

Bredesen Protocol for Alzheimer's

	Goal	Approach
1	Optimize diet: minimize simple carbohydrates, minimize inflammation	Patients given choice of several low glycemic, low inflammatory, low grain diets.
2	Enhance autophagy (breakdown and recycling of damaged molecules) and ketogenesis (breakdown of fatty acids and ketogenic acids which can supply energy to certain organs)	Fast 12 hr each night, including 3 hr prior to bedtime
3	Reduce stress	Yoga, meditation, music, etc.
4	Optimize sleep	Get 8 hr sleep per night, take melatonin 0.5mg
5	Exercise	30-60 min per day, 4-6 days/week
6	Brain stimulation	Posit Brain HQ training or related
7	Reduce homocysteine to < 7	Supplementation with vitamin B12, folic acid, pyridoxal-phosphate, trimethylglycine
8	Increase serum B12 to > 500	Supplementation with vitamin B12
9	Decrease C-reactive protein (CRP) < 1.0, increase A/G ratio to > 1.5	Anti-inflammatory diet, curcumin, supplement with DHA/EPA (omega-3 fatty acids); optimize hygiene
10	Decrease fasting insulin to < 7, HgbA1c < 5.5	Diet as above
11	Hormone balance	Optimize ft3, ft4, E2, T, progesterone, pregnenolone, cortisol
12	GI Health	Repair if needed; prebiotics and probiotics
13	Reduction of A-beta peptides (Alzheimer's is widely believed to be driven by the production and deposition of B-amyloid peptide aka A-beta)	Curcumin, ashwagandha (herb used in Ayurveda medicine)
14	Cognitive enhancement	Bacopa monniera (aka waterhyssop) - herb used for cognitive enhancement, MgT (magnesium compound)
15	25 OH-D3 = 50-10ng/mL (improve vitamin D levels)	Vitamins D3, K2
16	Increase NGF (nerve growth factor)	H. erinaceus (lion's mane mushroom) or L-Carnitine (ALCAR)
17	Provide synaptic structural components	Citicoline, DHA (omega-3 fatty acid)
18	Optimize antioxidants	Mixed tocopherols and tocotrienols (vitamin E), selenium, blueberries, N-acetyl cysteine (NAC), ascorbate (Vitamin C), alpha-lipoic acid (ALA)
19	Optimize ZN:fCu ratio (zinc/copper ratio)	Depends on values obtained
20	Ensure nocturnal oxygenation	Exclude or treat sleep apnea
21	Optimize mitochondrial function	CoQ or ubiquinol, alpha lipoic acid (ALA), PQQ, NAC, ALCAR, Se, Zn, resveratrol, ascorbate, thiamine
22	Increase focus	Pantothenic acid
23	Increase SirT1 function (enzyme that deacetylates proteins that contribute to cellular regulation)	Reservatrol
24	Exclude heavy metal toxicity	Evaluate mercury, lead, cadmium; chelate if indicated
25	MCT (medium-chain triglyceride) effects	Coconut oil or Axona (nutritional food for Alzheimer's made with caprylic triglyceride - a fatty acid found in coconut or palm kernal oil)