



Don't Minimize *any* Memory Loss





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Don't Minimize

- Senior moments
- Word-finding difficulty
- Forgetting your keys and phone constantly
- Searching all over the house looking for lost items
- Decreased self-care
 - Flossing teeth
 - Laundry
 - Cleaning the refrigerator
 - Dishes



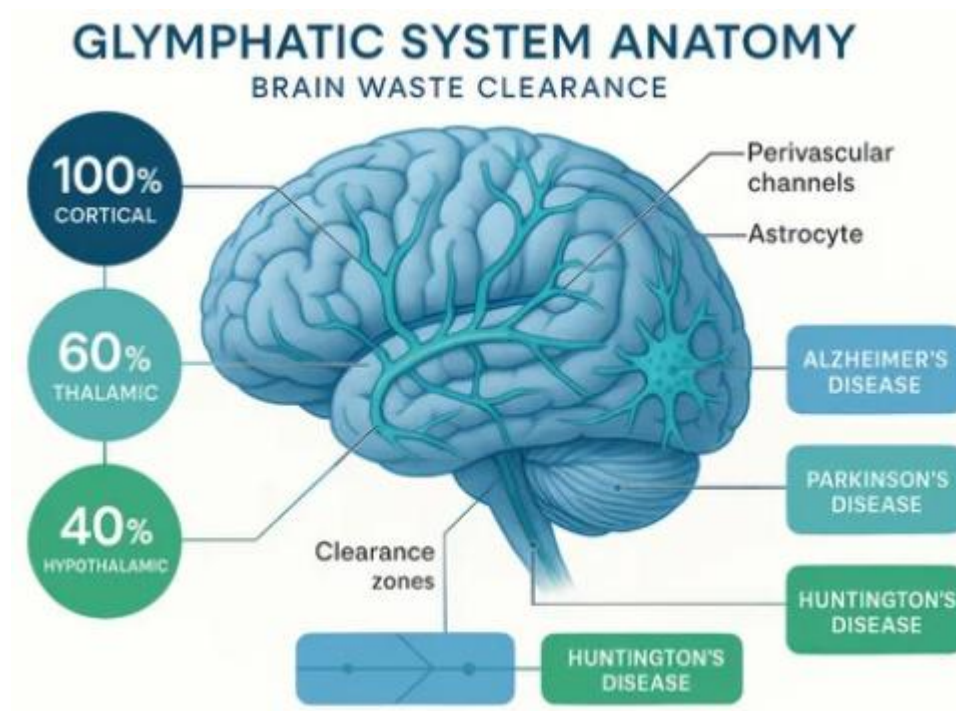
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-Requires sleep
-Without Meds

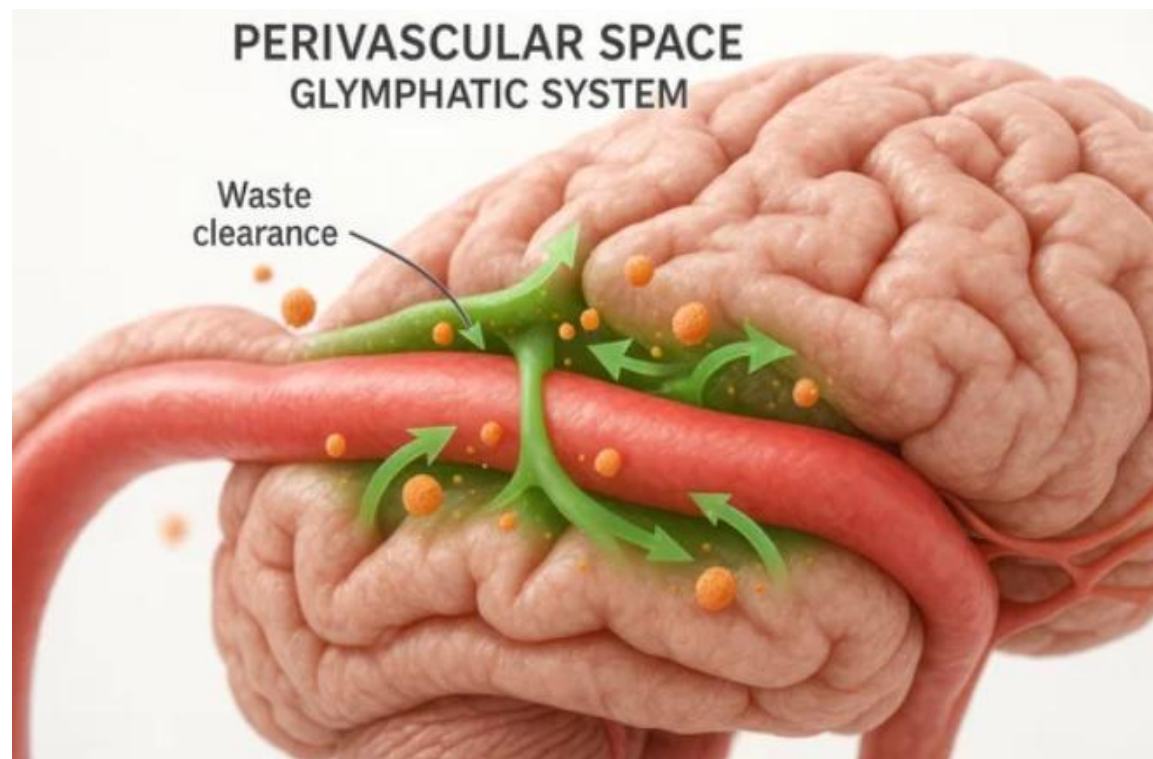


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Brain Washing 101



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Watch the Sleep, Allergy and Anxiety Aids

Theranostics 2018; 8(3):710-722. doi:10.7150/thno.19154

[This issue](#)

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Research Paper

General Anesthesia Inhibits the Activity of the “Glymphatic System”

Clement Gakuba^{1,2}✉, Thomas Gaberel^{1,3}, Suzanne Goursaud^{1,2}, Jennifer Bourges^{1,2}, Camille Di Palma^{1,3}, Aurélien Quenault¹, Sara Martine Lizarrondo¹, Denis Vivien^{1,4}, Maxime Gauberti^{1,5}✉

1. Normandie Univ, UNICAEN, INSERM, INSERM UMR-S U1237, “Physiopathology and Imaging of Neurological Disorders” PhIND, 14000 Caen, France;
2. CHU Caen, Department of Anesthesiology and Critical Care Medicine, CHU Caen Côte de Nacre, 14000 Caen, France;
3. CHU Caen, Department of Neurosurgery, CHU Caen Côte de Nacre, 14000 Caen, France;
4. CHU Caen, Department of Cell Biology, CHU Caen Côte de Nacre, 14000 Caen, France;
5. CHU Caen, Department of Diagnostic Imaging and Interventional Radiology, CHU Caen Côte de Nacre, 14000 Caen, France.

✉ Corresponding authors: Maxime GAUBERTI (gauberti@cyceron.fr) or Clement GAKUBA (gakuba@cyceron.fr), INSERM, UMR-S U1237, “Physiopathology and Imaging of Neurological Disorders” PhIND, GIP Cyceron, Caen-Normandy University, Bd Henri Becquerel [More](#)

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Over 2,500 Medications associated with dementia



Drug prescriptions and dementia incidence: a medication-wide association study of 17000 dementia cases among half a million participants 

 Tim Wilkinson ^{1, 2}, Christian Schnier ², Kathryn Bush ², Kristiina Rannikmäe ², Ronan A Lyons ^{3, 4}, Stuart McTaggart ⁵, Marion Bennie ^{5, 6}, Cathie LM Sudlow ^{2, 7}

Correspondence to Dr Tim Wilkinson, Centre for Clinical Brain Sciences, The University of Edinburgh, Edinburgh, EH16 4SB, UK;
tim.wilkinson@ed.ac.uk

<https://jech.bmj.com/content/76/3/223.long>



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Some antihistamines are anticholinergic and inhibit the Glymphatic System



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By Harvard Health Publishing Staff



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Some antihistamines are anticholinergic and inhibit the Glymphatic System



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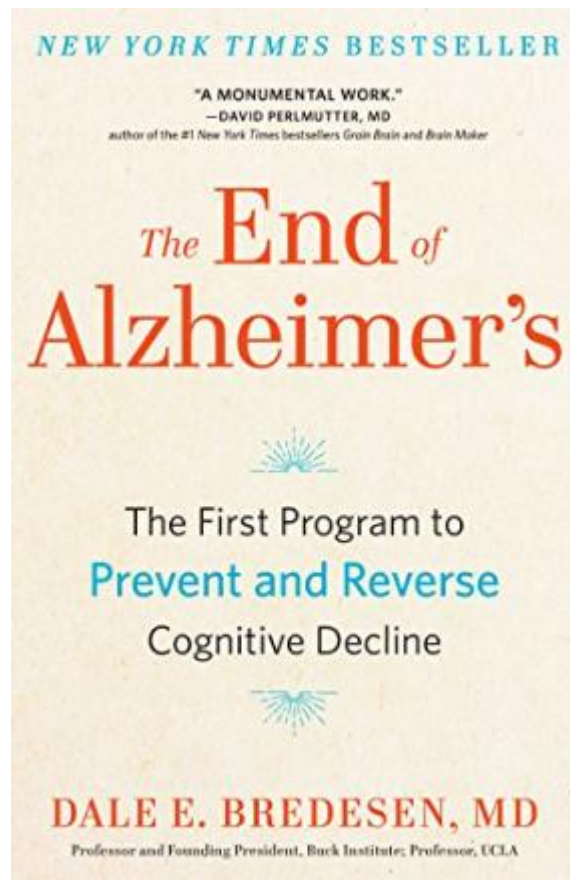
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Reversing Cognitive Decline



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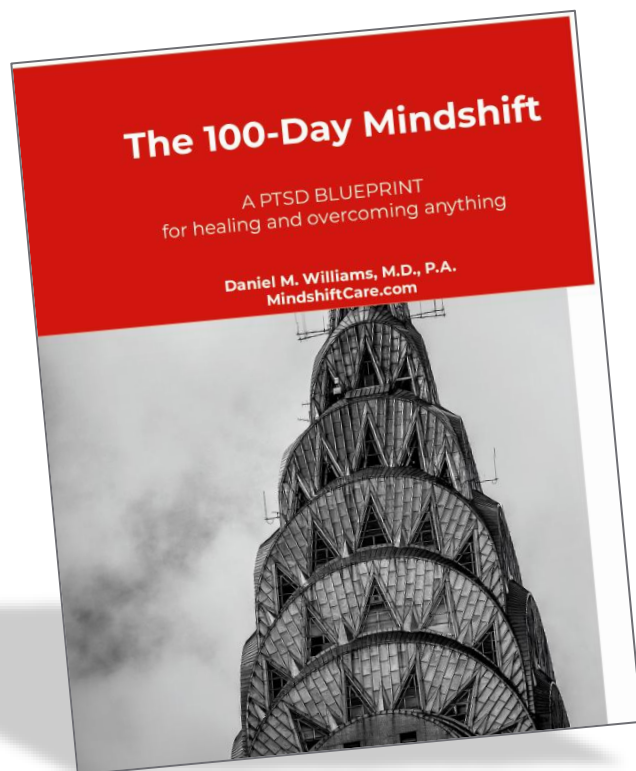
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Upcoming

- Episode 20: Vegetable Oil is more dangerous than sugar or fat
- Episode 21: How the Brain Rebuilds
- Episode 22: GeoEngineering Watch

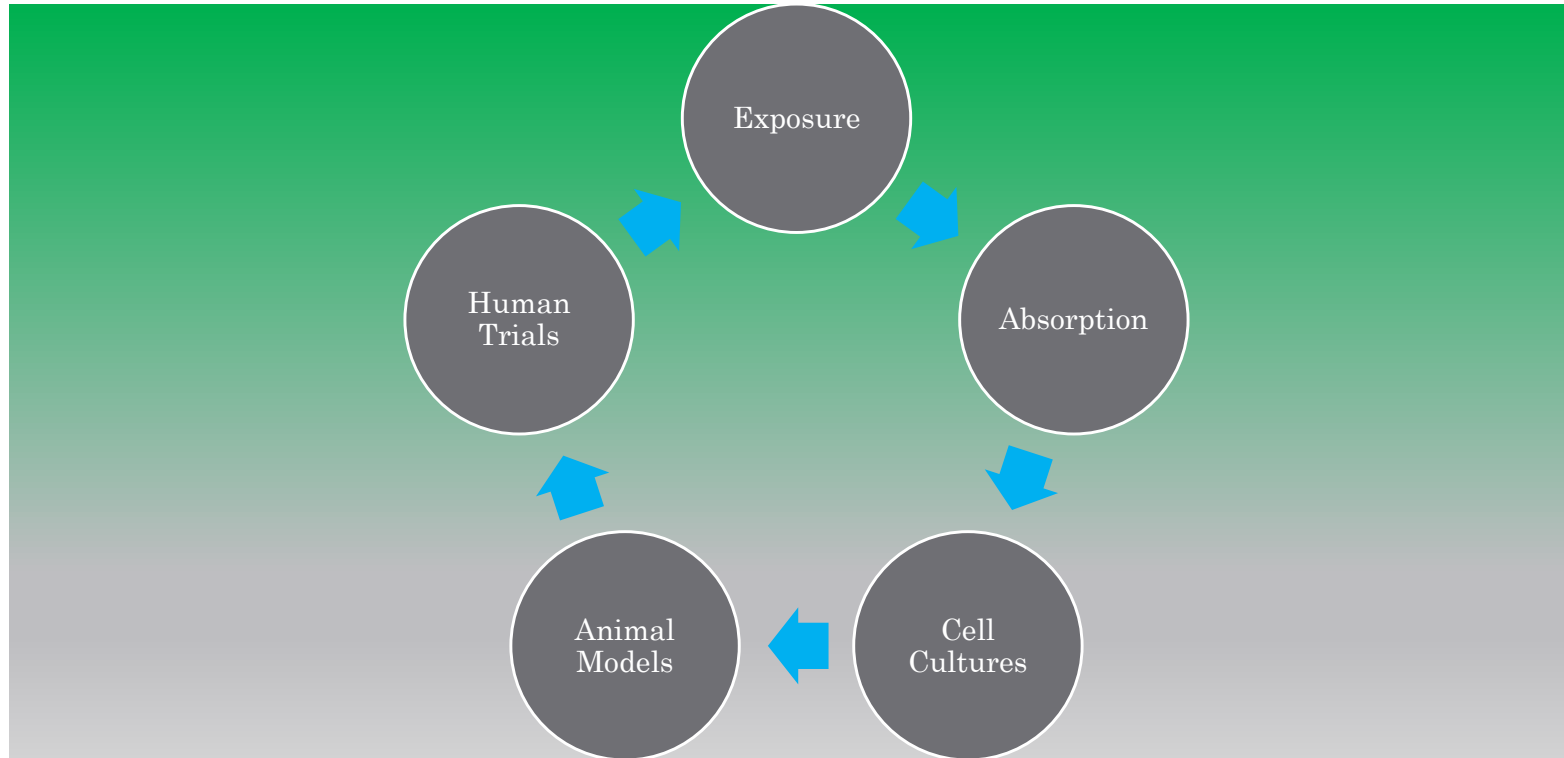


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- Civilians and veterans



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“A friend loveth at all times;
And a brother is born for adversity.”
Proverbs 17:17 ASV

Daniel M. Williams
MD, PA

Dr. Daniel M. Williams, MD, PA

Founder, [MindshiftCare.com](https://www.MindshiftCare.com)



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