

Your Body - God's Temple

Glorify God by Properly Caring for Your Brain and Body
1 Cor. 6:19-20

How to Prevent Alzheimer's and Other Degenerative Diseases
How to Improve Cognition at Any Age

Facilitated by: Dr. Monte Kimpel, Retired Chiropractor, Certified Brain Health
Professional

Faith Academy High School Commons Fall 2023

Each Session will be approximately 90 minutes

Session 1 - Episode 1 - The Five Most Important Steps for Prevention of Alzheimers.

Episode 2 - The Biggest Risk Factors for degenerative diseases such as Alzheimer's.

October 31 3:30 PM & 6 PM

November 1 8 AM

Session 2 - Episode 3 - Nine Key Tools for prevention of degenerative diseases such as Alzheimer's? Episode 4 - Enhance Neurodevelopment to enable your brain and body to feel and work better.

November 7 3:30 PM & 6 PM

November 8 8 AM

Session 3 - Episode 5 - Prevention of Type 2 Diabetes. Six simple but powerful steps.

Episode 6 - Foods that Hurt My Brain and Foods that Help My Brain. Amazing Benefits of Fasting.

November 14 3:30 PM & 6 PM

November 15 8 AM

No Classes November 21 & 22 - Happy Thanksgiving

Session 4 - Episode 7 - The Gut-Brain Connection - Why our gut microbes are essential for good health.

Episode 8 - The Connection Between Stress and Alzheimer's. Nine ways to reduce stress in your life.

November 28 3:30 PM & 6 PM

November 29 8 AM

Session 5 - Episode 9 - Exercise for a Better Brain and a Better Life. Easy ways to Just Do It.

Episode 10 - The Power of Sleep for optimizing brain function and maintaining memory.

December 5 3:30 PM & 6 PM

December 6 8 AM

Session 6 - Episode 11 - Avoiding Brain Toxins, Why it is more important now than ever before.

Episode 12 - Supporting Brain Health With Supplements. The best for your brain, gut, and your sleep.

December 12 3:30 PM & 6 PM

December 13 8 AM

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Learning Objective: Discovering how to better obey God in his command to “glorify God in your body, and in your spirit, which are God’s.” 1 Corinthians 6:19-20

Goal of the Course: To implement as many tools as God directs in caring for your brain and body. By doing as he directs, God will enable you to be a more productive member of the church, your family, and your community.

Course Overview: This course includes scriptures that address the importance of being a good steward of the body God has given you. It also includes a video series called “Alzheimer’s: The Science of Prevention”, It synthesizes our best scientific understanding of how we can protect the health of our brains and body. It then distills this information into actionable steps for making immediate and meaningful changes.

Bonus: The science shows that the lifestyle changes that one makes in order to prevent Alzheimer’s Disease are the same changes one would need to make to prevent many other degenerative diseases such as heart disease, cancer, respiratory disease, stroke, liver disease, kidney disease, autoimmune disease and many others. These lifestyle changes can optimize brain development in both adults and children.

Course Content:

Episode 1 - The Alzheimer’s Epidemic - How big is the problem, and is there hope to prevent it, or reverse it? What are the 5 most important steps to take?

Episode 2 - Untangling Alzheimer’s - What are the most important risk factors? Why has the current standard of care and the use of pharmaceuticals failed? How can we reduce our risk and potentially prevent Alzheimer’s?

Episode 3 - The Alzheimer’s Prevention Toolkit - What are nine key tools for prevention of Alzheimer’s? All these tools will be explained in depth, with practical applications, in the remaining 9 episodes.

Episode 4 - How to Change Your Brain for the Better - What is more important, genes, or lifestyle? What is neurogenesis and neuroplasticity, and how can they be enhanced to make my brain and body feel and work better?

Episode 5 - Diabetes and Alzheimer’s - How are they related? What causes diabetes? What are 6 simple but powerful steps to prevent you from developing type 2 diabetes, and many other degenerative diseases?

Episode 6 - Eating to Prevent Alzheimer's - What's wrong with the standard American (SAD) diet and what foods should you avoid? What foods should you be sure to include on a regular basis? Since Jesus expected us to fast (Matthew 6:16), what are some great ways to implement fasting?

Episode 7 - The Gut-Brain Connection - Why is keeping our gut bacteria healthy so important? What factors threaten the health of our gut bacteria? What can you do to nurture a healthy gut microbiome?

Episode 8 - Stress and Alzheimer's - What is the connection between stress and Alzheimer's? What are 9 practical ways to reduce stress in your life?

Episode 9 - Move for a Better Brain - How is exercise associated with a reduced risk of Alzheimer's? What are some specific ways exercise improves brain health? What are some easy ways to add exercise to your life today?

Episode 10 - The Power of Sleep - How is sleep linked to Alzheimer's disease? What are 12 practical things you can start doing immediately to improve your sleep tonight?

Episode 11 - Avoiding Brain Toxins - How do environmental toxins threaten your brain health and what may be the two most important toxins to avoid? What are some of the common hormone disruptors and drugs that can negatively impact your health? What website can help you identify toxins in your life?

Episode 12 - Support Your Brain with Supplements - What are the best supplements to improve your sleep? What are the best supplements to benefit your brain? How can we supplement the healthy bacteria in our gut?