



Steven Masley MD is a physician, nutritionist, author, trained-chef, and the creator of the #1 all-time health program for Public Television, 30 Days to a Younger Heart. He has helped thousands of patients to prevent and reverse heart disease, diabetes, and memory loss, as well as optimize the aging process.

He is a fellow with three prestigious organizations: the American Heart Association, the American College of Nutrition, and the American Academy of Family Physicians, and he is an Affiliate Clinical Associate Professor at the University of South Florida.

He has published several books: *Ten Years Younger*, *The 30-Day Heart Tune-Up*, *Smart Fat*, and his latest book—*The Better Brain Solution*. He has conducted over 600 media interviews, including public television, The Today Show, and the Discovery Channel.

He has a large list of followers that read his blogs (at www.DrMasley.com) and posts (on Facebook), and/or see him through his clinic at the Masley Optimal Health Center in St. Petersburg, Florida, where he continues to see patients.



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980 South Street, Suffield, CT 06078



Enhance Cognitive Function and Prevent Memory Loss

Steven Masley,
MD, FAHA, FAAFP, CNS,
FACN, CCD, AC



COURSE DESCRIPTION

Enhance Cognitive Function and Prevent Memory Loss

Alzheimer's disease is increasing at epidemic rates, projected to double in the next 12-15 years. The primary cause for this increase is the increase in insulin resistance, which now occurs in 50% of baby boomers and 30% of all adults. Nutrient deficiencies, inactivity, poor stress management, and exposure to brain toxins aggravate our national drop in brain function.

Nearly 200 FDA approved drugs have been tested for Alzheimer's disease, and none of them have been effective in arresting the disease process. The only solution shown to either stop memory loss or enhance cognitive function is comprehensive lifestyle change. Mono-therapies have been tried in several studies, and although some studies show modest benefits, others show conflicting findings. More recently, combining multiple interventions together has exhibited far more promise in preventing cognitive decline and improving cognitive performance.

In this dynamic seminar, Dr. Masley will share the details around his 5-Step Brain Health protocol, which has been tested and shown to result in a 25% improvement in brain processing speed and executive function. The key pillars to this combination intervention that will be explored in detail during the seminar include:

1. Add specific brain boosting foods
2. Meet essential nutrient needs
3. Improve physical fitness
4. Proactively manage stress
5. Avoid brain toxins

This interactive session will provide attendees with published results, displaying the therapies and techniques needed to improve cognitive function and prevent memory loss.

SEMINAR INFO

Wednesday, February 27, 2019

6:00 p.m. - 8:00 p.m.

Dinner will be provided.

Location:

BayCare Outpatient Center 900
Carillon Parkway
Saint Petersburg, FL 33716

Phone: (727) 561-2300

Pricing: \$29 USD

Registration Code: ECF22819

REGISTRATION

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