

The Dementia Healing Roadmap: 5 Pillars of a 14-Year Success Story

The Timeline of Hope: Defying Dementia for 14+ Years

Introduction: When a loved one is diagnosed with dementia, the future often feels predetermined—a path of inevitable decline. But what if there was another way? What if a diagnosis wasn't a death sentence for joy, connection, and cognitive vitality? This is the story of Roxanna, my incredible mom, whose journey with memory loss began over 14 years ago, and how she continues to defy expectations.

Roxanna's Journey: A Detailed Timeline

- **2012:** First signs of cognitive decline emerge, two years after losing her husband. Symptoms included frequent questioning, forgetting to turn off the stove, and escalating anxiety.
- **2017-2018:** Anxiety reaches a critical point, leading to frequent 911 calls. This period marks a rapid worsening of her condition.
- **2018:** Discovery of Dr. Dale Bredesen's *The End of Alzheimer's* and connection with Dr. Heather Sandison.
- **2019:** Initial, unsuccessful attempt to implement the Bredesen Protocol at home due to complexity and caregiver burden. Moved into a larger assisted living facility in April, where her condition declined further due to a sugar-laden diet.
- **January 2020:** Began working with Dr. Sandison. Comprehensive labs revealed critical root causes: highest levels of candida in her gut, 9 root canals, and Homocysteine levels at 13.
- **September 2020:** Moved into Marama, a specialized facility implementing the Bredesen Protocol.
- **Within 6-9 Months at Marama:** Significant improvement in cognition and mood. MoCA score jumped from **14 to 17**. Cambridge Cognition tests (Jan 2022 to Dec 2022) showed improvements across multiple domains: Monkey Ladder (Potentially Invalid to 91), Token Search (83 to 90), Paired Associates (88 to 92), Polygon (90 to 95), Spatial Planning (93 to 98), Grammatical Reasoning (83 to 90), Digit Span (82 to 88).
- **February 2023:** After 2.5 transformative years, Roxanna was well enough to move back home.
- **Today (2026):** Roxanna has been thriving at home for 3 years, maintaining her cognitive gains, engaging in vibrant community life, and inspiring everyone she meets with her sharpness and independence.

The Message of Hope: Roxanna's story isn't just an anecdote; it's a living testament to the power of a proactive, holistic approach to dementia care. It proves that a diagnosis doesn't have to define destiny, and that with the right strategies, significant improvements in cognitive function and quality of life are not only possible but measurable.

The "Sugar Trap" & The Keto Kitchen Starter: Fueling a Healing Brain

The Problem: The Standard American Diet & Dementia: Many conventional care settings, and even our own homes, are filled with foods that actively harm brain health. For Roxanna, the assisted living facility's diet—rich in sugars and carbohydrates—accelerated her decline and anxiety. This is the real "sugar trap" for the brain.

The Solution: The Ketogenic Diet & Brain Fuel (KetoFlex 12/3): At Marama, the first and most impactful change was a strict ketogenic diet, specifically the KetoFlex 12/3 approach from the Bredesen Protocol. This diet shifts the body from burning glucose (sugar) for fuel to burning ketones (from fat). Ketones are a superior fuel source for the brain, especially when glucose metabolism is impaired, as it often is in dementia.

Your Keto Kitchen Starter (What We Did):

- **Protein-Rich Mornings:** Essential for brain health and satiety.
- **Eliminate:** All refined sugars, processed foods, grains (wheat, corn, rice), and high-carb vegetables (potatoes, corn).
- **Embrace:** Healthy fats (avocado, olive oil, coconut oil, ghee), grass-fed meats, wild-caught fish, organic poultry, leafy greens, and non-starchy vegetables. (Note: we do include some fruits strategically).
- **Sample Meal Plan (KetoFlex 12/3):**
 - **Breakfast:** Eggs, bacon, and sautéed veggies.
 - **Lunch:** Coconut Curry Chicken with cauliflower rice.
 - **Dinner:** Marinara meatballs and zoodles.
 - **Snacks:** Fat bombs, nuts (avoiding peanuts due to mold concerns), cauliflower pizza bites.
- **Intermittent Fasting:** Stop eating 3 hours before bedtime, ensuring a 12-hour (or more) fasting window daily. This puts the body into a "Cell Regenerative Mode."

Why it Works: A ketogenic diet reduces inflammation, stabilizes blood sugar, and provides a steady supply of brain-boosting ketones, creating an optimal environment for cognitive function. It was a cornerstone of Roxanna's recovery.

The Biohacking Toolkit: Cutting-Edge Therapies for Brain Regeneration

Beyond Diet: Targeted Interventions: While nutrition is foundational, the Bredesen Protocol emphasizes a multi-pronged approach. At Marama, Roxanna benefited from several cutting-edge therapies that actively support brain health and regeneration. These aren't futuristic fantasies; they are accessible tools that can make a profound difference.

Our Top Biohacking Tools (and Why They Matter):

1 Oxygen Therapy (EWOT - LiveO2):

- **What it is:** Exercising while breathing concentrated oxygen.
- **How it helps:** Dramatically increases oxygen delivery to tissues, including the brain, enhancing cellular repair and cognitive function.
- **Roxanna's Experience:** Boosted energy levels, greater engagement, and improved stamina.

2 Red Light Therapy (Photobiomodulation - VieLight/Joovv):

- **What it is:** Exposure to specific wavelengths of red and near-infrared light.
- **How it helps:** Stimulates mitochondria to produce more energy (ATP), reduces inflammation, and supports neuronal repair.
- **Roxanna's Experience:** Improved mood, sleep, and overall cognitive clarity.

3 Infrared Sauna:

- **What it is:** Uses infrared heaters to emit radiant heat.
- **How it helps:** Promotes detoxification, reduces inflammation, improves circulation, and has a calming effect.
- **Roxanna's Experience:** Noticeable reduction in anxiety, better sleep, and a general sense of well-being.

4 Morning Cocktail: Freshly squeezed lemon juice, olive oil, cayenne pepper, and methylene blue (notably eliminated UTIs).

5 Targeted Detoxification: Black Seed Oil, Spirulina, Chlorella, Oregano tincture.

6 Key Supplements: NAC, OptiMag Neuro Magnesium, TUDCA, Heart & Soil (Bone Matrix, beef organs), Mt. Capra Clean Protein, Clean Minerals with Collagen Peptides, Omega 3, Thyroid Support, Harmony D-Mannose, Membrasin, Turmeric, Bacopa monierri, Gotu Kola, Gingko Biloba (herbal teas), Mushroom tinctures (lion's mane, turkey tail, reishi).

Bringing it Home: While Marama provided a comprehensive setup, many of these therapies can be adapted for home use, making them more accessible for long-term care.

The Social Connection Blueprint: Ohana as a Cognitive Stimulant

The Human Brain: Wired for Connection: Beyond diet and advanced therapies, one of the most powerful, yet often overlooked, interventions for dementia healing is deep social connection. The human brain thrives on interaction, purpose, and belonging. For Roxanna, her Hawaiian community, her family, and her dear friends are not just sources of comfort; they are vital cognitive stimulants.

Our Ohana Blueprint (How We Nurture Connection):

- **Cultural Immersion:** Engaging in Hawaiian community events, listening to traditional music, and enjoying hula performances. These activities tap into deep-seated memories and provide a sense of identity and joy.
- **Meaningful Interactions:** Prioritizing one-on-one time, active listening, and engaging in conversations that allow for timely and relevant responses. This keeps her mind active and reinforces her sense of self-worth.
- **Familiar Faces & Places:** Regular visits with long-time friends like Aunty Dolly, and maintaining a stable, loving home environment. Familiarity reduces anxiety and fosters a sense of security.
- **Purposeful Engagement:** Encouraging participation in daily activities, even simple ones, to maintain independence and a sense of contribution.
- **Mindfulness & Emotional Healing:** Incorporating techniques like Kirtan Kriya meditation, breathing exercises (nasal breathing), and addressing Limbic System Impairment through methods like DNRS, Gupta Method, or EFT. These practices help manage stress and anxiety, which are critical for cognitive health.
- **Consistent Exercise:** Daily walks (aiming for 1.5 to 2 miles), biking, balance exercises, and strength training are crucial for physical and cognitive vitality.

Why it Works: Social engagement reduces isolation, stimulates multiple brain regions involved in language, memory, and emotion, and builds cognitive reserve. It transforms passive existence into active, joyful living.

Your Next Step: Don't Walk This Road Alone

Roxanna's Journey: A Testament to What's Possible: My mom's story—from a MoCA score of 14 to 17, from assisted living decline to thriving at home for 3 years—is a powerful testament to the potential for healing and sustained well-being, even with a dementia diagnosis. It wasn't easy, and it certainly wasn't a straight line, but it was a journey guided by hope, science, and unwavering love.

You Have the Roadmap. Now, Let's Build Your Path.

This roadmap provides the 5 pillars that have been foundational to Roxanna's success. You now have a glimpse into the *what* and the *why* behind our Dementia Healing journey. But knowing *what* to do is only half the battle. Implementing a complex protocol, navigating caregiving challenges, and personalizing these strategies for your unique loved one can be overwhelming.

That's where I come in.

As someone who has lived this journey firsthand, successfully implementing our protocol and creating a thriving environment for my mom, I understand the nuances, the challenges, and the incredible rewards. I am passionate about empowering other families to find their own path to healing.

Ready to Transform Your Loved One's Journey?

I offer personalized coaching to guide you step-by-step through implementing these strategies, tailoring them to your specific situation, and providing the support and accountability you need to see real results.

[Click here to book a FREE 15-minute Discovery Call](#)

Let's discuss your unique situation, answer your questions, and explore how personalized coaching can help you navigate our protocol and create a thriving environment for your loved one. You don't have to walk this road alone.

P.S. Don't forget to visit our blog at dementiahealing.org for more insights and inspiration, and join our community on [Instagram](#) and [Facebook](#)!