



FUTURE OF BRAIN HEALTH WEBINAR

JUNE 12, 2025 | 12:00 PM ET

*The Future of Brain Health:
Lifestyle Medicine, Vascular Vitality, and Neuroplasticity
for Lifelong Clarity*

Hosted by:
**Jessi Brandt, Director of Programs &
Operations, Global Wellness Summit & Institute**



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Moderated by:
**Randi Gold, Vice-Chair, GWI Lifestyle
Medicine Initiative**



**LIFESTYLE MEDICINE
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Panel Discussions Include

LIFESTYLE MEDICINE & BRAIN LONGEVITY



VASCULAR HEALTH & COGNITIVE FUNCTION



NEUROPLASTICITY & MENTAL RESILIENCE



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Dr. Melissa Sundermann, DO,
DipABLM, FACLM – Chair, GWI
Lifestyle Medicine Initiative



Dr. Robert Kelly, MD, MBA –
Cardiologist & Lifestyle Medicine
Physician



Dr. Alison Levitt, MD – Longevity,
Biohacking & Lifestyle Medicine Expert



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Melissa Sundermann, DO, DipABLM, FACLM

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Lifestyle Medicine Defined

Lifestyle Medicine is the use of a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection as a primary therapeutic modality for treatment and reversal of chronic disease.



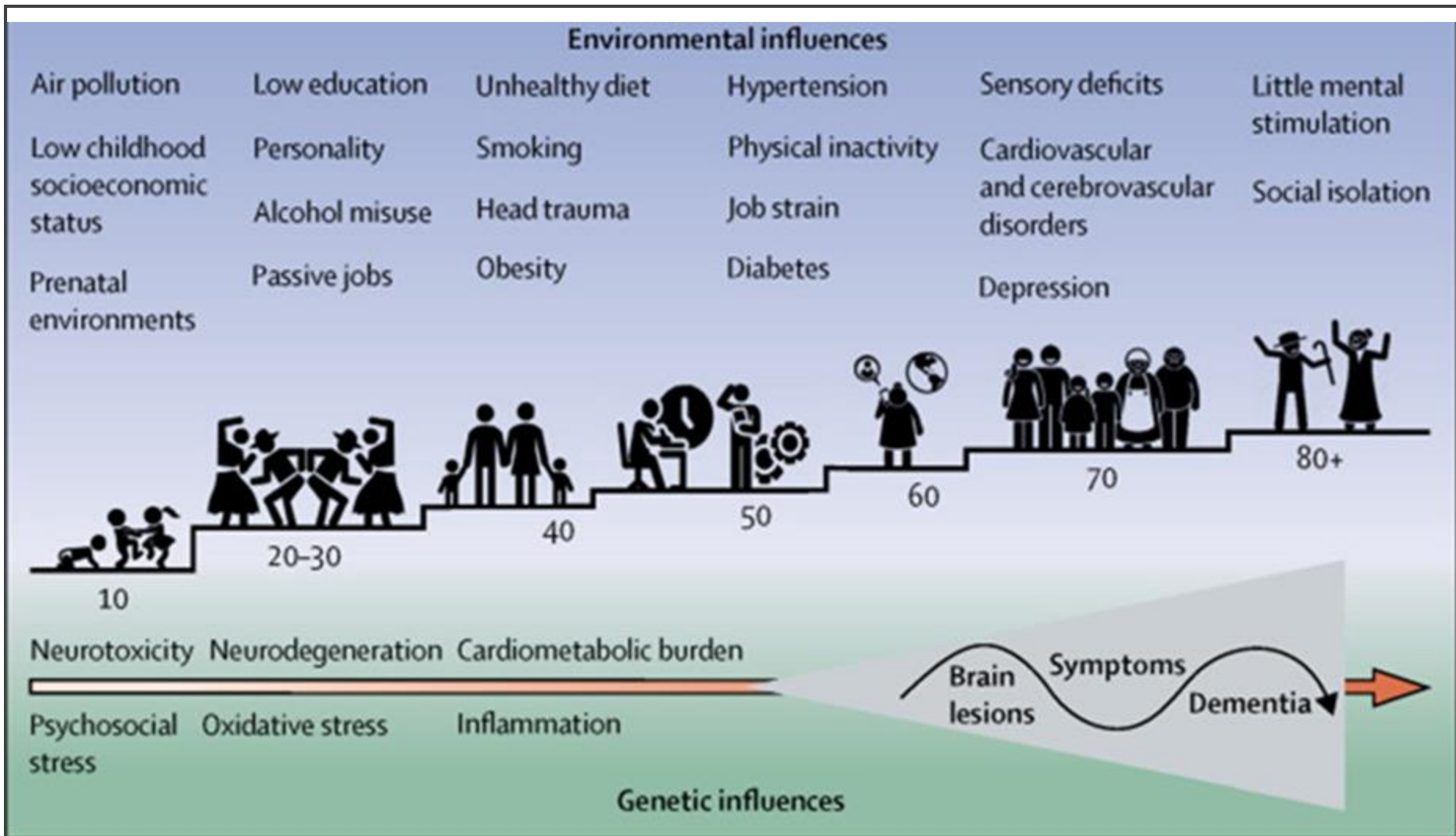
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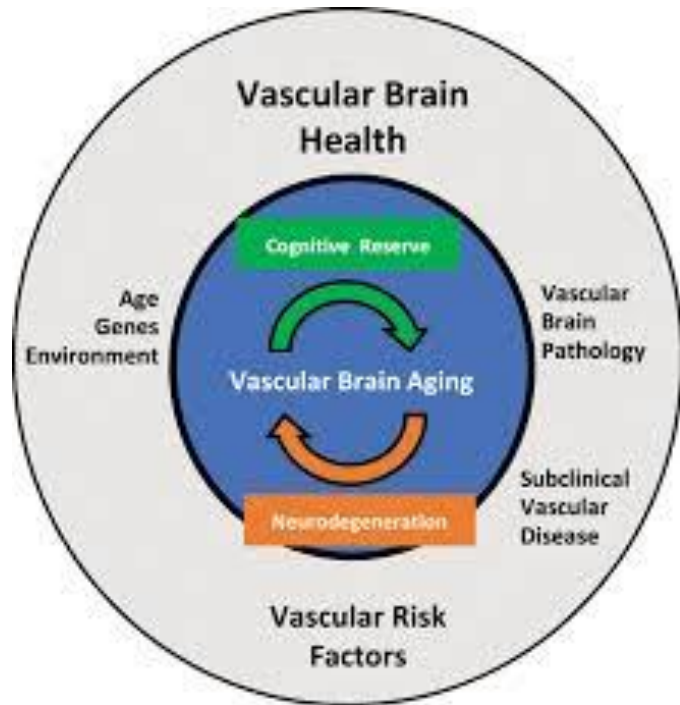
Simple, Powerful Therapy

- **NUTRITION:** Choose predominantly whole, plant-based foods that are fiber-filled, nutrient dense, health-promoting and disease-fighting
- **SLEEP:** Lack of, or poor-quality sleep can lead to a strained immune system. Identify and alter environmental habits that may hinder healthy sleep
- **EXERCISE:** Regular and consistent physical activity is an essential piece of an optimal health equation
- **SUBSTANCE USE:** The well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease
- **STRESS MANAGEMENT:** Identify both positive and negative stress responses with coping mechanisms and reduction techniques for improved wellbeing
- **SOCIAL CONNECTION:** Being connected to others is essential to emotional resiliency and overall health



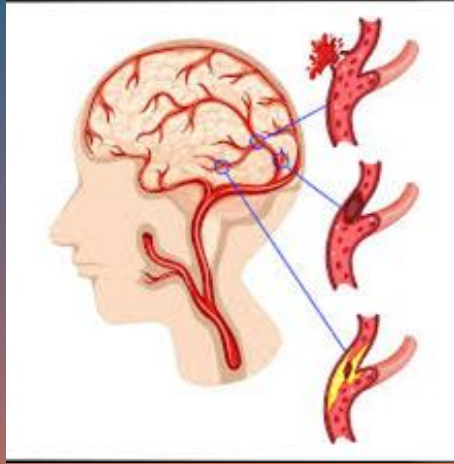


LIFESTYLE MEDICINE INITIATIVE



Stroke 2021 AHA Cognitive Well-Being

Dr. Robert Kelly MD, MBA Cardiology, Lifestyle Medicine



- ❑ Strokes / TIAs
- ❑ Brain Hemorrhages
- ❑ Dementia
- ❑ Carotid Artery Disease
- ❑ COVID

FACTORS LINKED TO DEMENTIA RISK

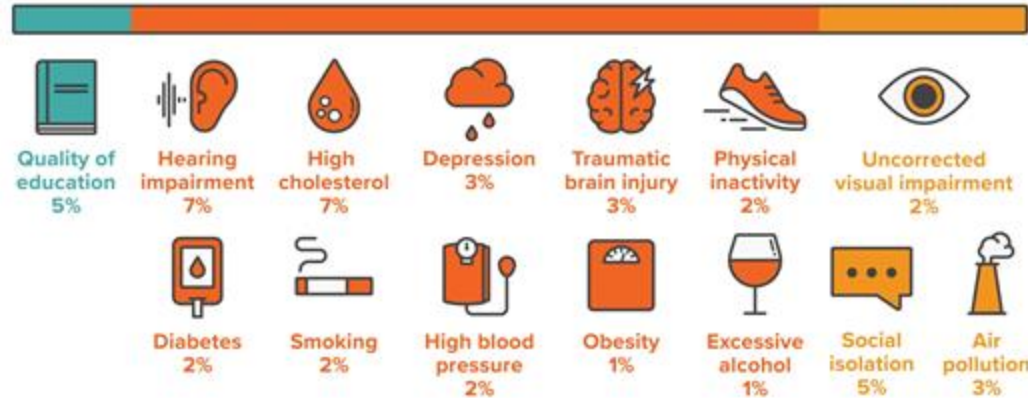
EARLY LIFE



MID-LIFE



LATER LIFE



The percentage figure refers to the reduction in worldwide cases if this risk factor were eliminated. In the UK, a 1% reduction = 10,000 people.

Adapted from The Lancet standing commission on dementia prevention, intervention and care, 2024.

ALZHEIMER'S RESEARCH UK **FOR A CURE**

Registered charity numbers - 1077089 & SC042474



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Vascular Risk factors

- ☐ High Blood Pressure >120/80
- ☐ Cholesterol
- ☐ Blood Glucose
- ☐ Inflammation, Oxidative Stress
- ☐ BMI / Obesity
- ☐ Family History of risk factors
- ☐ Addictions – smoking, alcohol, coffee, drugs
- ☐ Arrhythmias – Atrial Fibrillation
- ☐ Non-vascular factors – falls, concussion, trauma



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Assessing Brain Vascular Risk

- ☐ BP
- ☐ Heart Rhythm
- ☐ Weight
- ☐ Bloods
- ☐ Carotid artery imaging, Cardiac CT
- ☐ Echocardiogram
- ☐ Brain scans – MRI, CT
- ☐ Functional testing – Hearing, Sight, MMSE, MOCA



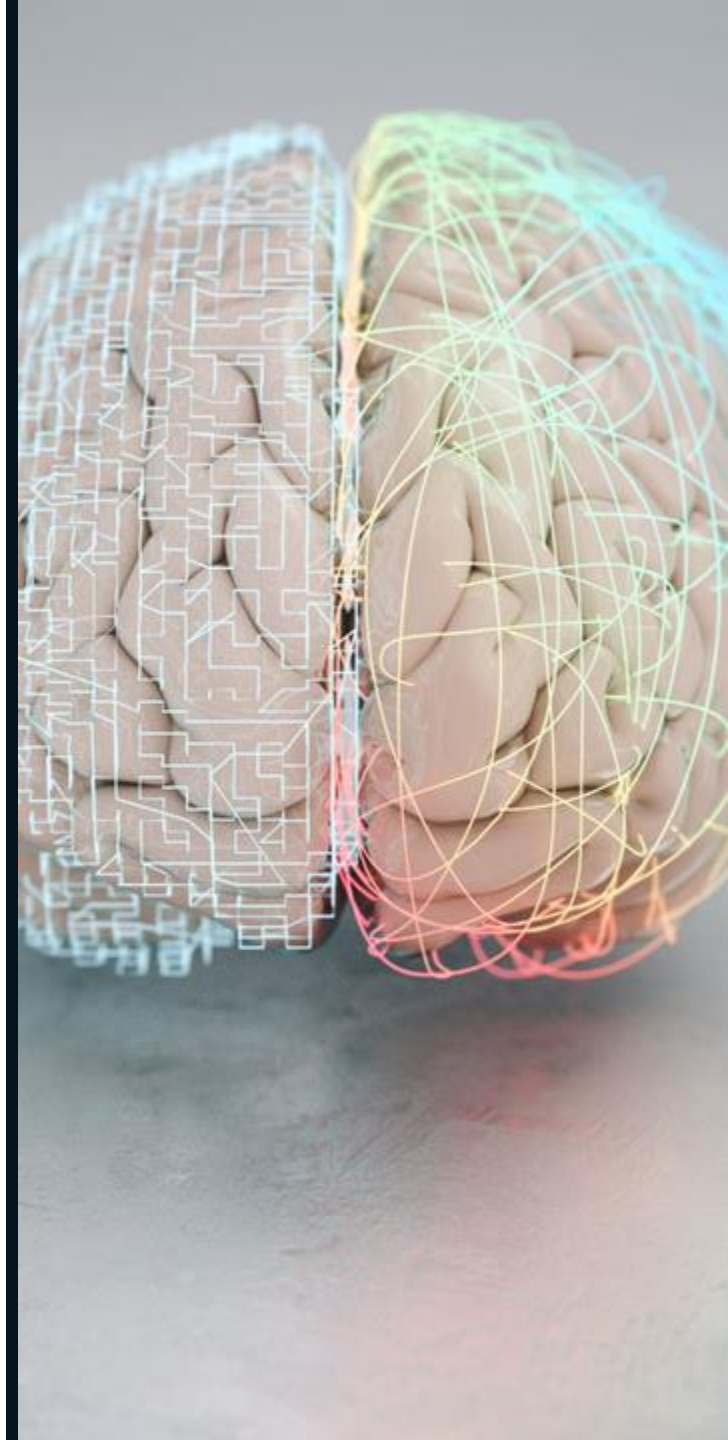
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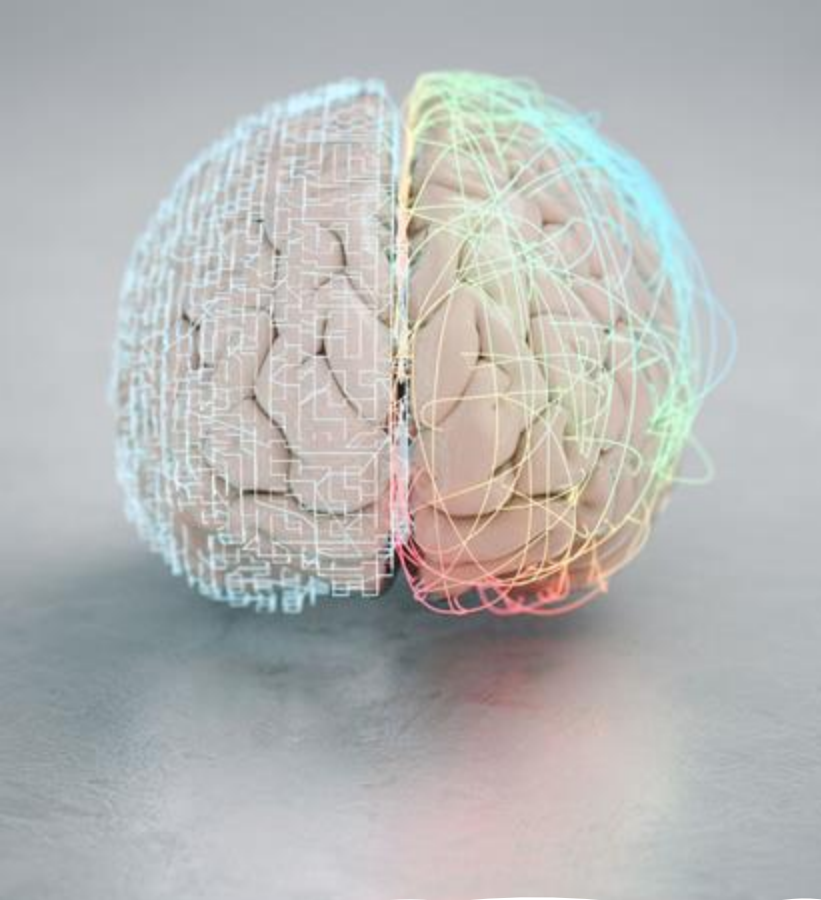


Bottom Line



- ☐ Vascular health is the most important factor in brain health
- ☐ Look after your blood vessels, heart, rhythm, function, (identifiable risks – LE8, CARDIA studies)
- ☐ Prevention is cure
- ☐ At least Annual health assessment. Follow through.
- ☐ Personal level – self monitoring
- ☐ Making behaviour changes to keep brain healthy
- ☐ Lifestyle Medicine
- ☐ Busy Executive – worried about brain health as you peak – look after your self care first.





Neuroplasticity

The brain's incredible ability to adapt, to learn, reorganize, and form new neural connections



Dr. Alison Levitt, MD –
Longevity, Biohacking
& Lifestyle Medicine
Expert



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Toxins that can damage neurons and affect neuroplasticity

Heavy Metals: lead, mercury, aluminum inhibit neurogenesis/ causing oxidative stress and neuronal damage.

Common Household Chemicals: common environmental toxins like BPA, phthalates interfere with neurotransmitter systems and reduce neuroplasticity

Cause inflammation and/or disrupt hormonal signaling.



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Small changes can make big difference

**Swap out plastic containers for glass,
aluminum cookware for stainless
steel/cast iron/ceramic limit products in
your home with added fragrance.**

**Use a NSF certified water filter to
remove contaminants.**



Link



<https://globalwellnessinstitute.org/the-lifestyle-medicine-initiative/>



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LIFESTYLE MEDICINE INITIATIVE

Lifestyle Medicine Initiative (Part of the Global Wellness Institute)

Educate the world on the importance of lifestyle medicine for health, longevity, mental health, & overall well-being.

in

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webinar — June 12th at 12:00
noon EST

In this session, you'll discover:

- How ***Food as Medicine*** can prevent, treat, and even reverse disease
- Practical nutrition insights for brain health, cognition, and vitality
- Strategies for different life stages and special populations
- Scope of practice considerations & pharmaceutical implications
- Actionable tools you can apply — for yourself and your patients
-

COMING UP: Food as Medicine Webinar FEATURED SPEAKERS:



Leanne Mauriello —
Lifestyle Medicine
Pioneer & Behavioral
Science Thought
Leader



Dr. Debora Duro — Pediatric GI
& Culinary Medicine Expert
**Join us and continue the
Lifestyle Medicine
conversation — together, we
can advance nutrition as a
foundation for lifelong health.**

