

Episode #3: 2/4/24:

Speaker WSYR** (((00:00:00))) - - - The following is a paid program by Karl Sterling. The content of the show is that of Karl Sterling, and does not represent the views of the station or iHeartMedia. Some of the information contained in this program has not been approved by the FDA, nor is it intended to diagnose, prevent, treat, or cure any diseases. Information hereafter is for general information only, and before considering anything discussed, you should contact your doctor or primary care physician.

Speaker WSYR** (((00:00:29))) - - - Your Health Matters with Karl Sterling on News Radio 570 WSYR on 106.9 FM and Live Everywhere on the iHeartRadio app.

Speaker WSYR** (((00:00:47))) - - - Bring you the latest in health and wellness so you can get to the other things that matter. Here is your host, Karl Sterling.

Speaker Sterling** (((00:00:56))) - - - All right. Thank you. Thanks, producer Dave. And it's really good to be back for another broadcast of Your Health Matters right here on News Radio 570.

Speaker Sterling** (((00:01:07))) - - - We're also on 106.9 FM. My name is Karl Sterling, and I'm, as always, thrilled to be your host as we explore the journey towards a longer, healthier life. So today I've been really excited about this show because, we're going to talk about something that is affecting more people probably than we know of. We have two experts here. I'm going to talk about my guests here briefly. We're going to talk about Alzheimer's disease today, possibly some other things as well. But I'm sure that all of us know people who've had Alzheimer's and a family member with it. My grandmother had Alzheimer's and it was so, so sad. It just devastating to watch the decline and everything that went along with it. So we all know somebody who has Alzheimer's and it is a very sad situation. But there's really good news, folks. The good news is there are things that we can do. And this show today is that we're going to get right into the meat and potatoes right now, because every minute counts.

Speaker Sterling** (((00:02:19))) - - - Especially with my guest, Dr Dale Bredesen. Dr Bredesen and I met a few years ago at a Maria Shriver function in New York City. He gave me a copy of his book called "The End of Alzheimer's". He also has written several other books. Many books are about Alzheimer's. Those happen to be New York Times best selling books. He's a best selling author. We also have the End of Alzheimer's program and the first survivors of Alzheimer's. So, that's just the beginning, folks, because we have a lot to talk about today with some talking points. But first I'd like to introduce and welcome Dr Dale Bredesen. Thank you, sir, for taking this time. It's good to be with you again.

Speaker Dale* ((Bredesen*)) - - (00:03:04) - Thanks very much, Karl. Great to be here.

Speaker Sterling** (((00:03:08))) - - - Fantastic. And just one second, because I also want to introduce somebody who's no stranger to this show. The former host of this show and the area's only Bredesen Protocol provider.

Speaker Sterling** (((00:03:22))) - - - And of course, that's the man. The myth of the legend, Dr Joe Barry. Dr Barry, how are you doing today?

Speaker Joe* ((Barry*)) - - (00:03:29) - Thank you Karl. It's great to be on the show, and it's an honor, really, to be on the show with Dr Bredesen.

Speaker Sterling** (((00:03:36))) - - - Well, you know, I been thinking about this show a lot. What am I going to do? How am I going to conduct it? Well, you know, I'm maybe a radio show host here, but I've got two experts on the line. I've got Dr Bredesen by your work, in this field, it's game changing. You're the premier Alzheimer's researcher. You're doing things. We have a number of talking points here that we could talk about, but I thought it'd be really cool to have the two of you start talking. Dr Bredesen, let's start with you. What's new in the research? What are you finding? What's happening. I'll let you take it from there.

Speaker Dale* ((Bredesen*)) - - (00:04:21) - Yeah, actually we are entering a golden age actually. And so you're going to see some huge changes in the next 5 to 10 years. So as you know, the old fashioned way and the way that has been done, unfortunately, currently in most places is that people wait until fairly late in the process. They go into their doctor. The doctor says, oh, you have Alzheimer's. There's nothing I can do about it. I can give you a few medications that don't work. And you may have seen one of them was just actually, just pulled in the last few days because it really doesn't help. And unfortunately, it is a terminal illness, that's all changing. So, number one, there are now new blood tests such as P tau 217, neuro filament light, GFAP, blood tests that will tell you are you headed for this problem? So you can really, for the first time, get an early look without having a spinal tap or a very expensive PET scan. So that's changing tremendously. Secondly, we understand that you that this is a very preventable disease.

Speaker Dale* ((Bredesen*)) - - (00:05:31) - We're really getting to the point where we will be able to say Alzheimer's disease is optional. If you get in, we recommend everyone get a cognoscopy. Just as we all know, we should get a colonoscopy when we turn 50. You should get a cognoscopy, which is fairly simple with some blood tests and online cognitive assessment. And if you're already having some cognitive issues, include an MRI with volume metrics. But if you don't, you don't even need to get that. So it's pretty easy if you're 40 years of age or older, please get that now with these new

blood tests, you can see if you're headed for problems and you shouldn't worry about it because in fact, there's a lot you can do. The other thing is we now have people who are over ten years. This is a paper that's in press will come out in a few months, over ten years of sustained improvement, which is unprecedented. But we also understand this disease better and better. It used to be thought, well, this is about a misfolded protein or it's about just about amyloid or tau.

Speaker Dale* ((Bredesen*)) - - (00:06:36) - We now understand that there are dozens of factors that can contribute there. Can be things like chronic infections, there can be things like a poor sleep, stress, leaky gut. There are dozens of things that can contribute. We can identify these things for each person. There are different sets of contributors, and we can address these things. There is a there is a now a new documentary streaming that you can see on Amazon Prime, which is called "Memories for Life Reversing Alzheimer's", narrated by Michael Buble, who did a great job and talks about these things and shows people who have improved and sustained their improvement. So we really are entering a golden age where things are going to be better and better, and this will ultimately become a former scourge, just as happened with leprosy and polio and things like that.

Speaker Sterling** (((00:07:33))) - - - That's beautiful. Dr Barry, chime in with your thoughts. Well, this is so exciting because this used to be a death sentence. This was just all bad news. And now we see hope.

Speaker Joe* ((Barry*)) - - (00:07:54) - Well, thank you. So what people don't realize is that Dr Bredesen has set up this whole program, and it's really unlike anything that I've seen. You know, I spend a lot of time on the internet doing research. Dr Bredesen has put this re-code and pre-code program together and made it incredibly easy. You have so many different options. Now, it's not for the faint of heart. You got to be committed. But if you're not committed to trying to make your brain better, then you know, then you're not committed to your health. And unfortunately, so many doctors, so many, uh, fellow physicians view dementia as untreatable or they put them on the medicines we talked about that really just prolong what they're going through, don't improve their health. But here we found, I don't know how Dr Bredesen got involved, I forgot that I read his book too long ago.

Speaker Joe* ((Barry*)) - - (00:08:41) - But you know, here's a guy that's fundamentally transforming the treatment of Alzheimer's across the country. You don't have to go to the Tao Institute. You don't have to go to the Mayo Clinic. He's arranging for it so that people can have this stuff done in their own home, in their own hometown, with the help of doctors that are willing to, you know, look into the program. It's not very complicated. It's and it involves everything. As he talks about the diet, the exercise, the sleep, the stress. It's super comprehensive. It's super easy for patients. It's super involved, meaning that they check in on you. Are you doing the oil pulling? Are you doing the brain HQ? I've never seen something like this set up so efficiently and so, so with the patient as the focus of trying to get things better. And as Dr Bredesen alluded to, we're spending millions, millions on

these high tech drugs at \$25,000, an injection that may make a scam look better but don't have any clinical improvements to the patients.

Speaker Joe* ((Barry*)) - - (00:09:43) - But here's a program using diet and exercise scientifically studied nutrients and supplements that can make a big difference. They can actually grow brain again.

Speaker Dale* ((Bredesen*)) - - (00:09:56) - And I would just say that.

Speaker Dale* ((Bredesen*)) - - (00:10:00) - The other thing to point out here is, you know, years ago, doctors thought that you either had diabetes or that you didn't. And of course, now we understand before you get diabetes, you get prediabetes. So you can actually see this coming. And before you get pre-diabetes, you develop insulin resistance. So there's a long roll into getting diabetes. And there's so much we can do to prevent this. The same thing we now understand with Alzheimer's, so many of us, you know, the most people are do not have their optimal cognition. They're not going to be hitting on all cylinders, maybe because they're not getting appropriate deep sleep, or maybe because they've got a little sleep apnea that's been undiagnosed, which is very common. Or maybe it's because they have a tick borne illness like Lyme disease or Bartonella or Babesiosis that has been undiagnosed, again, very common, especially in the north northeastern part of our country.

Speaker Dale* ((Bredesen*)) - - (00:10:58) - So all of these things impact your ability to think and to remember on a day to day basis. And for so many people, they're told by their doctors if they say, well, you know, my my memory isn't quite what it used to be. The doctor says, well, you know, you're just getting a little bit older. And the reality is so many of us could do better with our cognition long before we ever get to the point of having a diagnosis of Alzheimer's. This is another way that these new blood tests are going to change things. Just as we can now see diabetes coming a years ahead of time by looking at things like fasting plasma glucose, where you're looking at insulin resistance, we're now able to see Alzheimer's coming for years ahead of time and catch it and do something about it before you ever have significant symptoms.

Speaker Sterling** (((00:11:45))) - - - Doctor that's amazing. We need to head out for a break. Just a moment. So we're going to come back and continue this conversation with Dr Dale Bredesen and Dr Joe Barry about Alzheimer's and things we can do about it.

Speaker Sterling** (((00:11:57))) - - - You're listening to Your Health Matters on NewsRadio 570 WSYR, where we'll be back shortly.

Speaker Sterling** ((00:12:31)) - - - All right, we're back. We're talking about Alzheimer's today and dementia. We have Dr Dale Bredesen with us, author of several books, best selling books. First I want to say, folks, go get those books. Look for "The End of Alzheimer's" and look for the series, the books that Dr Bredesen has written. Get those, read them. And then if you need help, you know somebody who needs help in the central New York area, you call Dr Barry, you contact Dr Barry. I'll have him give information on how to reach him on the show here. And, of course, you can always call. You can call us here at Neuro Motor Training 315-935-7488.

Speaker Sterling** ((00:13:10)) - - - My clinic is in the room below Doctor Barry's office, in the same building. We work on restoring, rehabilitating movement, cognition and memory, amongst many other things. It's called Neuro Motor Training. You go to Karlsterling.com. That's Karl with a K, karlsterling.com. So thank you gentlemen I have a question. Dr Bredesen. I have been reading this thing, that says that there's promising sustained reversals of cognitive declines for greater than ten years, which is unprecedented, apparently, you have done work in this area. A manuscript was just submitted with this documentation. Can you tell us a little bit more about it? That's really exciting.

Speaker Dale* ((Bredesen*)) - - (00:14:03) - Absolutely. So I saw the first patient in April of 2012. She's now 79 years old and still doing very, very well. And we started looking at the people who had come in early on 2012, 2013, 2014. And what we found is that a number of these people, not every single one, but a number of these people have done very well.

Speaker Dale* ((Bredesen*)) - - (00:14:27) - And we learned something important here. People would improve. Now, the idea here is when you're actually treating the drivers of the decline, instead of just giving a medication which doesn't address what's causing the problem. Then once you improve, you know, you've already addressed these key drivers. And so people do get sustained improvement. But what we found is that a number of them will go along for several years. And I'll give you an example. The woman who's in South Carolina, who did very well for six years, um, she increased her MoCA score from 24 to a perfect 30. Uh, her actually, for MRI improved, her symptoms improved. She's done very well. In fact, she's one of the people that is shown in the documentary film. Then after six years, she started to have a little bit of decline again. So why is that? So then we look back and see, okay, is there something new? And so she had three things affecting her.

Speaker Dale* ((Bredesen*)) - - (00:15:24) - It turned out she had three things. Uh, number one, she had a new, uh, sinusitis. And it was, you know, relatively mild, but clearly it was affecting her. This turned out to be due to a fungus species called *Cryptococcus lorenzi*. The second thing she had was she had a new leak in her home. She had new mold growth and the mold, some of these mold species, make toxins called mycotoxins that can affect your cognition. So she had that treated. And then the third thing is she had sleep apnea, which surprisingly had been missed earlier on in her evaluation or had at least gotten worse during her time. These three things were addressed. And

boom, she's right back to doing very, very well. And we see this sort of thing repeatedly that when you have cognitive decline, it doesn't happen for no reason. There are things that are driving it. So one of the key messages I hope that everyone will get is please come in early, do not wait again.

Speaker Dale* ((Bredesen*)) - - (00:16:29) - The old fashioned way is the doctor says to you, well, you know, it's not that bad. It's probably just your aging and there's really not much we can do about it anyway. So there's no reason to come in early. That is completely changed. Please come in as early as possible, preferably when you turn 40 for prevention. But if you don't do it, then when you have your very first symptoms because it's been well documented, the time from first symptoms all the way to where you are diagnosed is typically 15 to 20 years. You can see various changes in the brain. So the disease that we used to think of as a disease of old people, so-called old timers disease, 60s, 70s, 80s is actually starting in your 30s, 40s and 50s, but is not diagnosed typically until you're 60, 70 or 80. So there is a lot we can do to head this off and to even to reverse the decline as we document in the papers we've published. And these are freely available online.

Speaker Dale* ((Bredesen*)) - - (00:17:30) - And as well as, in the books that we published.

Speaker Sterling** (((00:17:35))) - - - Beautiful. Back to Dr Barry. What are your thoughts?

Speaker Joe* ((Barry*)) - - (00:17:38) - The way I like to refer to it is I tell people, when do you want to put the fire out? You want to put it out when it's in the trash can? Or do you want to put it out when the whole front porch is burning? It's so much more important. It's so much easier to deal with the issues when people have a little bit of cognitive issues than when they're frankly demented. And again, here, I think and, you know, I hate to harp on this, doctors are doing a terrible job at screening for dementia, you know, for my mother was demented for years before the doctor picked it up because he would ask the usual questions. How are you doing? Any problems? Are you taking your medicines? You know, people are not going to volunteer that they're having trouble with their memory. It's embarrassing and it's frightening to them. That's why I think my profession, primary care, has to do a better job of routine screening.

Speaker Joe* ((Barry*)) - - (00:18:22) - You can do a MoCA, you can do a mini COG , you can do whatever you want. And MMSE, if you pay the copyrights. But, test people. I tell people I want to do a physical on you, but I also want to do a mental on you. I want to look at your mood. I want to look at your your memory. And if we don't have a baseline, how do we know if it's slipping? Do you have mild cognitive impairment? Do you have the newer term subjective cognitive impairment where you score perfectly on the test but you still feel you're not yourself? There are some things that can be done. And when you look at the, program that that Dr Bredesen put together, it's all spoon fed to you. Check for heavy metals, check for mold, check for sleep apnea, check circulation. I mean, it's

really a very thorough and aggressive way of trying to, you know, you get cancer, you can get through it. You get heart disease, you can get through it.

Speaker Joe* ((Barry*)) - - (00:19:13) - You get dementia. Unless you really step up your game. It's it's not going to be pretty. And for the first time in years, we have a really appropriate, dedicated, targeted program. Unlike, you know, I was hoping that upstate would do this. Let the university doctors, they're the center of knowledge. Why aren't they picking up these programs? I don't know, I think it's because everyone's looking for one pill, one injection. And as Dr Bredesen pointed out in his books, it's not that one size fits all approach. Each person's dementia is different, and the approach to each person has to be individualized. And that's again, why I'm such a big fan of the Recode and pre-Code programs.

Speaker Dale* ((Bredesen*)) - - (00:19:54) - Thank you. And if I could add the there's a simple online test called a CQ test free online. You get the seat. If you just look up CQ test or you look up Apollo Health Co. So this is a simple way to check to see where you stand. You don't even, you know, you go to your doctor if you're having any issues or if you've if you're interested in prevention, I hope that many people will begin to to filter in looking for prevention.

Speaker Dale* ((Bredesen*)) - - (00:20:20) - And we are seeing more and more of this where people come in and say, look, I'm in my early 40s, I'm feeling fine, but there is some cognitive decline in my family. I'd like to get get on active prevention. We have not seen a single person yet who has gotten on prevention, done the right thing, and nevertheless gone on to get dementia. Now, I'm sure it will happen at some point. We've not seen it yet, so it is effective. There is so much that you can do, and it is important to determine what are the things that are actually driving this. And as Dr Barry said, these are different for each person. For some people it is largely about inflammation as we see so much with with cardiac disease, of course, cardiovascular disease, inflammation is a key driver for some people. There's some genetic component, the gene called the common Alzheimer gene called APOE-e4. And again, in the past we've said, oh, people say don't don't bother to find out because there's nothing you can do about it.

Speaker Dale* ((Bredesen*)) - - (00:21:25) - That's a really backward look. In fact, there's a tremendous amount you can do about it. And in fact, there's a whole group of over 7000 people that are part of apoe4.info, set up by a person who has two copies of ApoE4 and had early Alzheimer's and by the way, is doing absolutely great on Recode and has now one of the ones who's now over ten years. So there is so much we have to change. The old fashioned idea that we have a passive approach, we wait until late, and there's nothing you can do to a much more active approach, understanding that there is a tremendous amount that you can do.

Speaker Sterling** (((00:22:07))) - - - Fantastic! Doctor, Thank you so much. Folks were going to run out for a break here. You're listening to Your Health Matters here on News Radio 570 WSYR were also on 106.9. Dr Bredesen, I have a question I want to ask you. We're going to do it now, but not get answers until we get back. And that is, can Alzheimer's live in the gut? Perhaps 10-20 years before it makes it to the brain?

Speaker Sterling** (((00:22:32))) - - - Thank you. We'll be back soon, folks. Thank.

Speaker Sterling** (((00:22:44))) - - - All right. And we're back kicking off the second half of the show here.

Speaker Sterling** (((00:22:48))) - - - This has been an exciting first half with, Dr Dale Bredesen , who's a New York Times bestselling author, "The End of Alzheimer's", along with several other books relating to Alzheimer's. Also with me is Dr Joe Barry, the Syracuse area's only Bredesen Protocol provider. I was thinking about the survivor book just now. Doctor Bredesen, when I was with you in New York City, you were telling me about Alzheimer's, maybe Parkinson's. Living in the gut. Can you talk about that a little bit? Like, how does that work? And how long might it take to get from the gut to the brain? So here are we. Good.

Speaker Sterling** (((00:23:53))) - - - Sorry about that. I might have had a glitch. Well, what I what I wanted to ask, can you tell me about Parkinson's and Alzheimer's? I remember we were in New York City, talking. And you were saying how it can live in the gut for many years, maybe even a couple of decades before it gets the brain. Can you tell us about that?

Speaker Dale* ((Bredesen*)) - - (00:24:12) - Yeah, that's such a good point. And so it's been shown over the last several years that the gut microbiome plays a very important role in numerous diseases. And these include, as you mentioned, include Parkinson's disease and also Alzheimer's disease. And so we are headed to an era where part of this of treatment is going to be optimizing your gut microbiome. We already, in our approach use prebiotics, probiotics, and postbiotics. That can all be helpful.

Speaker Dale* ((Bredesen*)) - - (00:24:45) - But what happens is, you know, you have a remarkable colony throughout your gut, mainly in the large intestine, of course, and there are critical players, all sorts of different organisms. These include bacteriophage and include viruses and include many species of bacteria and include various fungal species and things like this. And of course in some cases parasitic species and things like that. These have all sorts of impact on what happens to the food you eat. They have an impact on on what happens to your gut lining. So depending on, for example, whether your gut lining is good enough to keep out fragments of food and things like that,

having a so-called leaky gut where there's some damage to this lining is very common and causes all sorts of problems because it releases fragments of these bacteria and pieces of food and things like that into your bloodstream, which of course, then recognizes this as foreign and abnormal and starts to make an inflammatory response. So healing begins in the gut, of course, thousands of years ago, Hippocrates said, all disease begins in the gut.

Speaker Dale* ((Bredesen*)) - - (00:26:05) - And I don't know if you could say all of them, but certainly it's an important contributor to many types of diseases. And these include Alzheimer's. These include Parkinson's disease. So that when you look at what Alzheimer's disease actually is, what is this thing? It's a name, but what does it actually do? What we found in the in the research lab is that fundamentally this is a network insufficiency. You have all sorts of different contributors to the supply side. You have all sorts of different contributors to the demand side. And when you have too much demand with not enough supply, you literally will downsize this network. And that's what Alzheimer's is all about. And it's really dependent mainly on three things. The first one is energetics. Do you have enough energetic support for your brain? That's blood flow. That's oxygenation, which is, by the way, why so many people with sleep apnea run into problems. That is mitochondrial function, the so-called batteries of your cell, that is things like ketone level and your ability to metabolize glucose.

Speaker Dale* ((Bredesen*)) - - (00:27:15) - So that's the energetic part. The second part is inflammation. Anything that's causing more drag, you've got more work to do. When you've got ongoing inflammation. You are fighting these various microbes that get into your brain. Things like p. gingivalis from your mouth, herpes simplex from your lip. These can all increase your risk. So the second part is inflammation. And that of course can increase because of a change in your gut microbiome. And then the third part is toxicity as mentioned earlier. And this can be air pollution. A lot of work showing that air pollution is a contributor to risk for cognitive decline. This can be things like heavy metals that Dr Barry mentioned earlier, things like mercury for example. And then this can also be bio toxins, things like toxins caused by various mold species like Stachy Botey's, Chaetomium and Aspergillus Penicillium. Those are the big five. So these are the things that create the problem. And absolutely a change in your gut microbiome is one of the things that can change that equation.

Speaker Dale* ((Bredesen*)) - - (00:28:31) - So when we evaluate and treat people and prevent this problem, we look at the very things that contribute to the problem and address those.

Speaker Sterling** (((00:28:43))) - - - Dr Barry. What are your thoughts?

Speaker Joe* ((Barry*)) - - (00:28:47) - Well, again, I think that Dr Bredesen has a super holistic program. You know, it's a it's about the tax and it's about inflammation. It's about, uh, insulin

resistance. It's really comprehensive. And when you work on your brain, the same things are going to benefit your heart. The same thing is going to affect your blood pressure. The same things are going to benefit your arthritis. It's part of a comprehensive way of looking at yourself, not just the old what's the problem, here's a pill, but how do I improve my health? How do I avoid going to the doctor for illness and start going to the doctor for my wellness? And I think that everything he's talking about is the future of medicine. And it may take a while before we would reach that tipping point where everyone else expression, first they ridicule you, then they dismiss you, and then they say, well, you were right all along.

Speaker Joe* ((Barry*)) - - (00:29:39) - It's going to be a while before we're there. But I think with people like Dr Bredesen dedicating themselves to this, you know, we're we're making progress like we've never we don't make progress like this in cancer. We don't make progress at this in heart disease. But we're finally making progress in one of the most debilitating conditions. And it's not just the patient, of course, you know, it's the caregiver. The caregiver burden is unbelievable. And that's again, if we can address this early on, we can improve the caregiver burden, because that's one of the things that really I think is so disheartening about this, this condition.

Speaker Dale* ((Bredesen*)) - - (00:30:13) - Yeah.

Speaker Sterling** (((00:30:14))) - - - Oh, absolutely. Yeah, absolutely. You know, Dr Barry, you and I work with a lot of the same patients and quite a few of them have found mold in their houses, a lot of it in some cases. And that's really probably caused some problems. I knew mold was not a good thing, but to to hear about the effects that can have a certain kinds of molds especially.

Speaker Sterling** (((00:30:40))) - - - But the other thing too is, before we go to a break, folks, we do have to run off to a break, come back for the fourth quarter, and just in a couple of seconds, I find it interesting because, you know, the body doesn't label anything. The body doesn't say, oh, I have bones here, and I have a muscular system, and here's a nervous system, here's a peripheral nervous system, here's an endocrine, and here's this. The body doesn't think about anything because it can't. It's a body, everything works together. And when one system is down, just even a little bit. And if not all, other systems. At least a few of the systems are probably going to come down, even if it's almost immeasurable. We talked about this last week on the show too. It just goes to show that with the information we have here from Dr Bredesen , that it's so wonderful and fabulous to have hope that we can feed ourselves a certain way and that you can get help here locally in Syracuse, New York, by seeing Dr Joe Barry Preventive Medicine Associates.

Speaker Sterling** (((00:31:46))) - - - This is all just like the greatest news in the world. There's hope folks your body, all systems work together. And so we need to run out to a break. We're going to

come back for the last quarter and just a couple of minutes. My name is Karl Sterling. You're listening to Your Health Matters right here on NewsRadio 570 WSYR.

Speaker Sterling** ((00:32:26)) - - - All right, folks, we're back for the last segment of the show. And I'm really excited about what we're talking about today because it shows that there is hope for Alzheimer's. People living with Alzheimer's. You know, Dr Barry mentioned the caregivers. Well, I got to tell you, man, we see it all the time. Caregivers really, really getting burdened with so much.

Speaker Sterling** ((00:32:45)) - - - Well, what if we can reverse of this horrible diagnosis of Alzheimer's and we can give the caregivers, give us a break as well. And family and friends, maybe. You know, the ripple effect is steep. So here's what I want to do, Dr Bredesen , I want to turn the floor over to you. I know there's something you want to say about not dying. Then, Dr Barry, I want you to jump in, because I want to make sure you're able to ask questions you want to ask. So, Dr Benson, please go ahead. Tell us what's on your mind.

Speaker Dale* ((Bredesen*)) - - (00:33:19) - Yes. Thank you. So the point is that that do see people getting better for the first time is such a wonderful thing. And in fact, you know, one of the practitioners that took our training and started to see the first patients, the first patients we saw that got much better. She cried. The doctor cried when the patient came into the office.

Speaker Dale* ((Bredesen*)) - - (00:33:40) - Um, we see these remarkable stories. One woman had moved back when she got her diagnosis. She was told nothing could be done. She actually, she and her husband moved back to where she had grown up to die. She went back to die. And then she's actually that was that was now 11 years ago. And she's done great. And she's not just not died. I mean, she's actually, she worked with me on the second book, actually. She's done very, very well and continues to do very, very well. Another guy, a man in his late 60s, said, I've allowed myself to talk to my grandchildren about the future once again. He had told them, you know, you you can't talk about the future. Another woman, her grandchildren said that she, uh, she would mix up their names all the time, and now she remembers to pick them up. She she's she knows their names. No problem. Her husband said, you know, she's never been better.

Speaker Dale* ((Bredesen*)) - - (00:34:34) - And our marriage has never been better. They've actually done been very, very happy. So to see these people getting better and staying better is a blessing. It's wonderful to see that. And this doesn't mean that this happens to every single person. Again, the earlier just as Dr Barry said, the earlier you get in, the better, the more complete the improvement and and the the easier it is to do. Again, I urge everyone please get evaluated. Please get in early and let's let's change the world and make it so that there is a lesser burden of dementia. This is a huge problem around the world. We can reduce it dramatically if everyone will do the right thing.

Speaker Sterling** (((00:35:21))) - - - Dr Barry.

Speaker Joe* ((Barry*)) - - (00:35:24) - Well, I just couldn't agree more with Dr Bredesen . I think that we're on the cusp and the age of really making a difference in health care. And you and I can understand if you're a little discouraged, because this is not a thing that's offered everywhere by everyone. But things are getting better.

Speaker Joe* ((Barry*)) - - (00:35:38) - And the internet has made, I think, such a huge difference in terms of getting information to people and helping, uh, different people come together nutritionists, physical therapists, etc. because it is a multidisciplinary thing. But that and it's a daunting. But if you look at something like Recode or pre-Code, everything is thought out for you. You want to get your own supplements. Great. Would you like to have them get the supplements for you? No problem. You want to do your own dining stuff? Super duper. If you can't be bothered with all that you want prepackaged meals delivered to you, they've got that option as well. I've never seen anything so comprehensive, and I'm really quite you know, I think it's an honor to be part of it. Even in the tiny way that I am. Again, thank you very much, Dr Bredesen .

Speaker Dale* ((Bredesen*)) - - (00:36:25) - Thank you, Dr Barry, and thank you for all the great work you're doing with your patients.

Speaker Sterling** (((00:36:30))) - - - Well, I can speak on behalf of Dr Barry.

Speaker Sterling** (((00:36:34))) - - - Having known him many years. He's. He's thinking outside the box. Dr Bredesen , respectfully, so are you. That's why we're talking. It's because we are just not normal. Normal gets normal, and that's usually no good. So when it comes to our health, the way it's been going, not to this any community, I'm not trying to come down on the medical community, but, you know, my son is a doctor. He's an MD PhD, but he'll agree with me. So, people need to be looking deeper, looking into longevity, looking into what's really going on, getting the proper blood test, the proper testing and the proper interventions. Things like diet, exercise, working on not just the body, movement balance, all the normal things you think of with work. But exercising the brain, you know, brainHQ is a beautiful program. We use it and we love it. So Dr Barry, Thank you, Dr Bredesen , thank you so much. All right, folks, we're back for the last segment of the show, and I'm really excited about what we're talking about today, because it shows that there is hope for Alzheimer's.

Speaker Sterling** ((00:42:32)) - - - It's an honor to have you on my show. Both of you and, everyone go out and buy Dr Bredesen's books. Just go Google, "The End of Alzheimer's". You're going to see all the stuff. If you don't have some protocol near you. Well, maybe it's worth a trip to somewhere where somebody does. Just like Dr Barry says, your insurance is tied to your illness, not your health. So with that, folks, we'll be back next week with another show with a special guest, Dr Emily Splichal. And that's going to be a game changer. Thank you, everyone for tuning in once again.

Speaker Sterling** ((00:43:09)) - - - Thanks, Dr Barry. Thanks Dr Bredesen

Speaker Sterling** ((00:43:12)) - - - Thank you, producer Dave, you're listening to Your Health Matters. Your Health Matters. Karl Sterling 315-935-7488 karlsterling.com

Speaker WSYR** ((00:43:19)) - - - Karl Sterling. The content of this show is that of Karl Sterling and does not represent the views of the station or iHeartMedia. Some of the information contained to this program has not been approved by the FDA, nor is it intended to diagnose, prevent, treat, or cure any diseases.

Speaker WSYR** ((00:43:31)) - - - Information has been for general information only, and before considering anything discussed, you should contact your doctor or primary.