

MEMORY LOSS

Memory loss can appear in many forms such as forgetfulness, but it can also appear as poor decision-making, misplacing items, losing track of time and forgetting common words or phrases.

POSSIBLE CONTRIBUTING FACTORS



- Blood sugar dysregulation / diabetes
- Hypo or hyperthyroid function
- Toxins: heavy metals, pollutants, iron overload, mold
- Low estrogen / hormone imbalance
- Poor sleep / sleep apnea
- Poor lifestyle: smoking, alcohol, processed diet, lack of exercise, high stress
- Inflammation: allergies, infections (including long COVID), leaky gut/brain
- Nutrient deficiencies: anemia (vitamin B12, folate, iron), thiamine, niacin, zinc, copper, fatty acid deficiency (i.e. low fat diet and/or liver/gallbladder dysfunction)
- Head injuries
- Genetics: i.e. carrier of APOE4 gene and other gene mutations
- Medications: birth control, statin drugs, certain antidepressants, antiepileptics

LIFESTYLE & DIETARY RECOMMENDATIONS



- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Eliminate processed & refined foods, fried foods, vegetable oils, and hydrogenated/trans fats
- If blood sugar is an issue, limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1-2 whole fruits per day. Avoid sugar and anything made from flour.
- Increase iron-rich foods. Heme sources from animal products are better absorbed and include B12
- Focus on sleep hygiene
- Exercise; minimum 30 minutes of walking per day and resistance training 2-3 x per week
- Consider an elimination diet removing the common offenders like gluten and dairy for a minimum of 30 days followed by a re-introduction. Also consider eggs, nuts, yeast, soy, corn, and peas.
- Liver/gallbladder support: dandelion root tea or beet kvass, castor oil packs
- Regular sun exposure
- Adrenal support: sole, stinging nettle tea, rosehip tea and other vitamin C-rich foods
- Stress reduction measures: grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, etc
- Measure blood pressure / irregular heartbeat

SUPPLEMENT CONSIDERATIONS



- Nutrients: omega-3 fats (EPA/DHA), methylated B complex (especially B12), CoQ10
- Blood sugar support formula
- Liver/gallbladder support formula
- Detoxification support: glutathione, NAC, selenium, zinc, alpha lipoic acid
- Gut healing formula: zinc carnosine, l-glutamine, slippery elm, marshmallow root, aloe