted territories. Because this amount of stress is very detrimental to your health, Dr. Dharma is offering this inspiring and hands-on, 10-page article on how you can start improving your physical, mental and spiritual health immediately, with The Best Meditation For You Now.



## [Summary Of The Lancet Commission's Report on Dementia Prevention, Intervention, and Care](#)

The Lancet Commission reconvened for a second time to review the available scientific evidence and determine exactly what should be done to prevent and manage dementia. Their findings and recommendations boiled down to this: Prevention is paramount—in their words, "prevention is better than cure." Because the Lancet Commission's findings and recommendations are in line with the research and message of the ARPF, we present to you a summary of their comprehensive report in an easy-to-digest format, with our thoughts and perspectives on the data they gathered and their conclusions.

# PARTNERSHIPS

As part of International Yoga Day 2020, our research was featured on Firstpost blog. The article mentions that to prevent dementia, we need strategies such as yoga and meditation, which are not only cost-effective but also can be made easily available to the masses. Neural network studies showed that mind-body practices have significant benefits in cognitive enhancement, preservation, and improvement in thought processes, stress handling, and behavior.

The Maricopa County Health Department invited ARPF's Brain Longevity Specialists to present brain health research for their virtual event hosted by Healthy Arizona Worksites. Our specialists shared research and tools to boost mental health via their presentation, Brain Longevity® in the Workplace: How to Maximize Your Resilience During COVID-19.



**Above: BLTT Graduation Ceremony**

## BLTT COURSE

Brain Longevity Therapy Training (BLTT) teaches participants lifestyle modalities to modify risk factors that contribute to the development of Alzheimer's disease (AD). BLTT offers hands-on tips for people who already have AD and shows each student the proven steps to take to help their clients prevent this disease. **152 professionals participated in the BLTT course in 2020!**

"This training was a great opportunity to integrate my diverse professional background into a cohesive, prevention-focused, research-based approach for brain wellness and dementia support. I feel prepared to take this important information out into the world to improve the quality of people's lives with or without a diagnosis."

—Karen G., BLTT Graduate

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