

## Book Review

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# The End of Alzheimer's Protocol: The First Protocol to Enhance Cognition and Reverse Decline at Any Age by Dale Bredeesen, Avery, 2020, 352 pp.

In my opinion everyone reading this review can benefit from exploring this book. If you are a clinician, Dr. Bredeesen's work will assist you in helping your patients and improving their outcome.

If you are a scientist, this book will perhaps give you a new horizon in understanding this horrible, mind-robbing illness.

For some, it may require an open mind and a willingness to see this disease through a different lens. The book is well referenced and based on Dr. Bredeesen's own 25 years of laboratory and clinical research.

Initially, I will admit I was slightly skeptical about the book. Then I actually read and studied it. Indeed, I have gone over it three times to prepare for this review. I also sent him a list of questions I had, which he answered immediately.

In my view, you should read and study it too. The book is so packed with critically important data and a practical workbook full of detailed information I could not begin to cover it all.

Here are the highlights:

- An introductory section in which he lays out his theory that Alzheimer's, especially amyloid, is actually a protective act against a wide variety of potential insults, from inflammation to inadequate levels of nutrients, toxins and insulin resistance. What is new here is his idea of

figuring out which insult a person may have. The use of laboratory analysis to help is well documented.

- A nutritional plan called KetoFlex 12/3 diet, which triggers ketosis and allows the brain to restore itself, especially through fasts that last 12 hours. Others have described this type of diet without the new data on overnight fasting, from Dr. Atkins 45 years ago, to others more recently. His version is quite remarkable in that it is much easier to follow. Also, it provides flexibility if, for example, one is a vegetarian or even a vegan. Most Keto diets are almost impossible for people wanting to add vegetables and fruit because they are very high in fat and animal protein, and adding some carbohydrates immediately takes them out of ketosis. Not so with KetoFlex 12/3, which is not as extreme. This is a healthy diet, in some ways similar to the Mediterranean diet and the MIND diet published by Dr. Martha Claire Morris of Rush University, scientifically proven to prevent and reverse cognitive decline. The best part of this section is the great detail provided on all the aspects of one's eating regimen.
- The supplement aspect of the book is very complete and if you are unfamiliar with the notion of supplementing the diet for optimal brain health, then you absolutely need to study this chapter in

detail. Excellent descriptions of all the vitamins, minerals, trace elements, and Omega 3s.

- A very good part of the book is the section on good sleep and the horrible sequelae of obstructive sleep apnea. Again, very practical advice found here.
- Exercise, of course, is well known and a part of the program. What is novel again is the very complete discussion of how to incorporate exercise into your lifestyle, be it various types of cardio-training, walking, and HIIT as well as strength training, which I believe is crucial.
- Dr. Bredesen and I have had an excellent email discussion about the section on stress and meditation. Here, the results of widely published studies by my colleagues and I (including in the *Journal of Alzheimer's Disease*) done on a simple 12-minute technique called Kirtan Kriya are presented, which is great. My only problem is that it is not mentioned by name and two other techniques are shared in more detail. We have

discussed this and I think in the future this slight omission will be rectified. Personally, I am grateful he answered my questions about meditation.

The takeaway from this book is explained on the inside front book jacket: *we do not need to do the program perfectly, but we will still see tremendous results if we can do it well enough.* That is 100% correct and *The End of Alzheimer's Protocol* is a terrific book to explore, study, and utilize, both for yourself, your family, and your patients. There is indeed hope for those wanting to prevent Alzheimer's. Find it here.

Dharma Singh Khalsa, M.D.

President/Medical Director

Alzheimer's Research and Prevention Foundation,

The World's Leader In Meditation and Memory

Prevention Editor, *Journal of Alzheimer's Disease*

E-mail: drdharmask@aol.com