



A Mind For All Seasons® Launches ?If You Protect Your Brain? Video

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A Mind For All Seasons®, based in Boise, Idaho, has announced that they have recently launched the video titled, ?If You Protect Your Brain,? which promotes a unique holistic approach for the treatment of Alzheimer?s and other kinds of dementia. This is a comprehensive, personalized, research-based program for preventing and treating dementia. This particular holistic protocol can be used by any person, regardless of age, and is designed to help people optimize their brain health. Those who are interested in finding more about this unique protocol can schedule a complimentary 30-minute consultation through their website.

Eric Collett, Principal & CEO, says, ?At A Mind For All Seasons, we're on a mission to save as many brains as possible from the ravages of Alzheimer's and other types of dementia. Will your brain be one of them? Contact us today to learn about our personalized, comprehensive research-based program to prevent and treat dementia.?

Eric Collett has been serving people suffering from dementia since 2000 and Randy Vawdrey, Principal & Chief Medical Officer, has been working with geriatric patients since 2001. Christine Bubb, their Chief Memory Coach, has been providing support to care partners since 2013. Together, they have been

leveraging the most up-to-date research to help as many people as they can in possibly preventing Alzheimer's and developing treatments and techniques for those who are already suffering from dementia. They have been offering coaching services to various individuals in every stage of cognitive health. Their clients range from 40 to 50-year-olds who believe something is not quite right, all the way to the frailest elderly living in memory care communities, including their professional caregivers and families.

They developed an online version of their methodology called The Enhance Protocol®, which is based on the groundbreaking studies conducted by Dr. Dale Bredesen. Dr. Bredesen's studies have shown that the pathway to dementia is unique for every individual. He has taught practitioners in various parts of the world on how to identify and change many of the root causes of dementia.

In The Enhance Protocol, the team at A Mind For All Seasons has systematized Dr. Bredesen's approach in such a way that it will not be quite so overwhelming. They offer regular coaching and help their clients learn how to alter their lifestyle to promote and improve their brain health. They have also integrated a number of proprietary tools they were able to develop through their experience leveraged the work of various experts in different fields, such as integrative and functional medicine, organizational behavior, and supplements.

The Protocol, while extremely comprehensive, is custom fit to the individual's age, physical condition, current illnesses, life experience, medications, supplements, and unique biological markers. For anyone starting the Protocol, the first step is to complete an extensive panel of lab work. This will allow them to better comprehend the person's metabolic profile and can help in determining the various factors that are likely to contribute to the brain decline. They will then establish a coaching program

With The Enhance Protocol, many people will no longer feel helpless when they notice cognitive issues in themselves or in their loved ones. Knowing that they can take actionable steps to enhance brain health for them is both liberating and empowering. And people who previously afraid of suffering from cognitive decline can have peace of mind, knowing that they can do something to boost their brain health that in turn leads to better overall health.

Those who are interested in The Enhance Protocol® may want to view the video or visit the website for A Mind For All Seasons® or contact them on the phone or through email. Important information can be obtained also on their Facebook page.

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For more information about A Mind For All Seasons®, contact the company here: A Mind For All Seasons® (208) 378-2860 [https://amindforallseasons.com/contact/A Mind For All Seasons](https://amindforallseasons.com/contact/A_Mind_For_All_Seasons) 7655 West Riverside Dr Boise, ID 83714

A Mind For All Seasons®

At A Mind For All Seasons®, our mission is to enhance the lives of seniors and those who care for them by "Changing lives, one brain at a time." The Enhance Protocol® based on the groundbreaking work of Dr. Dale Bredesen is our signature offering.

Website: <https://amindforallseasons.com/>

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