

Combating Dementia In 30 Days

By Dr. Dee Gaines

A diagnosis of dementia or a dementia-causing illness is a shocking and life-altering moment for a person. Our aging population is dealing with these diagnoses at an accelerated rate.

A study out of the Rush Institute for Healthy Aging in Chicago estimates that the number of people living with Alzheimer's will triple by the year 2050.

The Alzheimer's Association estimates that by mid-century, 28 million baby boomers will be living with the disease. For patients and their families, it often takes many private sessions with a doctor and out-of-pocket expenses which most people cannot afford.

Please explain: "How To Combat Dementia In 30 Days?"

As a scientist and clinician specializing in cognitive decline and dementia, I know that there are many significant actions that can be taken to make a measurable difference in combating the decline and improve the quality of lives of individuals and their families.

I could not find an affordable and friendly tool that was comprehensive to address what we know is cutting edge in keeping the brain sharp while decline begins to set in.

So I created it and my mission is to make it available to as many people as possible. My video series and brief manual take you through the process of understanding cognitive aging and what you can do about it.

Best advice for those who have loved ones suffering with Alzheimer's and other forms of dementia?

Know that there are many things you can do to improve your and your



loved one's quality of life and that fighting like a warrior and taking all the necessary actions is crucial.

From managing your state of mind, your emotions and your expectations, to maximizing brain-boosting activities, you have the best chance for the most positive outcome.

Despite many attempts to create a "magical pill," studies show that there are specific techniques and activities that actually show a measurable positive change.

Some of these may surprise you and that you never heard about before. Letting things go by without proper management and care often results in significantly undesirable results.

What do you discuss on your Dr. Dee radio show on 790 KABC in LA and podcast?

On my show I cover many topics such as PTSD and dementia but also family issues, spirituality and self-growth. More often than not, recovery and triumph over problems requires not only understanding the pathology but also learning the skills to overcome it.

My mission is public education about what research really teaches us about brain health and mental health. I know that knowledge and guidance are the most important tools people have toward excellent decision making and favorable outcome.

When we don't have the knowledge, our ability to make decisions is compromised. Across the lifespan, managing mental health conditions, from normal life experiences such as raising children to managing actual disorders, is something we all have to do, regardless of ethnic, gender or educational differences.

How important is spirituality?

Studies show that our brain is wired to love spirituality and that spiritual practices improve brain functioning on the hormonal and neurochemical levels.

Prayer, meditation, mindfulness and positive thinking are associated with reduction of the stress hormone cortisol, production of the "happiness" neurotransmitters such as dopamine and serotonin, and create an overall sense of relaxation and wellbeing.

While dementia is a non-curable condition, studies show there are many things that can be done to prevent or significantly slow down cognitive decline. Those are listed in a detailed, hands-on approach, in *Combating Dementia In 30 Days*. To learn more, go to: drdeegaines.com.

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