

**4 SIGNS YOU
MAY BE AT RISK FOR
MEMORY LOSS**



**Wondering
About Your
Memory?**

**BY
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Could You Be Losing Your Memory? Many Are

Cognitive decline and losing your memory can be very frightening and sad.

Have you noticed changes in your ability to think or remember facts and events, and started to feel afraid or sad? Or perhaps you're the loved one of someone who is going through cognitive changes and have started to notice what decline looks like from the outside.



Either way, it's great that you've chosen to read this guide because we're all at risk of cognitive decline and memory loss more now than ever before (more on that, later).

That means the likelihood that you or a loved one is going to experience memory loss, mood changes and difficulties with decision-making has increased. It also means that it's very important to get educated on the subject.

There is something you can do now to get some relief from the worry you feel: reading this guide, which can help you identify the symptoms and prevent the worst from happening, as well as quickly and easily step onto the path to better mental health, focus, and clarity of mind.

You'll discover that there are simple, effective ways to identify cognitive decline of all types and that there are specific causes for it. Everything is outlined here.

As a physician, I want you to feel empowered and in control of your mental wellness, and know where to get the most effective, natural treatment protocols. So let's get started.

You can find even more information about your cognitive health on my website at drmanlove.com. And if you have any other questions, please email george@drmanlove.com.

To your health and wellness,

George Manlove, DC, PLLC

Defining Cognitive Decline & Memory Loss

If you can't think as clearly as you used to be able to, you have difficulty making "normal" decisions, or you forget small things on a regular basis, there may be a chance that you're suffering from mild cognitive decline, or possibly something a little more severe.

Mild Cognitive Decline

Mild cognitive impairment usually affects older adults and causes a slight but noticeable and measurable decline in cognitive abilities, including memory and thinking skills.

If these changes are serious enough to be noticed by you or the people around you but don't interfere with daily life or independent function, they're classed as mild cognitive impairment (MCI).

MCI is an intermediate stage between the expected cognitive decline of normal aging and the more serious impairment associated with dementia.

MCI that mainly affects your memory is called "amnesic MCI". When you have amnesic MCI, you may start forgetting important information, miss appointments, fail to recall something said in a conversation or even that a recent event happened.

The MCI that affects thinking skills other than your memory is called "nonamnesic MCI". This type may affect your ability to make sound decisions, know how much time has passed or visual perception, among other things.

People with MCI, especially MCI that comes with memory problems, are more likely to develop Alzheimer's disease or other types of dementia than those without MCI.

However, MCI doesn't always lead to dementia: it may remain stable or revert to normal cognition.

MCI may also be mistakenly diagnosed in other cases, such as when a medication causes the symptoms of cognitive impairment. That's why it's so important to get a strong diagnosis as soon as you can.

Dementia and Alzheimer's Disease

Dementia is an umbrella term for a set of symptoms that include impaired thinking and problems with memory. Dementia can be caused by Alzheimer's, but it can also be caused by Huntington's Disease, Parkinson's Disease and Creutzfeldt-Jakob disease, among others.

Alzheimer's causes problems with memory, thinking, and behavior. Outbursts of anger, anxiety, and depression are common, as are trouble focusing, communicating and carrying out daily activities.

Cognitive Decline Is On The Rise

MCI affects about 16-20 percent of older adults, especially those with a history of diabetes, heart disease, smoking, mental illness or neurological conditions.

After Alzheimer's moved up to being the third leading cause of death after being the sixth, the disease started to get more attention and projections started being made. It's now estimated that Alzheimer's will affect about half of the senior population in the next generation.

Genes also play a role in Alzheimer's. An estimated 75 million Americans have the single allele for Apolipoprotein E epsilon 4 (ApoE4), which makes it 30% likely that they'll develop the disease. Around 7 million have two copies of this gene, making it 50% likely that they'll get Alzheimer's.

4 Signs You May Be At Risk For Memory Loss

The following symptoms are worth watching out for if you think you may be at risk of even very mild cognitive decline.

1. Changes In Language And Speech

If you find yourself repeating yourself often or losing your “train of thought” on a regular basis, you may be suffering from MCI, which affects your ability to recall information.

2. Frequent and Consistent Memory Loss

If you get lost, forget names and dates or miss appointments more often than you used to, you may be at risk of cognitive decline.

3. Mood Changes

Becoming more impulsive, impatient and irritable are all signs of possible cognitive impairment. Mood changes are also common. Feeling more anxious, apathetic or depressed? If so, it may be time to see an expert.

4. Worrying About Mental Performance

Worrying about how you'll perform mentally while around others can be a sign that you're at risk of cognitive decline.

Is it Serious? - How to Tell

We can all experience times of stress or illness when our minds are not working at their peak. But these tend to be brief, limited in time, and usually associated with some particular life situation. If you have the flu and your mind isn't working too well, that's understandable but you would expect it to return to normal when you recover. On the other hand, it is possible to have an illness and have signs of memory loss that continue even after you have apparently recovered.

It's NOT just age

You may notice signs of memory loss without any particular cause. Most people say "It's just age." You may have "senior moments," losing a word, forgetting why you came into a room, forgetting an appointment. Don't believe it. While memory loss is more common with age, there are many, many people who live to a ripe old age without significant memory loss. And you can be one of them. It's always easier to turn around memory loss early rather than later. What's happening is that you are losing neurons and connections between them.

It Can Be Objectively Measured

Inexpensive, in-office clinical testing including the BrainGuage, and other clinical tools can help tell the difference and give us a clear starting point. Expensive MRI and other scans rarely change the diagnosis.

It Can Be Treated

It takes a doctor who can look at ALL the possible causes of your condition and address them one by one. There is rarely a drug solution, but lifestyle and nutrient support has been shown to be effective if started early. Don't put off doing something about it.

The Causes of Memory Problems

Dr. Dale Bredesen, MD, PhD, in his book, *The End of Alzheimer's*, explains that many factors contribute to the common pathway which causes Alzheimer's as well as other forms of dementia. The common theme is **brain inflammation**. Fortunately, addressing the causes of inflammation in the brain, and in the body can turn this around, as Dr. Bredesen has shown with actual patients in research published in medical journals.



BRAIN INFLAMMATION

Why? There are many possible causes of brain inflammation which need to be identified and addressed in order to solve your specific brain problem.

1. Genetics

Many people are aware that the APOE4 gene increases the risk of Alzheimer's. Many other genes may contribute to the risk. We use the world's most advanced genetic analysis tool, Opus23. Fortunately, once we understand the genetic issues, there is almost a natural way of overcoming the risk. Your genes are not a sentence. Help is available.

2. Blood sugar Issues

Alzheimer's disease has often been called "Type III Diabetes." The Standard American Diet, SAD, which is high in simple carbohydrates is thought to be one of the main reasons for the dramatic increase in Alzheimer's disease and dementia.

3. Significant Stress, Depression & Anxiety

Juggling home and work responsibilities? Significant stress, depression or anxiety can all lead to problems with attention and memory. Untreated chronic stress can also lead to depression, and worsen an existing problem with your memory.

4. Problems with Sleep

Research suggests that deep sleep plays a very important role in memory, and sleep apnea has been found to increase cognitive decline.

5. Traumatic Brain Injury

Concussions, even many years earlier, are a risk factor for dementia and Alzheimer's, because they increase brain inflammation long-term. These will show up on our in-office testing. We can develop a program of therapy tailored to you.

6. Silent Stroke

Forgetfulness may be an early warning sign of stroke, according to a recent study. Silent strokes that block major brain blood vessels can cause changes in brain function because they deprive the brain of oxygen and essential nutrients. Natural interventions to reduce brain inflammation can help reduce the long-term effect.

7. Nutritional Deficiency

If you don't get enough vitamin B12 in your diet or through supplementation, it can also lead to confusion and even dementia. You need around 2.4 micrograms of B12 per day. Dr. Bredesen notes that an imbalance of the minerals Zinc and Copper is common in Alzheimer's patients and can be corrected with nutritional therapy. We use a variety of lab tests to specifically identify nutritional issues that may contribute to cognitive decline.

8. Toxic Exposure

We are all exposed to many chemical toxins in our food, air and water. Some people are better able to handle these challenges, often based on genetics. Genetic assessment can help spot the particular pathway under stress. Dr. Manlove has a special interest and expertise in supporting detoxification.

9. Prescription Drugs and Polypharmacy (Too many drugs)

Memory loss can be a sign that your medication needs to be adjusted, as certain types of drugs can affect your memory, including:

- Sleeping pills and tranquilizers
- Antihistamines
- Anti-anxiety medications
- Antidepressants
- Muscle relaxants
- Diabetes medication
- Cholesterol-lowering medication
- Some painkillers prescribed after surgery

Combining certain medications may also affect your memory.

Solving underlying health issues naturally often allows patients to decrease or stop their medications, under their medical doctor's guidance.

GETTING TESTED

MCI is usually diagnosed according to symptoms, but if a physician is having trouble confirming an MCI diagnosis because the symptoms are very slight or another reason, biomarker tests such as brain imaging using the BrainGuage may help with the diagnosis.

The workup usually includes the following:

- A thorough medical history, including current symptoms, previous illnesses and medical conditions, family history of significant memory problems or dementia, etc.
- An in-office neurological exam to assess nerve function and reflexes, movement, coordination, balance, and senses.
- Laboratory tests, including blood tests and other functional laboratory testing.
- An assessment of mental status designed to evaluate memory, planning, the ability to understand visual information, key thinking skills and judgment.
- Input from a family member or trusted friend, who may be asked to provide information on how cognitive function may have changed over time.
- An assessment of how independent the person is with regards to their daily activities.

There are now thought to be various subtypes of Alzheimer's. To test for Alzheimer's a Ferritin test may be performed, as well as a GGT, fasting insulin, TSH, free T3 and an ApoE4 test to see how many alleles you have, among others.

Ground-breaking research is also now being done to prevent, slow or even reverse Alzheimer's and MCI, and the field of functional medicine is bringing this cutting-edge thought into its doctors' offices.

Healing Cognitive Decline Naturally: We Can Help

If you're ready to begin a natural therapeutic way to address your cognitive decline, Dr. Manlove is an excellent place to start. We believe in guiding you through all five of the necessary steps toward relief to help correct the symptoms you are experiencing.

We have a strong reputation.

We have an excellent reputation in treating cognitive decline. We run a cutting-edge center within our functional medicine practice. Talk to any of our patients – they'll tell you they agree.

Our on-staff specialists are experts in cognitive decline.

We are best qualified to understand your particular cognitive decline symptoms and needs. You can rest assured that we know how to take care of you and your needs better than any other clinic around. Dr. Manlove has years of specialized education and clinical experience in brain chemistry and brain function.

We consider your medical history.

We care about your health, and we'll fight to get you the best possible outcome. This is important to you, of course, but it's equally important to us to maintain our exemplary reputation. Not every place will review and consider your unique medical history. Our clinicians will ensure you're able to get the most targeted natural treatment for the symptoms of your cognitive decline.

We offer ongoing support.

You can count on our doctors and staff to continue to work with you to help you balance your nutritional needs with the recommendations for minimizing your symptoms. With this level of ongoing support, you'll progress faster and more quickly achieve a thriving life. Your struggle cognitive decline will eventually feel like it's fading.

If you're ready to hop on a no-obligation call to find out what we can do to help you treat your cognitive decline before it gets any worse, call us at 919-942-1930 – or even better, [click here to schedule your free call](#) right now!

Your Next Steps

Now you've learned something about finding relief for your symptoms.

Conventional approaches to treating cognitive decline traditionally involve prescribing medications like Alzheimer's medication when the main symptom is memory loss, which can have a number of side-effects. The world expert in Alzheimer's Disease, Dr. Dale Bredesen, has said categorically that there is no drug that cures this dreaded disease, and there never will be, but that lifestyle changes and targeted nutrition can turn it around if started early enough. Even later stages can be helped.

All natural therapy is the only effective treatment options available today. Treating the root cause of your symptoms is less invasive and extremely advantageous to your overall health.

Schedule a free, no-obligation phone consultation with Dr. Manlove to learn exactly what we can do to alleviate your cognitive decline once and for all.

[SCHEDULE YOUR PHONE CONSULT ONLINE](#) OR CALL 919-942-1930

Put your fears to rest – treatment is possible. Call now to discover the ways we can work with you to keep your cognitive decline in check and maximize your wellbeing.

Remember – your health is worth it, *and so are you!*

I look forward to helping you discover health.



George Manlove, DC, PLLC

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About George Manlove, DC

Dr. Manlove graduated at the top of his class at Northwestern College of Chiropractic, now Northwestern Health Sciences University, in Bloomington, Minnesota.

He is a graduate of Cornell University where he was a Telluride Scholar and Cornell National Scholar. He has also attended Deep Springs College (“The most exclusive college you’ve probably never heard of.”)



He has been licensed by the North Carolina Board of Chiropractic Examiners since 1988.

He is certified in acupuncture and a Fellow of the American Society of Acupuncture (FASA) and has taken hundreds of hours of continuing education in acupuncture and Chinese medicine.

He has completed the Applied Kinesiology 100-hour certification several times over and taken.

He has completed training for Professional Kinesiology and Touch for Health.

He has taken hundreds of hours of training with Dr. Datis Kharazian, author of *Why Do I Still Have Thyroid Symptoms?* and *“Why Isn’t my Brain Working?”*

He has attended the yearly SHEICON conferences sponsored by Ben Lynch, teaching cutting edge genomic and methylation research and therapies. He is an active member of the North Carolina Integrative Medicine Society.

He participates in conferences, webinars, personal consultations and literature searches amounting to tens of thousands of hours of education.

He has developed a uniquely effective protocol for diagnosis and non-surgical treatment of intervertebral disc disorders.

He is an obsessive researcher in pursuit of solutions for patients where none have been found.



Our office in Carrboro, NC.