

# Add 7.5 yrs to Brainspan with MIND diet and SAGE Cognition Assessment Tool

*Patricia Carter, founder Biome Onboard Awareness, LLC @biome393*

- **Who doesn't have AD Risk Factors?**
- Therapeutic MIND Diet for Brain Health.
- Cognition SAGE Test.
- Q&A

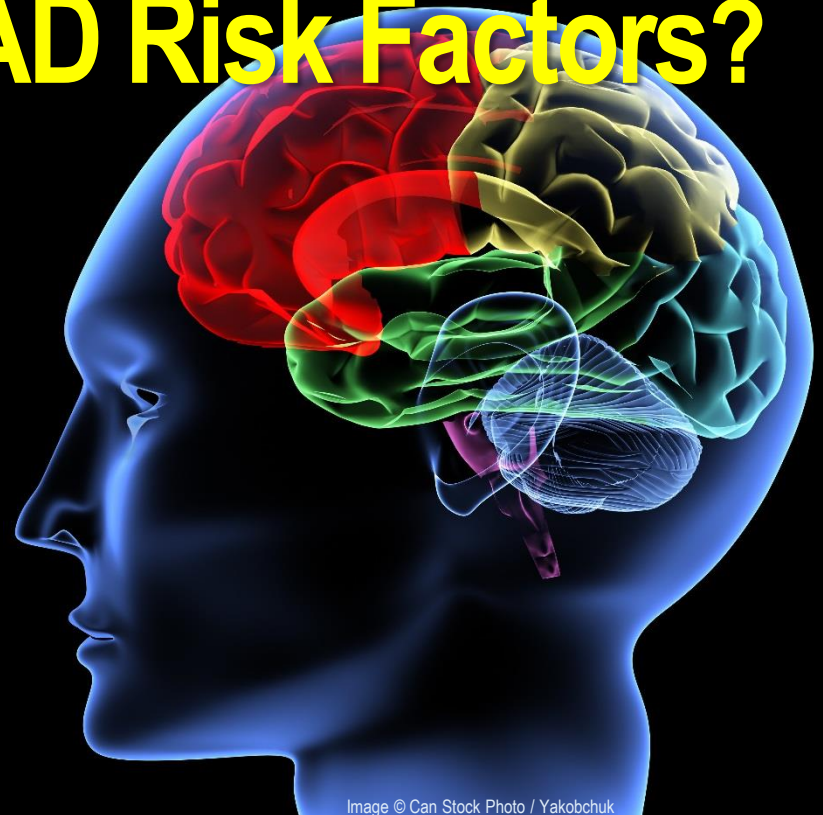
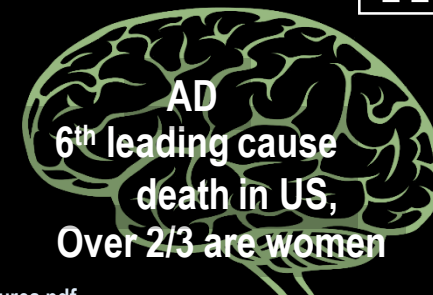
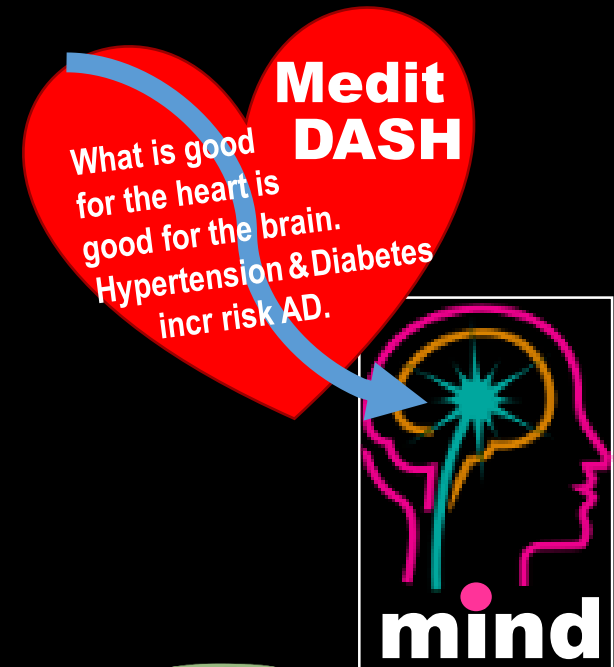
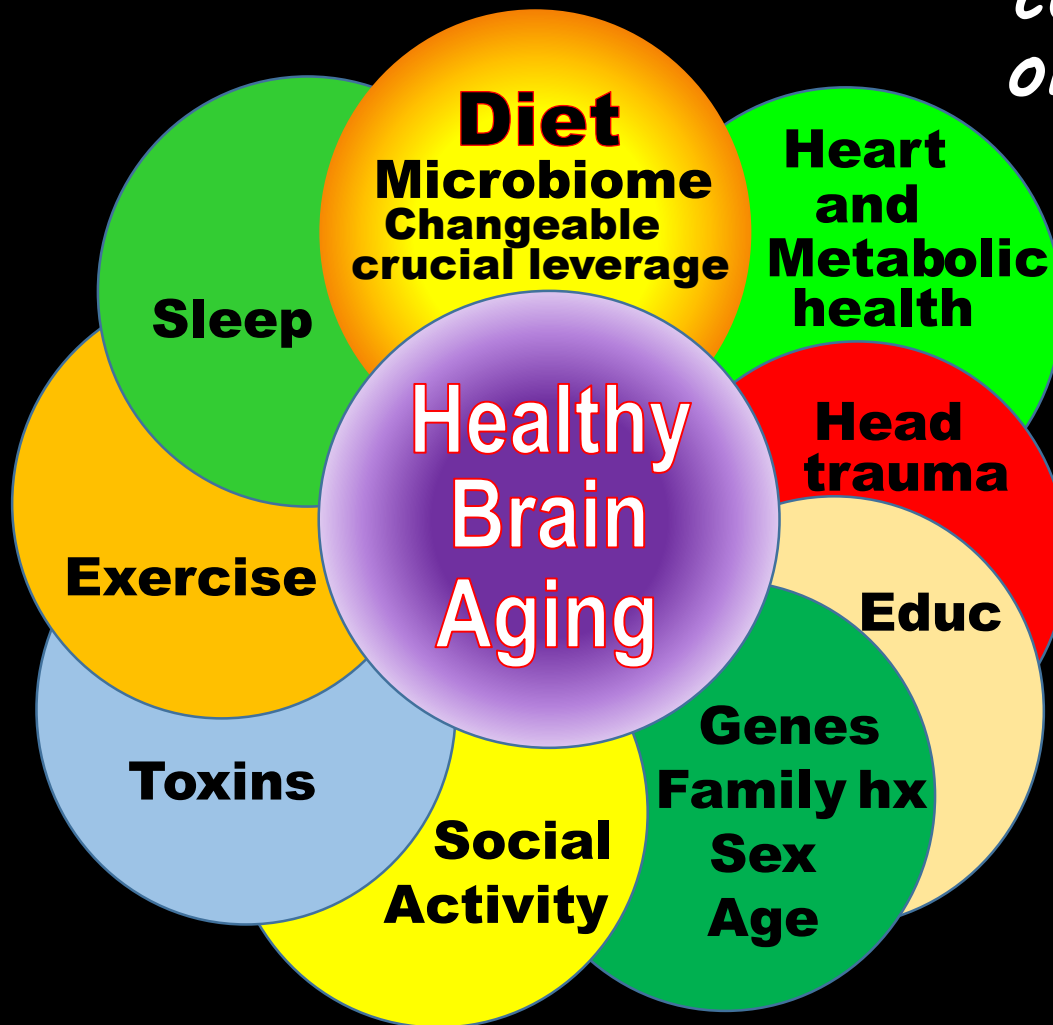


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# WIDENET

*cumulative effect  
on brain function*



# Why don't you know about this stuff?



**2011**

**The answer is 17 years. What is the question: Understanding time lags in translational research.**

Abstract  
To review the literature on the translation process. Papers were included if they identified different measures, of different things, at different times. Knowledge of time lags is of limited use to investigators because of difficulties in knowing what they should do and the investment decisions and risks wasting effort. It requires agreeing models, definitions and methods and would be to develop a process by which to

Comment in  
Steer cancer funding to align with clinical practice

PMID: 22179294 PMCID: PMC3241518 DOI: 10.1093/bioinformatics/btt110

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[Morris et al 2011] The answer is 17 years, what is the question: understanding time lags in translational research, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC22179294/>

**2010**

**Direct sequencing of the human microbiome readily reveals community differences**

Abstract  
Culture-independent studies of human microbiota by direct genomic sequencing reveal quite distinct differences among communities. Improved sequencing capacity can be more widely utilized to study more

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This article has been cited by other articles in PMC.

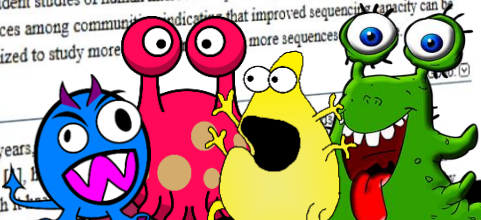
Abstract

Culture-independent studies of human microbiota by direct genomic sequencing reveal quite distinct differences among communities. Improved sequencing capacity can be more widely utilized to study more

Review

In the past few years, pyrosequencing of microbial bodies. Although

[Kuczynski et al 2010] Direct sequencing of the human microbiome readily reveals community differences, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2898070/>



nature > scientific reports > articles > article

SCIENTIFIC REPORTS

**2017**

**Gut microbiome alterations in Alzheimer's disease**

B. Bendlin & Federico E. Rey

Scientific Reports 7, Article number: 13537 (2017) | Download Citation

Abstract

Our analyses revealed gut microbiome of AD participants has decreased microbial diversity and is compositionally distinct from control age- and sex-matched individuals.

These findings add AD to the growing list of diseases associated with gut microbial alterations, as well as suggest that gut bacterial communities may be a target for therapeutic intervention.

[Vogt et al 2017] Gut microbiome alterations in Alzheimer's disease, <https://www.nature.com/articles/s41598-017-13601-y>

[biomeonboardawareness.com](https://biomeonboardawareness.com)

# Western Diet makes your brain age faster than Mediterranean Diet

**1**  
**2014**  
**MRI**

Mediterranean  
52yr old

Western Diet  
50yr old

**N=20**

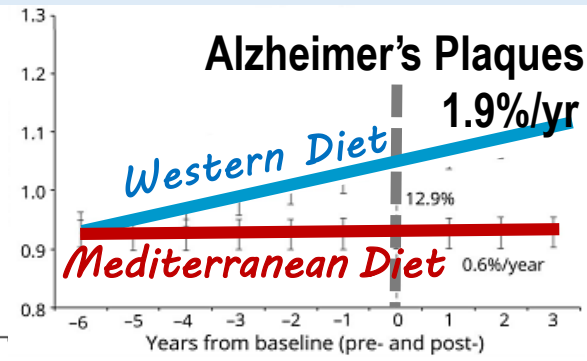
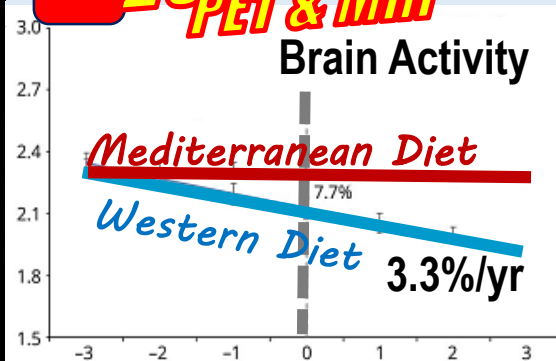
- ✓ Perfect brain
- ✓ Little black (fluid)
- ✓ Brain close to skull
- ✓ ApoE4- had greatest thickness

**N=32**

Cortical thinning (atrophy) same key brain regions as clinical AD (arrows)  
Brain memory center shrinking (atrophy).

**2**  
**2018**  
**PET & MRI**

People in their 40 and 50s

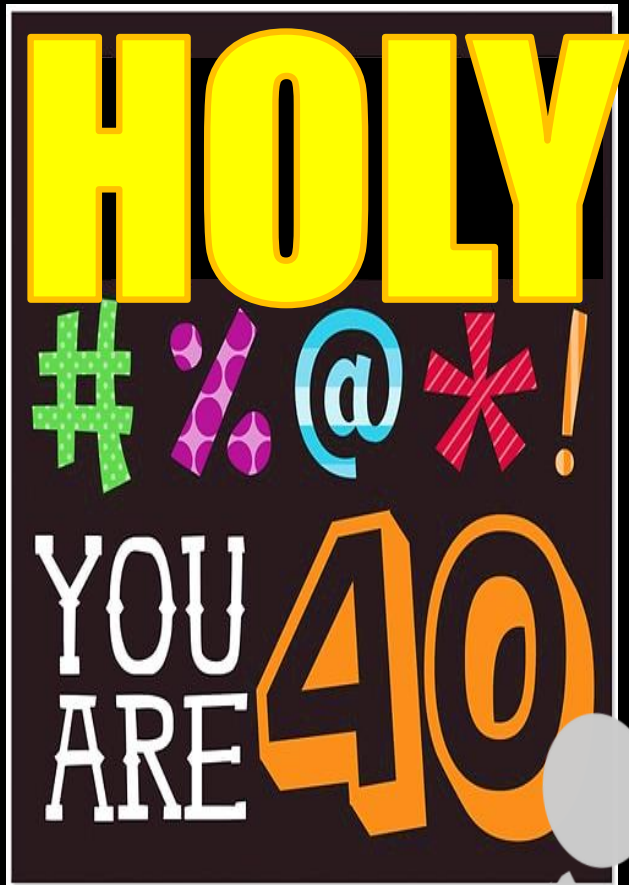


Indep age, gender, APOE, family hx, BMI,  
insulin resistance, hypertension, edu.  
(LOAD risk factors)

Dr. Lisa Mosconi – Designing Nature, The Conference September 7, 2018,  
<https://videos.theconference.se/dr-lisa-mosconi-designing-nature>  
Adapted from [Mosconi et al 2014] Mediterranean Diet and Magnetic Resonance Imaging-  
Assessed Brain Atrophy in Cognitively Normal Individuals at Risk for Alzheimer's Disease,  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4165397/>  
[Berti et al 2018] Mediterranean diet and 3-year Alzheimer brain biomarker changes in  
middle-aged adults, <https://www.ncbi.nlm.nih.gov/pubmed/29653991>  
[biomeonboardawareness.com](http://biomeonboardawareness.com)



# AD: ~~Age~~ SAD greatest risk factor



- Brain changes BEGIN DECADES (20 or more years) BEFORE symptoms, memory loss.
- AD pathology begins in most everyone after age 40!
- Prevention WHAT ARE YOU EATING is the NEW treatment. RXXs don't work. Jan 2018, Pfizer Ends Hunt for Drugs FUTILE to Treat AD and Parkinson's

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- Who doesn't have AD Risk Factors?

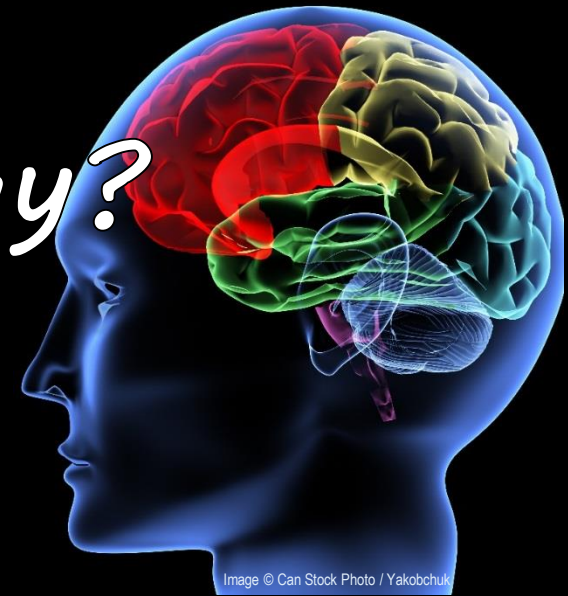
- **Therapeutic MIND Diet for Brain Health**

- Cognition SAGE Test

- Q&A



# What's brain-healthy? What's NOT?



**BBB has gates that selectively open/close for specific nutrients**

**Hey! We want in!**

- Sugar (glucose)
- Certain proteins
- Vits & minerals?
- Toxins
- Certain fats (polyunsat O3, O6, O9?)
- Ketone bodies?
- 4<sup>th</sup> macronutrient?



➤ **Especially need...**

➤ **Can't get into brain...**


The Blood Brain Barrier ("Keep Out"), <https://faculty.washington.edu/chudler/bbb.html>

Dr. Lisa Mosconi – Designing Nature, The Conference September 7, 2018, <https://videos.theconference.se/dr-lisa-mosconi-designing-nature>

Dr. Dale Bredesen on Preventing and Reversing Alzheimer's Disease, Podcast with Rhonda Patrick, Oct 2018, <https://www.foundmyfitness.com/episodes/dale-bredesen>

Dr Lisa Mosconi, neuroscientist and author, #308 Eating for Brain Power Brain Food, The Surprising Power of eating for Brain Health. <https://www.acast.com/yogataalkshowwithlucasrockwood/308-eating-for-brain-power>

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DASH	Mediterranean	MIND (Mediterranean + DASH + Aging Brain Literature)
Total Grains 42+/wk	Nonrefined Grains >32	Whole Grains
Vegetables 28+/wk ( <u>≥4/d</u> )	Vegetables >33/wk ( <u>≥4/d</u> )	Green Leafy
Fruits 28+/wk	Potatoes >18/wk	Other Vegetables
	Fruits >22/wk	Berries
		Regular Cheese ≤1/d
Dairy ≥14/wk	Full-fat Dairy ≤10/wk	Nuts
Nuts, seeds, legumes ≥4/wk	Nuts, legumes, beans	Beans
Lean meat, poultry, Fish,	Red meat ≤ 1/wk	Lean Red Meats

Join me to  
learn more!



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*@biome393*

## Q&A Thank you!

“Don't ever underestimate the public – the key issue is lack of knowledge about microbes NOT lack of intelligence,”

says @edyong209,

#MoBE17  
WashDC

Our ability to change things is not increasing at the same rate as our ability to know about them.

–Jia Tolentino

Educ Diet → Microbiome gives the why.  
Motivation for action.

visit [biomeonboardawareness.com](http://biomeonboardawareness.com) for more information

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