

Cognitive and Memory Protocol

Below is a great protocol to begin if you are having difficulty with cognition and memory. There are many factors to cognitive decline such as hormonal imbalances, inflammation (cytokine imbalance), nutrient deficiencies, insulin/blood sugar imbalance, antioxidant deficiency, stress, poor circulation, poor sleep and much more. It is always recommended to get to the ROOT of your cognitive issues and address it in order to truly improve brain function. That being said, below are some supplements that can be taken to improve circulation and reduce inflammation. Always check with your doctor or practitioner before supplementing to make sure they remedies are right for you!

The recommended supplements are broken down into categories of what they support and address. You may need to support multiple categories depending on your current health status. For example, you may need insulin, methylation, sleep and detox support, in which case, you would take the recommended supplements from all those categories. If you aren't sure which support you need, talk with your doctor and they can run the appropriate labs!

A;WAYS CHECK WITH YOUR PHYSICIAN OR PRACTITIONER BEFORE SUPPLEMENTING!

Foundational support for memory and cognitive function: Douglas Labs Ultra Preventive 5-+ (2 tabs 2x/day with food)

Maintain healthy cytokine (inflammation) balance: Douglas Labs QUELL Fish Oil Clinical Strength DHA (1-3 softgels daily with food)

Brain energy support: Douglas Labs MCT/Butyrate Liquid with SunButyrate (1tbsp 3x daily or as needed)

Cognitive support: Douglas Labs Keto Metabolic (1 scoop daily) and Acetyl-L-carnitine 500mg (1-4 caps daily with food)

Support for healthy brain aging (activating SIRT1): Pure Encapsulations resveratrol XTRA (follow bottle dosage)

Optimizing mitochondrial function and antioxidant status: Ubiquinol-QH (1-2 softgels daily) and Selenium Plus (1 capsule daily with food)

Balancing Cu:Zn Ratio: Zinc picolinate (1 tablet daily) and Genestra Ascorbyl C plus bioflavanoids (follow bottle dosage).

Optimizing healthy methylation and homocysteine metabolism: Genestra Methylation Support (follow bottle dosage)

Supporting healthy insulin function: Douglas Labs Berberine Balance (1 capsule 2x/day) and Chromium 1mg (1 tablet daily)

Optimize Sleep: Genestra melatonin spray (2 sprays 30 mins before bed) and Douglas Labs Rest reset (1 capsule 30-60 mins before bed, without food)

Supporting the body's detox functions: Genestra Amino NAC (1 capsule daily), Pure Encapsulations Reduced glutathione (1 capsule 2x/day) and Douglas Labs detoxification pack (1 pack 2x/day)