

1% OF ALZHEIMER'S  
IS 'IN THE GENES'

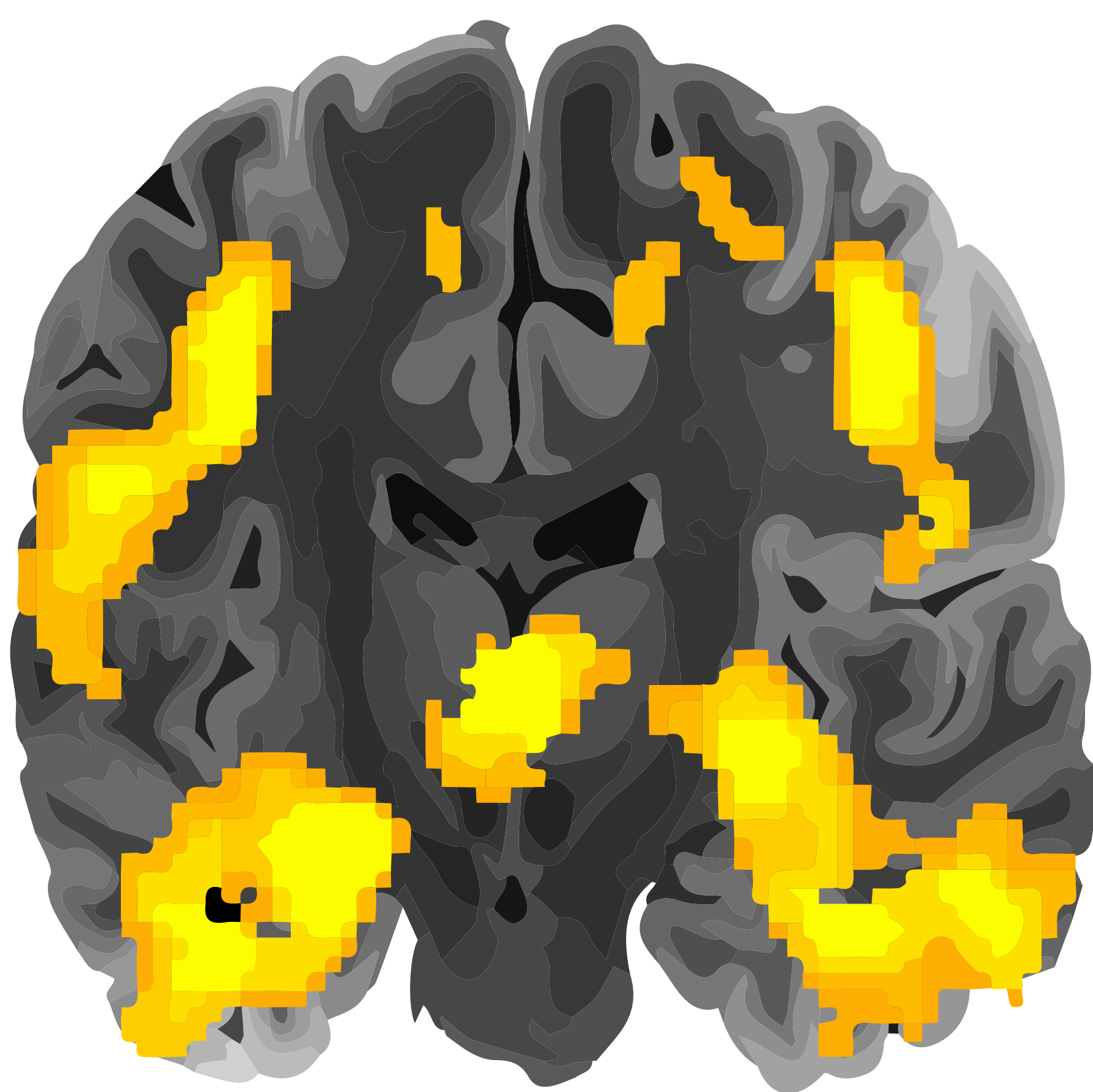
IDENTIFY YOUR  
RISK

PROTECT YOUR  
BRAIN

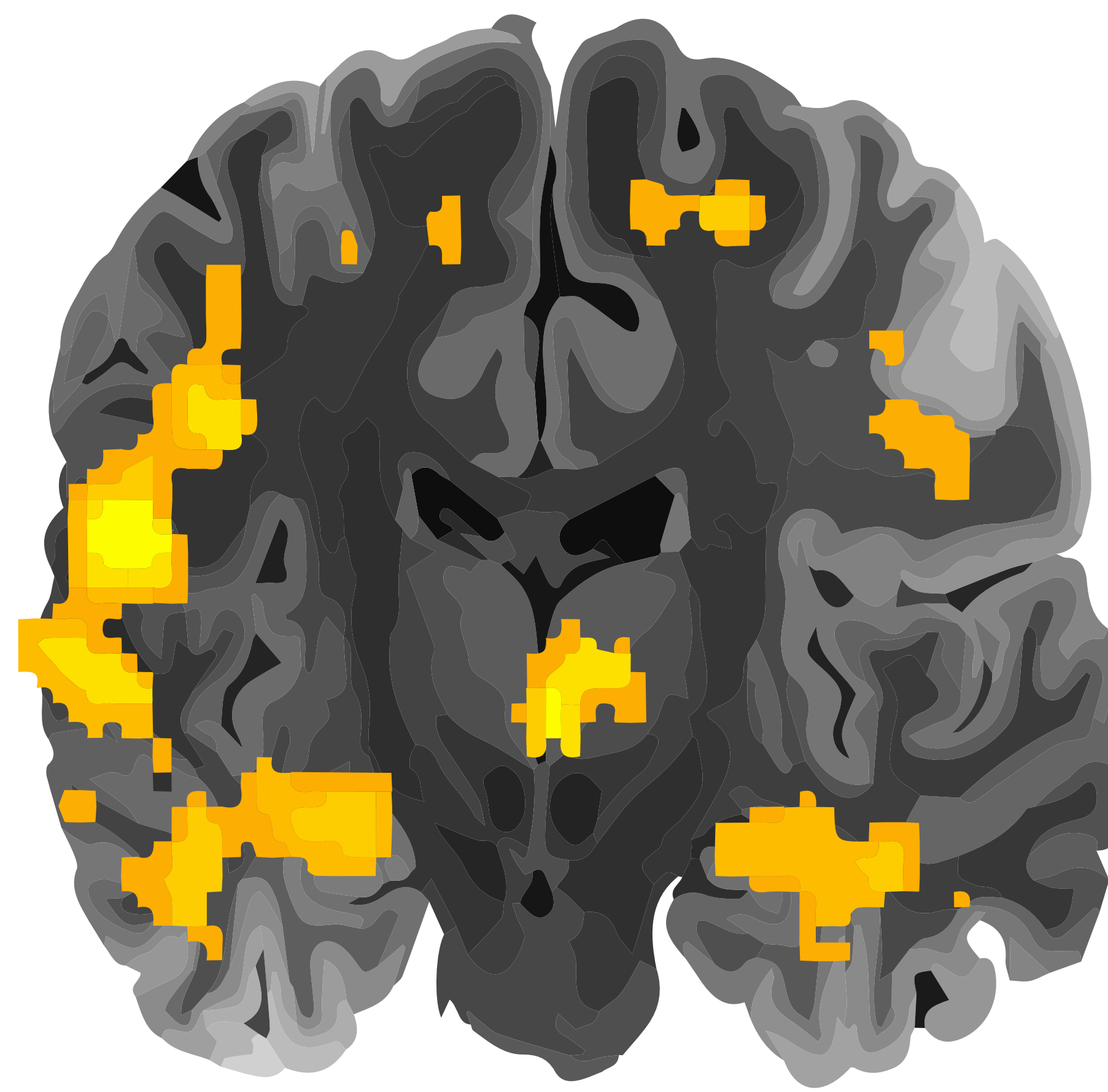
# Alzheimer's is PREVENTABLE

MASTERCLASS: 8 secrets to upgrade your brain

learn from Professors Jin-Tai Yu, David Smith, Jeremy Spencer  
and Robert Lustig, Dr David Perlmutter, Dr David Vauzour  
& Assistant Professor Tommy Wood




PLACEBO



VITAMIN TREATMENT

yellow = brain shrinkage over 1 year

**FOOD  
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COGNITIVE  
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COG  
NITION®  
 UPGRADE  
YOUR BRAIN

ONLINE  
4:55 - 9pm  
November 1st 2022



# Is Alzheimer's really preventable? Isn't it 'in the genes'?

To answer these questions this masterclass brings you a world class team of leading scientists who, having examined and researched aspects of prevention, are committed to reducing Alzheimer's disease risk. They come together to show us what practical steps can and must be taken to prevent this terrible disease which causes more deaths, consumes more healthcare costs, and is most people's number one fear.

## MEET THE EXPERTS



**Professor Jin Tai Yu**, Vice Director of the Institute of Neurology, Fudan University, Shanghai, China, has completed the most thorough meta-analysis of 396 studies to calculate the key factors, and degrees of risk, each confers for Alzheimer's dementia.



**Professor Emeritus David Smith**, University of Oxford and former Deputy Head of the Faculty of Medical Science, has conducted landmark research showing the significant impact B vitamins have on preventing accelerated brain shrinkage in those with mild cognitive impairment.



**Dr Simon Dyall**, Programme Lead for Clinical Neuroscience and Clinical Nutrition at the University of Roehampton and a member of the Board of Directors of the International Society for the Study of Fatty Acids and Lipids, brings us up to date on brain fats, especially omega-3, which make up 10-20% of the structural lipids of the brain and the growing body of evidence that an optimal intake of omega-3 fatty acids may be a key factor in preventing age-related cognitive decline.



**Professor Jeremy Spencer** is Professor of Nutritional Biochemistry and Medicine at the University of Reading and is widely regarded as a leading expert in the role of plant-based nutrients, antioxidants and polyphenols and the role they play in preventing cognitive decline.



**Dr David Vauzour**, Senior Research Fellow and Principal Investigator at Norwich Medical School, University of East Anglia, UK specialising in diet, gut health and the brain and brings us up to speed on the role of the gut as the 'second brain, and microbiome integrity, in protecting the brain.



**Professor Emeritus Robert Lustig**, Division of Endocrinology, University of California and Member of the Institute for Health Policy Studies at the University of California, San Francisco specialises in the effects of processed food and fructose in destabilising metabolism with terrible consequences for both brain and body, identifying what we need to eat to keep our brain healthy. He is a best-selling author of *Fat Chance* and *Metabolics*.



**Dr Tommy Wood**, Assistant Professor of Pediatrics and Neuroscience at the University of Washington, Seattle, and founding director of the British Society of Lifestyle Medicine, the role of an active body, mind and social interaction, stress and sleep on cognition.



**Dr David Perlmutter**, is a Board-Certified Neurologist and six-time *New York Times* bestselling author. He serves on the Board of Directors and is a Fellow of the American College of Nutrition. His in depth knowledge brings together the 8 secrets to upgrade your brain.

**REGISTER NOW**

**Save £10 by booking before October 1st**



November 1st 2022  
4:55 - 9pm

HOSTED BY



## THE SCHEDULE

**4:55pm Start**

Welcome from the Founder of the Food for the Brain Foundation

**5:00pm**

### **Identifying and Reversing Risk Factors for Alzheimer's Dementia**

*Professor Jin Tai Yu, Vice Director of the Institute of Neurology, Fudan University, Shanghai, China*

**5:25pm**

### **The Role of Homocysteine Lowering B Vitamins in Cognitive Decline**

*Professor Emeritus David Smith, University of Oxford and former Deputy Head of the Faculty of Medical Science*

**5:40pm**

### **Brain Building Fats and the Evidence for Omega-3 in Cognitive Health**

*Dr Simon Dyll, Programme lead in Clinical Neuroscience and Clinical Nutrition at the University of Roehampton and a member of the Board of Directors of the International Society for the Study of Fatty Acids and Lipids*

**6:00pm**

### **How Plant-based Antioxidants and Polyphenols Protect the Brain**

*Professor Jeremy Spencer, Professor of Nutritional Biochemistry and Medicine at the University of Reading*

**6:10pm**

### **Question time & break**

**6:25pm**

### **A Healthy Gut is a Healthy Brain Essential**

*Dr David Vauzour, Senior Research Fellow and Principal Investigator at Norwich Medical School, University of East Anglia*

**6:45pm**

### **Metabolical Mind Degenerating Effects of Sugar and Junk Food**

*Professor Emeritus Robert Lustig, Division of Endocrinology and Member of the Institute for Health Policy Studies at the University of California*

**7:45pm**

### **Lifestyle Drivers of Dementia – The Science on Stress, Sleep & Activity**

*Dr Tommy Wood Assistant Professor of Pediatrics and Neuroscience at the University of Washington, Seattle*

**8:15pm**

### **What's Driving the Brain Drain? - 8 Ways to Upgrade Your Brain**

*Dr David Perlmutter is a Board-Certified Neurologist and six-time New York Times bestselling author*

**8:45pm**

**Question time**

**9:00pm End**

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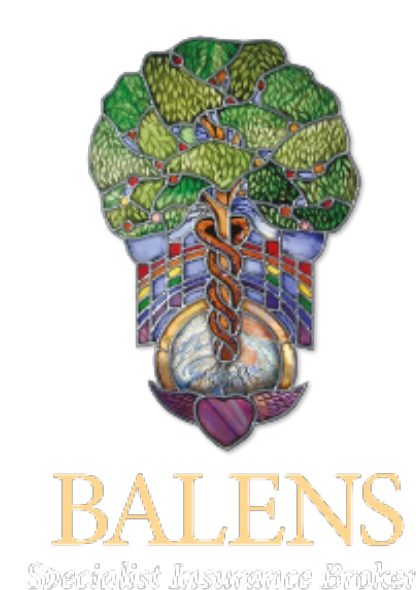
**Save £10 by booking before October 1st**



## SUPPORTING ORGANISATIONS



## SPONSORS



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# Save £10\* by booking before October 1st

Food for the Brain Foundation is an educational charity no: 1116438.  
All proceeds go to the Alzheimer's is Preventable Campaign.  
Food for the Brain is supported by becoming a FRIEND.

**\*EARLY BIRD OFFER:** if you register your place before October 1st  
and **become a FRIEND**, you'll receive your first month free  
(usually £5), plus £5 off the ticket price

**By becoming a FRIEND**, you support the Charity and get free access to:

- COG-NITION - *your personalised, interactive brain upgrade app*
- MY LIBRARY - *a growing Library of Health Reports and filmed interviews with experts in mental health*
- PAST WEBINARS - *a growing library of past webinars with world class pioneers*
- FRIENDS FACEBOOK GROUP - *where you can ask questions, share experiences with others, find out what works*

☐

*I want to become a FRIEND paying £5 a month (first month is free\*)*

☐

*I want to become a FRIEND paying £50 a year*

☐

*I am already a FRIEND*

*I want \_\_\_\_\_ tickets.*

**Tickets £20**  
£15 for FRIENDS

## Gain CPD Points for attendance!

The Masterclass has been approved for CPD Points by BANT and the CPD Certification Service

All speakers and the campaign director have donated their time free of charge. The Institute for Optimum Nutrition are hosting for free. So, all proceeds from ticket sales go towards the *Alzheimer's is Preventable* campaign. Thank you for supporting this project.

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