



# mindthol

is remembering





Is there anything we can do to  
prevent this tragedy from  
occurring in our lives and the lives  
of the ones we love?

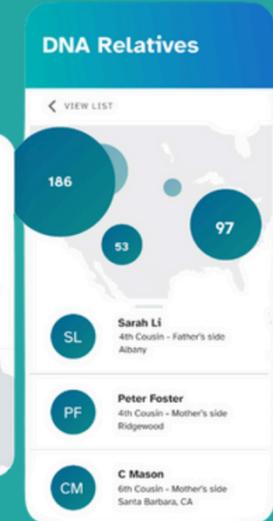
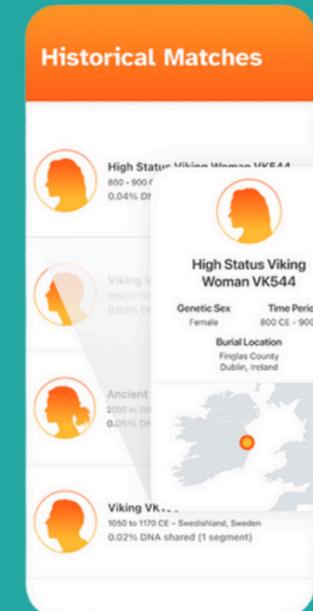
# Risk Factors

## APOE-4 Gene

People with Family History  
with Alzheimer's



EmpowerDX  
\$99

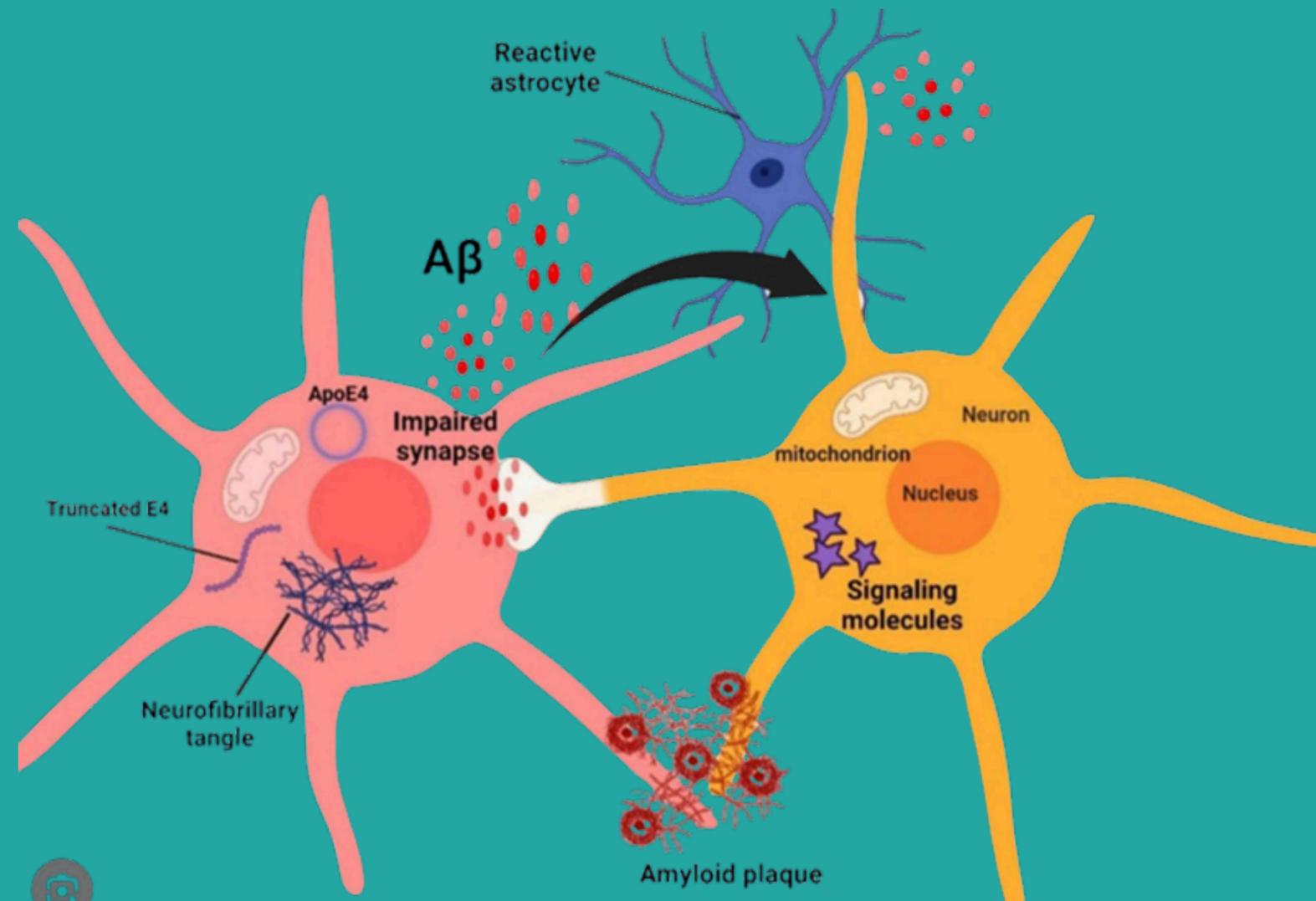


23andMe  
\$80

# Cause of Alzheimer's

Beta Amyloid Proteins become sticky and form plaques.

Tau Proteins become sticky and tangled.



# Testing and Early Detection

Blood Tests that measure Tau and Amyloid ratios. These tests can potentially indicate a problem 10-20 years before it occurs.

- **Lumipulse**
- **AD-Detect from Quest Diagnostics**
- **Precivity AD2 CTN Diagnostics**

Most of these tests are not covered by Medicare or insurance.

Until you show symptoms and it's too late.

Costs typically range from \$300 to \$1,500.

# Imaging Tests

## PET Imaging

Visual confirmation of plaques in the brain.

Amyloid PET 15-25 years before symptoms.

Tau PET later than Amyloid closer to symptoms.

PET imaging is the gold standard for early detection.

Costs are not covered by Medicare or insurance until it's too late.

PET Imaging is \$3,000 to \$8,000

But you're worth it.

# Lifestyle & Supplements

## 1. Move Your Body Daily

**Goal:**

- a. **150 minutes/week of moderately intense aerobic activity (e.g., brisk walking, swimming, cycling)**
- b. **Balance & strength exercises (e.g., tai chi, resistance bands) 2-3 times/week**
- c. **Tip: Even 10-minute walks after meals can support glucose metabolism and brain health.**



# 2. Eat for Your Brain

What to Follow: Mediterranean / MIND Diet

## Key Features:

- ✓ Lots of leafy greens (spinach, kale)
- ✓ Berries (blueberries, strawberries)
- ✓ Nuts & seeds
- ✓ Beans & legumes
- ✓ Whole grains
- ✓ Fish rich in omega-3 (salmon, sardines, trout)
- ✗ Minimal processed foods, added sugar, and fried foods

Simple Message: Color your plate, focus on plants, choose fish.



# 3. Sleep Well

**Why: Sleep clears metabolic waste from the brain (including amyloid proteins linked to Alzheimer's).**

## **Targets:**

- 7–9 hours/night
- Keep a consistent bedtime
- Limit screens 1 hour before bedtime
- Tip: Daytime physical activity improves sleep quality.



# 4. Mental Fitness

**Why: Challenging your brain builds cognitive reserve.**

**Activities:**

- 📌 **Puzzles & crosswords**
- 📌 **Learning new skills (languages, instruments)**
- 📌 **Social engagement**
- 📌 **Strategy games (bridge, chess, Sudoku)**



# 5. Stress Management

Why: Chronic stress increases cortisol, which can impact memory centers in the brain.

## Strategies:

- Meditation / deep breathing
- Gentle yoga
- Journaling gratitude
- Social support & group activities



# Maria Branyas

34 languages ▾

Article Talk

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From Wikipedia, the free encyclopedia

✓ Checked

*In this **Catalan name**, the first or paternal **surname** is Branyas and the second or maternal family name is Morera; both are generally joined by the conjunction "i".*

**Maria Branyas Morera** (Catalan: [məˈɾiə ˈβɾanəs]; 4 March 1907 – 19 August 2024) was an American-Catalan **supercentenarian** who, until her death at the age of 117 years, 168 days, was the **world's oldest verified living person**, following the death of **Lucile Randon** on 17 January 2023.<sup>[2]</sup>

## Personal life [ edit ]

Branyas was born on 4 March 1907 in San Francisco, California. She was the first child and eldest daughter to Joseph Branyas Julià (1877–1915) and Teresa Morera Laque (1880–1968). Maria was part of an expatriate family (of **Catalan** origin) who had moved there in 1906, the year prior to her birth.<sup>[3][4]</sup> She and her family later moved to **Texas**, then subsequently to **New Orleans**.<sup>[4][5]</sup> While in New Orleans, her father Joseph

**Maria Branyas**



Branyas on her 117th birthday in 2024

<b>Born</b>	Maria Branyas Morera
	4 March 1907



# Supplements

1. **Lions Mane**
2. **Lithium**
3. **Essential oils**
4. **Omega-3**
5. **Pro-Biotics**

## Research on the mechanism and application of plant essential oils in improving Alzheimer's disease

Zhihao Wang<sup>1,#</sup>, Dong Yang<sup>1,#</sup>, Song Zhang<sup>1,2,#</sup>, Li Tian<sup>1</sup>, Qiulin Yue<sup>1,5</sup>, Xin Sun<sup>1</sup>, Baojun Li<sup>4</sup>, Kunlun Li<sup>5</sup>, Chen Zhao<sup>5</sup>

\*,  
Le Su<sup>1,3,\*</sup>, Lin Zhao<sup>1,2,\*</sup>

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<sup>2</sup> Shandong Chenzhang Biotechnology Co., Ltd., Jinan, P.R. China

<sup>3</sup> Shengsheng Xiangrong Biotechnology (Shandong) Co., Ltd, Jinan, P.R. China

<sup>4</sup> Shandong ZhuoRan Biotechnology Co., Ltd., Jinan, P.R. China

<sup>5</sup> Jinan Hangchen Biotechnology Co., Ltd., Jinan, P.R. China

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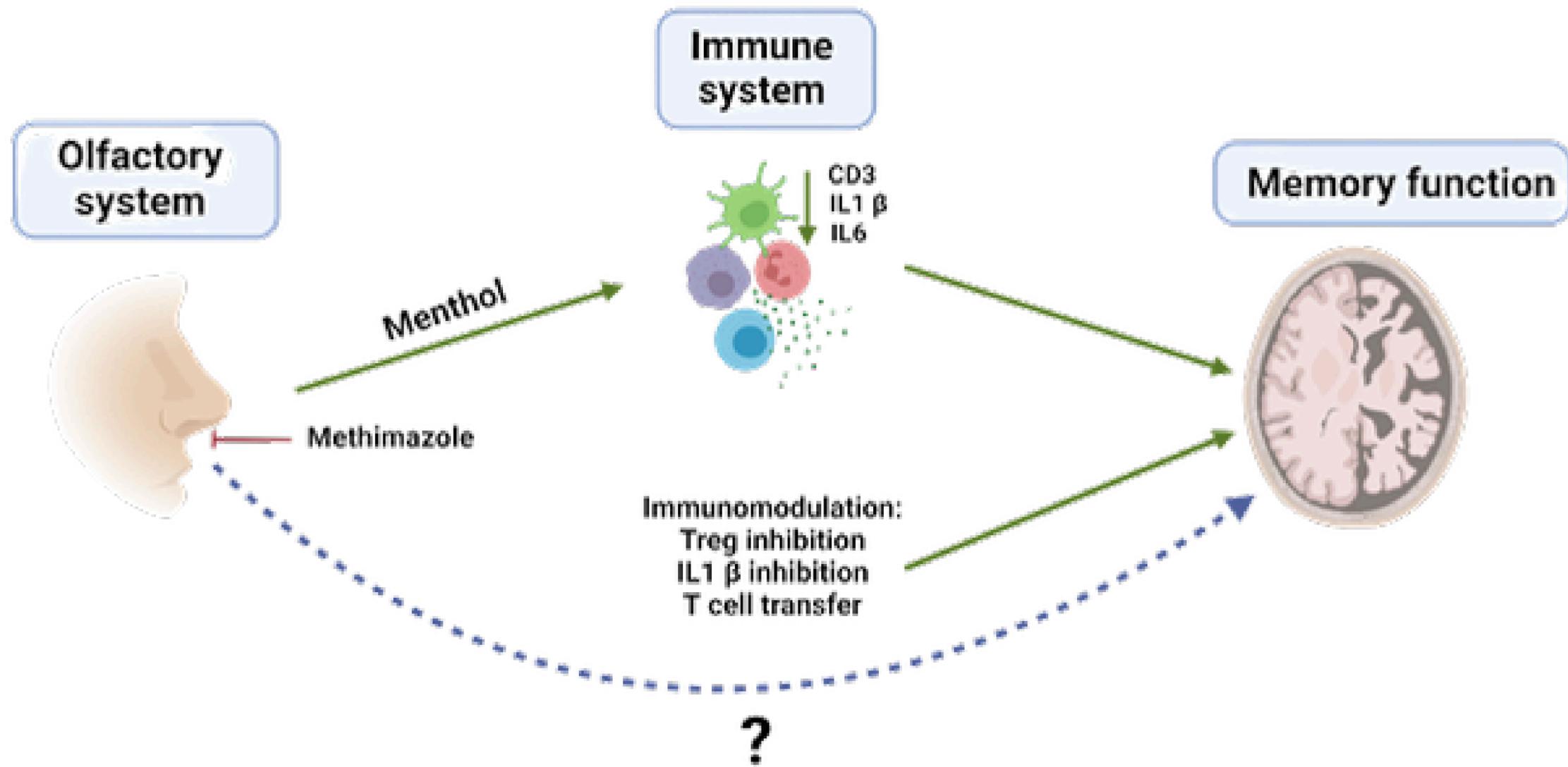
Video Summary of Article

How could it be.....



That a scent could alter your brain?





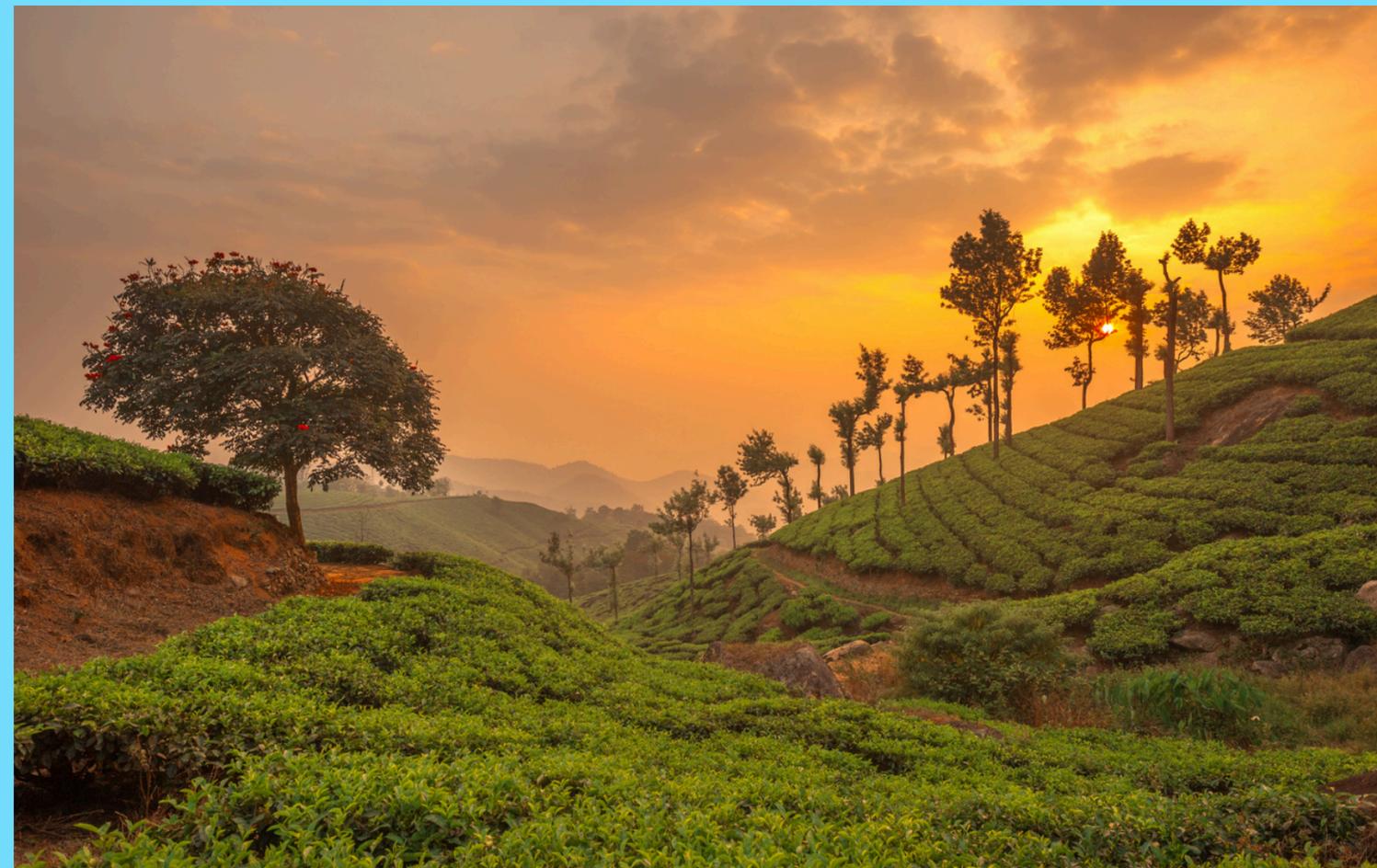
**Table 1.** Active ingredients of natural plant essential oils and their mechanisms of action

Essential oil name	Main active ingredients	Main indications	Mechanism	references
Lavender	Linalyl acetate, linalool, (E)- $\beta$ -stilbene, limonene	Alzheimer's disease	$\downarrow$ : NMDA receptor	MahdaviKian et al. (2020) [10]
			$\downarrow$ : Serotonin transporter (SERT)	Kim M, et al. (2021) [11]
bergamot	Monoterpene limonene, monoterpene esters, linalyl acetate and linalool	depression, Parkinson's Disease Alzheimer's disease	$\uparrow$ : synaptic transmission $\uparrow$ : Neuroprotective effect $\downarrow$ : Monoamine oxidase	Kong Y et al. (2017)[13] Catalano R et al (2 022 ) [14]
lemon	Citral, citronellal, linalool, geraniol and beta - caryophyllene oxide	Alzheimer's disease	$\uparrow$ : Hippocampal synaptic density $\downarrow$ : Acetylcholinase $\downarrow$ : Oxidative stress, inflammation	Liu B et al. (2020 ) [15].
sea buckthorn	Quercetin , Kaempferol , Isorhamnetin	Alzheimer's disease	$\uparrow$ : Neuroprotection $\uparrow$ : synaptic transmission $\downarrow$ : Oxidative stress, inflammation	Rösch D et al. ( 2003 ) [16]
oregano	Thymol, carvacrol, paracymene, $\gamma$ -terpinene and linalool	Alzheimer's disease	$\downarrow$ : Apoptosis $\downarrow$ : Acetylcholinase $\downarrow$ : Oxidative stress, inflammation	Aykac A et al. (2022 ) [18]
pine needles	$\alpha$ -Pinene, terpinolene, camphene and (+)-limonene	Alzheimer's disease	$\downarrow$ : Acetylcholinase $\downarrow$ : Oxidative stress $\downarrow$ : Oxidative stress, inflammation	Postu P A et al (2 022 )
Mint	Menthol , menthone $\beta$ -Caryophyllene Limonene	Alzheimer's disease	$\uparrow$ : Amino acid metabolism $\downarrow$ : Oxidative stress, inflammation	Lv X et al. (2022 ) [20]
Rose	$\beta$ -Citronellol Geraniol	Alzheimer's disease	$\downarrow$ : Acetylcholinase $\downarrow$ : Oxidative stress, inflammation	Zhu S et al. ( 2017 ) [21]
Thyme	Linalool Thymol, carvacrol	Alzheimer's disease	$\downarrow$ Acetylcholinesterase $\downarrow$ : Oxidative stress, inflammation	Jukic M( 2007 )

Note:  $\uparrow$ Improvement  $\downarrow$ Suppress



**Our Essential Oils Come from all of the world like Asia, India, and Italy**



# 20 Year Long Lithium Drinking Water Study



# Lithium deficiency and the onset of Alzheimer's disease

<https://doi.org/10.1038/s41586-025-09335-x>

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 Check for updates

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The earliest molecular changes in Alzheimer's disease (AD) are poorly understood<sup>1–5</sup>. Here we show that endogenous lithium (Li) is dynamically regulated in the brain and contributes to cognitive preservation during ageing. Of the metals we analysed, Li was the only one that was significantly reduced in the brain in individuals with mild cognitive impairment (MCI), a precursor to AD. Li bioavailability was further reduced in AD by amyloid sequestration. We explored the role of endogenous Li in the brain by depleting it from the diet of wild-type and AD mouse models. Reducing endogenous cortical Li by approximately 50% markedly increased the deposition of amyloid- $\beta$  and the accumulation of phospho-tau, and led to pro-inflammatory microglial activation, the loss of synapses, axons and myelin, and accelerated cognitive decline. These effects were mediated, at least in part, through activation of the kinase GSK3 $\beta$ . Single-nucleus RNA-seq showed that Li deficiency gives rise to transcriptome changes in multiple brain cell types that overlap with transcriptome changes in AD. Replacement therapy with lithium orotate, which is a Li salt with reduced amyloid binding, prevents pathological changes and memory loss in AD mouse models and ageing wild-type mice. These findings reveal physiological effects of endogenous Li in the brain and indicate that disruption of Li homeostasis may be an early event in the pathogenesis of AD. Li replacement with amyloid-evading salts is a potential approach to the prevention and treatment of AD.



## ORIGINAL RESEARCH article

Front. Aging Neurosci., 05 August 2021

Sec. Alzheimer's Disease and Related Dementias

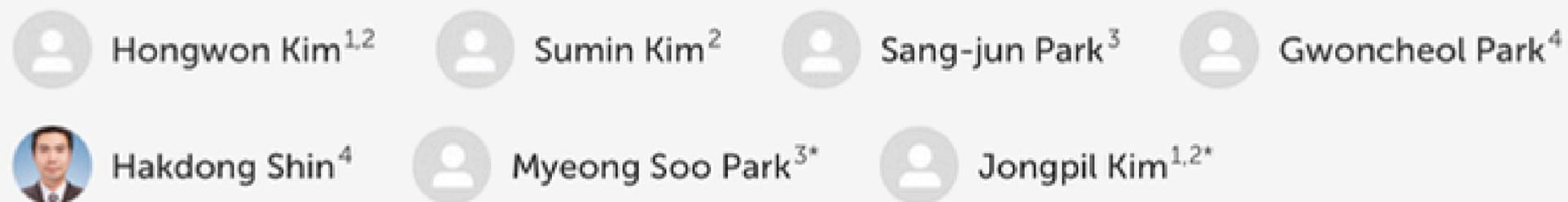
Volume 13 - 2021 |

<https://doi.org/10.3389/fnagi.2021.709091>

This article is part of the Research Topic  
Neurodegenerative Diseases: From Gut-  
Brain Axis to Brain Microbiome

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# Administration of *Bifidobacterium bifidum* BGN4 and *Bifidobacterium longum* BORI Improves Cognitive and Memory Function in the Mouse Model of Alzheimer's Disease



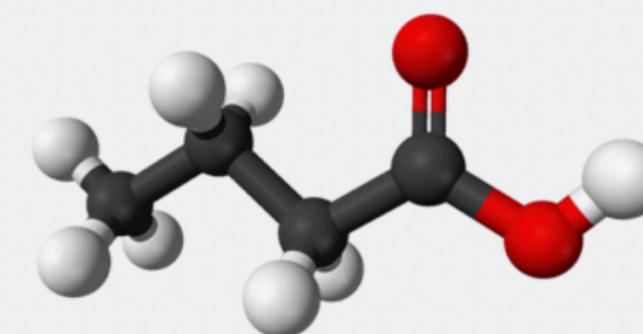
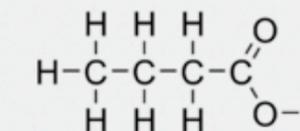
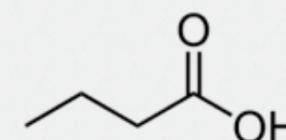
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## Butyric acid



### Names

#### Preferred IUPAC name

Butanoic acid<sup>[1]</sup>

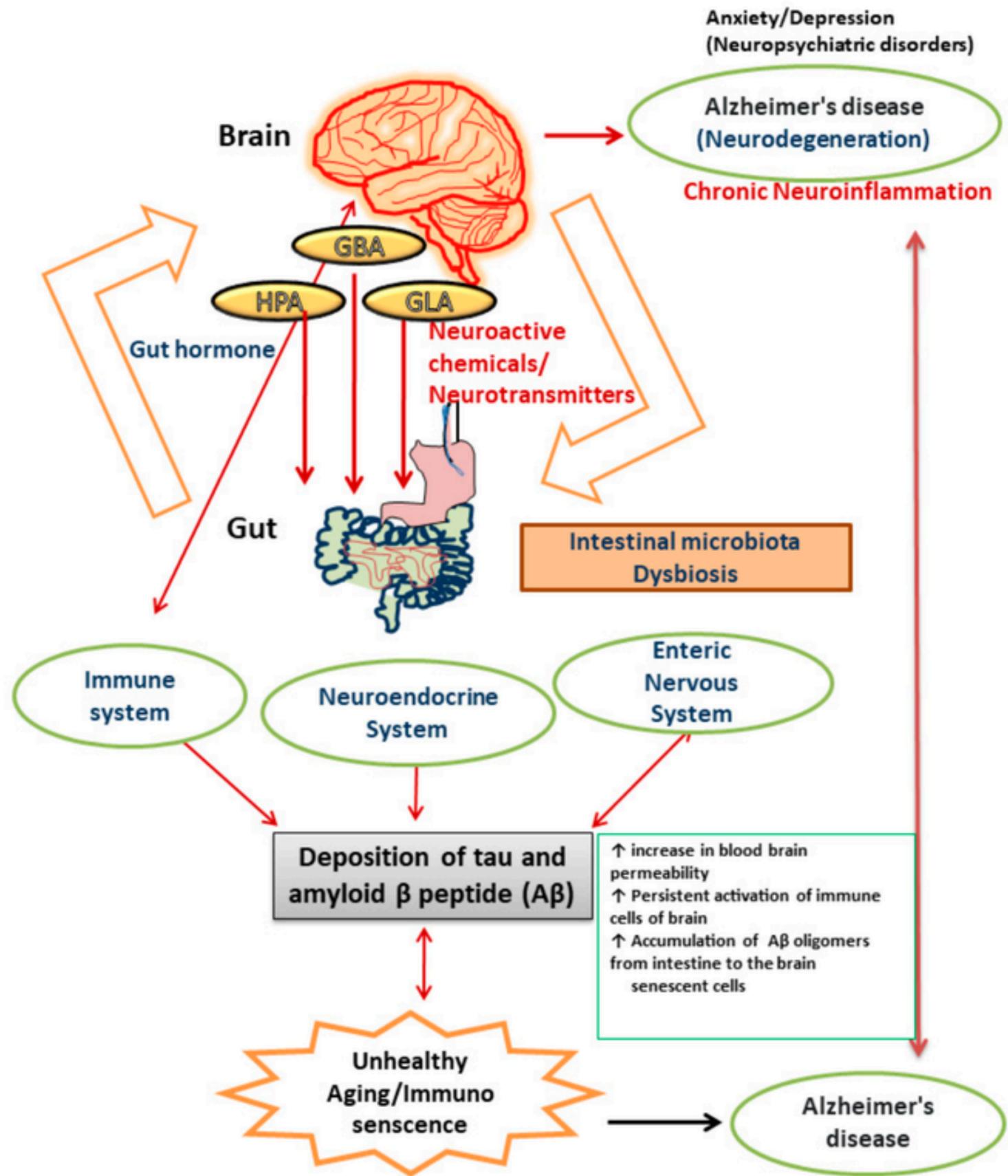
#### Other names

Ethylacetic acid

1-Propanecarboxylic acid

Propylformic acid

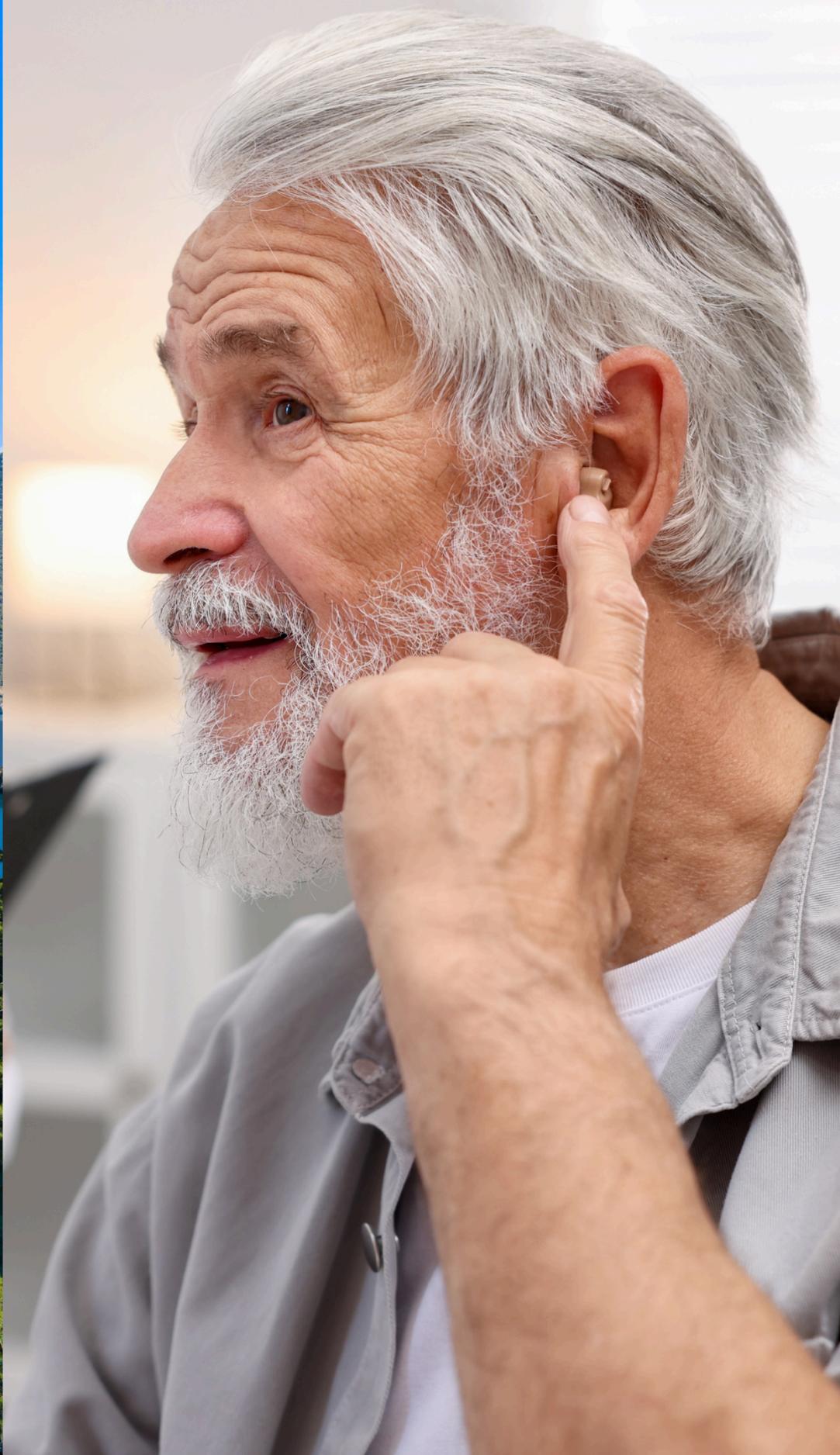
C4:0 ([Lipid numbers](#))





What if we could make something that actually helps the brain — something natural, backed by science — and safe enough for families to trust?





Our mind — the keeper of our memories, our creativity, our stories — is one of the most important parts of us... and the most forgotten.



# WHAT WE OFFER!

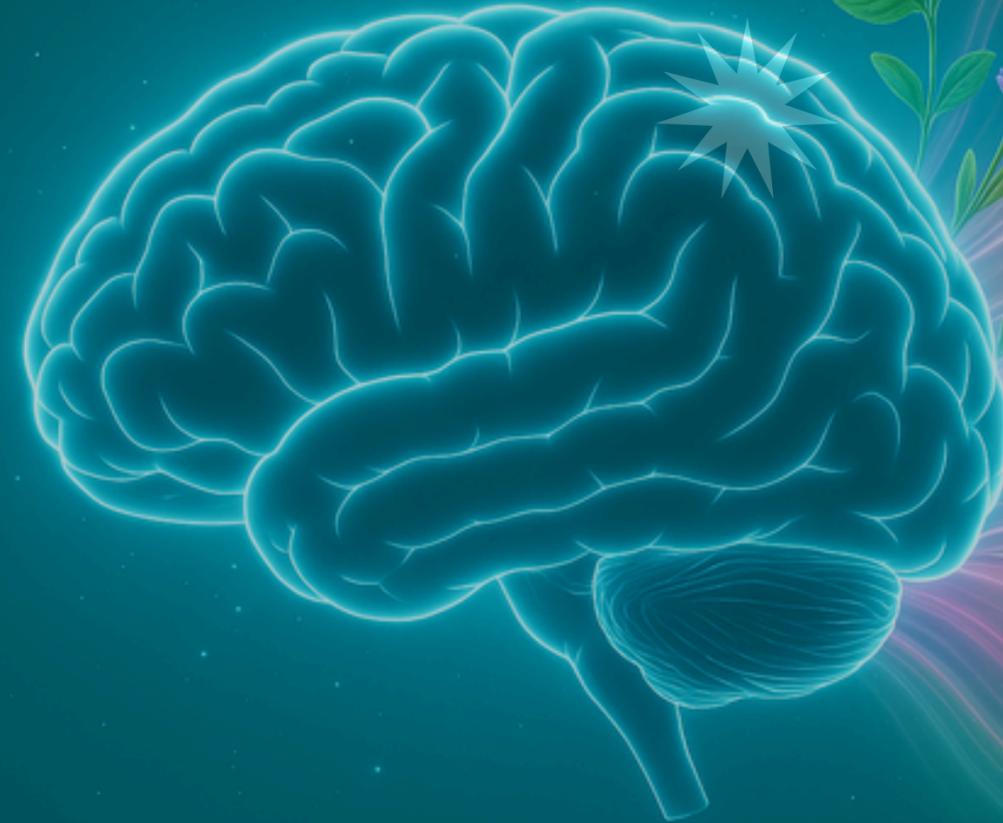
## Essential Oils

- 15ml Bottles
- Room Spray
- Skin Cream
- Nasal Inhalers

## Lithium Capsules

## Probiotics Capsules

Scent Options: Peppermint, Lavender, Lemon,  
Bergamot, Rose, Sea Buckthorn



Science



Nature

Each one is connected to real studies, real results, and a real purpose: to fight back against cognitive decline naturally.

## Our Mission is Simple

To help people protect their mind and memories.  
To remind the world that brain health deserves daily  
care — not just attention when it's too late.

