

Worried About Your Memory and Brain Functioning?

Announcing Availability of New Patient Appointments for the Bredesen Protocol for the Prevention and Reversal of Cognitive Decline

Dr Kathleen Stienstra's practice is pleased to announce that we will be accepting a limited number of new patients who are interested in the Bredesen Protocol. We'll start with a cohort of 5 new patients in October and another cohort of 5 in December.

This remarkable approach to brain health has been scientifically shown to help the majority of people (85%) with loss of memory and other brain functions to stabilize and/or improve. Dr Stienstra and Chloe Hurst, RD are certified providers for Dr Bredesen's program which is a multimodal approach to brain health. The brain is neuroplastic--it can often improve and recover given the right support.

The program is often able to help people early in the process return to normal functioning and those further in the process to stabilize and improve.

Using functional and precision medicine approaches, detailed exploration of an individual's history, physical exam, and lab work identify the factors that have affected brain health, and a personalized treatment program is designed to address those issues. We work with Dr Bredesen's website apollohealthco.com.

Treatment approaches all include maximizing the Bredesen 7-nutrition (ketoflex 3/12), exercise, sleep, stress management, brain stimulation, detoxification and supplements.

The Program includes an initial 2 hours evaluation with Dr Stienstra, laboratory testing and completion of a ReCODE (Reversal of Cognitive Decline) or PreCODE (Prevention of Cognitive Decline) report online. Chloe Hurst is the case manager for our Bredesen clients-and she'll provide 4 individual visits over the first year. Dr Stienstra will provide a follow up 90 minute visit to review the report and lay out one's individualized strategy for brain health. Subsequent follow up 60 minute appointments will occur at least quarterly. Group classes in a series of 4 will be provided for a cohort of 5 individuals and their support person.

The Program requires active participation and the willingness to make changes but **YOUR BRAIN IS WORTH IT!!**

You can see more details about the Bredesen Program at apollohealthco.com and the details of its implementation in our office at (link to website where documents are)