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## ALZHEIMER'S RESOURCES



*FYI: I'm not a medical doctor, this isn't medical advice and always check with your licensed medical doctor before you literally do anything.*

### Avoid

- Glyphosate
- MSG
- Aspartame
- PUFAs
- Fluoride
- Aluminum Cookware
- High Sugar Diets
- Blue Light & nnEMF

### Supplements...

- Vitamin D - [From Sunlight](#)
- Magnesium Threonate
- Lion's Mane
- Resveratrol
- Curcumin
- COQ10
- B-Complex - [Lifeblud](#) - (Energi+)
- Vitamin B12
- Probiotics - [Mitolife](#)

### Treatments & More...

[Find a local doctor here](#)  
[Find a local holistic dentist](#)

- [Sauna therapy](#)
- [Photobiomodulation](#)
- [Parasite Cleanses](#)
- [Coffee Enema Kits](#)
- [Grounded Bedding](#)
- [Brain Entrainment Programs](#)
- [Radio Show - Morley Robbins](#)
- [Radio Show - Dr. Steenblock](#)
- [Book: The End of Alzheimers](#)

[Our Sauna](#) | [Cranial Red Light](#)

### Vitally Important Resources...

- [Fix Your Sleep Protocol](#) - Sleep like a baby tonight by fixing your environment.
- [Biohacking Light Protocol](#) - Upregulate melatonin levels for optimal health, energy & sleep.
- [Yearly Detox Protocol](#) - Make detox easy. Get on this **yearly program** to detoxify your body.

**SPECIAL OFFER**

Special Offer Only For You Reading This! Use Code  
**1BJ9V3NVER** On ANY Of The Protocols  
Above For A Major Discount.

