

Sharper Minds® Seniors program

The **Sharper Minds Seniors program** is specifically design to improve the health of the elderly, to fight the affects of mental aging and if caught early enough in the process, to reduce the symptoms of Alzheimer's and dementia. The **Sharper Minds Seniors program** consists of the following elements:

- A detoxification protocol
- Nutritional supplementation
- Growth hormone release factors
- Sharper Minds brain stimulating program with personalized sessions
- Dietary review and counseling

Services are available in the USA and Canada. Let's dig a little deeper into the components:

- A **detox protocol** to remove many types of toxins and heavy metals which might be contributing to the Alzheimer's and dementia conditions. Some studies have shown that the amyloid plaques associated with Alzheimer's have higher levels of aluminum in them. Exposure to aluminum comes from several different sources; the most common being the aluminum oxides used in antiperspirants, and that absorbed by liquids and foods from soda cans, aluminum foil and aluminum cookware. By using detoxification minerals such as what we provide, approximately 90% of heavy metals and toxins can be removed within four to six weeks. This will reduce the chance of heavy metal caused amyloid plaques continuing to develop. Removing heavy metals and toxins also dramatically reduces the chance of cancer and other diseases by removing the elements that confuse the body's immune system. The detoxification minerals come in the form of liquid drops and a mineral powder which are placed in clear liquids such as water or tea and drank.
- **Nutritional supplementation** that help build up the health of the individual. It is highly important that proper nutritional levels be used to strengthen the body. As one ages, nutrition is not absorbed as easily as when one is younger. By using food concentrates that have an abundance of nutrition that your body can easily absorbed, the body can be strengthened to resist the aging process and even reverse it to a limited degree. Please note that the flavor of the concentrates is not necessarily pleasant, but is an acquired taste that one gets used to. The energy boost can be very noticeable.
- **Growth hormone release** factors which help stimulate the pituitary gland to release elements to help repair the body and make the body more youthful. By the time a person is 80 years old, the amount of human growth hormone the body produces is only about 5% of that produced when a person is 20 years old. Human growth hormone has been taken in the form of very expensive injections to slow down the aging process and rejuvenate the body. Researchers have found that you can take certain supplements that stimulate the body to increase its secretion of these human growth hormones without nearly the expense of the injections.
- The **Sharper Minds brain stimulating program** using exercises to help stimulate the brain to develop the pathways that are missing, atrophied, latent, or damaged. The Sharper Minds program has been very successfully used over the past 10 years to help thousands of children and adults improve their cognitive abilities. With older people it works just as well, if not even better than with children because adults already have a foundation from which to work. We utilize exercises that stimulate the various areas/cortices of the brain including but not limited to the visual system, the auditory system, the balance system, the sensorimotor system, and the memory systems. When the exercises are done for the requisite 60-90 minutes per day, the

brain's speed and accuracy can be improved anywhere from 50% to 300% with 100-300% being common (quite noticeable). Sharper Minds offers a **Fully Guided Home Training System** that includes the basic equipment as well as two phone sessions per month to guide the family through the program. For optimal interactivity in the accountability sessions, the student must have access to email, a computer, printer (to receive inbound assignment sheets), and fax or scanner (to return their filled out assignment sheets and forms). While the exercises can be done alone, a partner is strongly recommended, especially if there are balance issues.

- **Dietary review and counseling** to review the individual's diet and help the individual make choices that promote long life and health. By minimizing damaging dietary choices and promoting the consumption of healthy foods, the aging/ deterioration process can be slowed down and his or her health improved.

When all the foregoing are combined, an elderly person who is concerned about Alzheimer's and dementia can dramatically reduce the chance of that happening. Firstly by removing potential causes of the factors that contribute to Alzheimer's and dementia, and secondly by slowing down and even to a degree reversing the aging process restoring the functions of body and mind.

We offer the Sharper Minds Seniors program in both a 6-month option (\$2195) and 12-month option (\$3195).* We accept the major credit cards and checks by phone.

The Basic Equipment is the same for both. The difference lies the additional 6 months of nutritional supplementation, growth hormone release factors, phone training and accountability sessions. For more severe cases, or where the practice time may be limited, we encourage the 12-month option.

To further discuss your unique application, please call Sharper Minds at toll free 1-866-435-7233. Please leave a message if voicemail should pick up.

Sharper Mind Centers, Inc.
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1-866-435-7233

Better Business Bureau member with an A+ rating since 1999

*plus shipping/handling/insurance (and sales tax if purchased in Texas). Please note these do not include the Auditory Module option available with our other Home Training Systems as the elderly usually cannot hear the high frequencies adequately in order to benefit from this Module.

Please note: The Equipment includes a balance board that sits about 3" off the ground on rockers. If the senior has severe balance issues, then a lower set of rockers may be ordered (about 1.5"). With either, if there is a danger of the individual falling off the board and hurting themselves, then another person who can catch or support the individual must within arms' reach and highly attentive at all times. Sharper Minds will not be held liable for inappropriate use of the board or other equipment. In 10 years of history, we have had no issues, but there is always the chance something could happen. Call if you have questions.

All information and pricing herein is subject to change without notice.

The statements contained in this document have not been reviewed or approved by the Food and Drug Administration. Nothing contained in this document is meant to infer or state that any of the products are for the treatment of any disease or ailment. Always consult with your physician if you experience any medical problems.