



REDEFINING MEDICINE

Brain Health Summit – Addressing the 4 M’s of Brain Aging

Session Schedule

Schedule Subject to Change

All times are in ET

Saturday, June 26, 2021:

9:00 am	The 4M's of the Aging Brain: Memory, Mood, Mobility and Mojo	Sheldon Jordan, MD	1 hr
10:00 am	A Brain Doctor's Guide to Healthy Aging	Gary Small, MD	1 hr
11:00 am	Break		
11:15 am	Mood and the Inflamed Brain	Ed Bullmore, MB, PhD, FRCP FRCPsych FMedSci	1 hr
12:15 pm	Good Bugs and Bad Bugs of the Nose, Mouth and Gut	Sabine Hazan, MD	1 hr
1:15 pm	Herbs for Mood, Stress, and Sleep (Non-CME) Sponsored by: Biotics Research	Tereza Hubkova, MD, ABIM, ABIHM	1 hr
2:15 pm	Chronic Brain Infection; The Brain’s Microbiome and Immuno-senescence	Sheldon Jordan, MD	1 hr
3:15 pm	Proteinaceous Toxins Plug up the Glymphatic System and How Sleep Would Set Them Free	Maiken Nedergaard, MD, DMSc	1 hr
4:15 pm	Break		
4:30 pm	Good Oxygen and Bad Oxygen – Mitochondria, Oxidative Stress and Neurodegeneration	Dayan Goodenowe, PhD	1 hr
5:30 pm	Good Fat and Bad Fat – Plasmalogens, Membranes, and Brain Function	Dayan Goodenowe, PhD	1 hr
6:30 pm	Close of Session		



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Sunday, June 27, 2021

9:00 am	Brain Assailants and Shaking the Jello	Vernon Williams, MD, FAAN	1 hr
10:00 am	Staggering, Falling and Hydrocephalus	Garni Barkhoudarian, MD, FAANS	1 hr
11:00 am	Break		
11:15 am	Diet for Brain Health; We Are What We Eat	Amylee Amos, MS, RDN, IFMCP	1 hr
12:15 pm	Riding the Wave of Life	Michael Eselun, BCC	1 hr
1:15 pm	Brain & Nutrition: Science and Clinical Application of Fasting & FMD (Non-CME) Sponsored By: L-Nutra	Rafael Gonzalez, PhD	20 mins
1:45 pm	Reversing Neuronal Aging at the Cellular Level	Dale Bredesen, MD	1 hr
2:45 pm	Brain Rejuvenation with Damage Repair	Aubrey de Grey, PhD	1 hr
3:45 pm	Break		
4:00 pm	Visualizing the Brain Across the Lifespan	Taylor Kuhn, PhD	1 hr
5:00 pm	The Grim Reaper Clock Resides in the Hypothalamus and Can Be Reset	Sheldon Jordan, MD	1 hr
6:00 pm	Close of Session		