

CerebralFit: Preventing Cognitive Decline with Dr. Jeoff Drobot and Guy Odishaw

October 4, 2022

Key Take-Aways from Today's Presentation

Guy Odishaw, director of CerebralFit believes there is a spectrum of outcomes when it comes to disease management and restoring function. For example, ask yourself, what would it be like to live with a diagnosis of dementia but not exhibit any symptoms? Would that be an acceptable “outcome”?

If your answer is yes, then your focus will shift from an end-goal of “curing” your disease to a present-moment “quality of life” continuum. Most of us are resigned to believe our brain is predestined to decline, but that simply is not the entire picture. The good news is that right now you can access tools which will focus on your brain’s health in terms of prevention, maintenance, and quality of everyday life. Which is a very powerful option many people simply don’t consider.

The tools we’re speaking about for “Brain Fitness” are as follows:

What are the treatments we use at CerebralFit?

- **Neuromodulation:**

Neuromodulation is a technology which acts directly on the nerves in the body. Neuromodulation has been thoroughly researched. In 2022 alone, there were 13,000 research papers on neuromodulation.

- **Photobiomodulation:**

Photobiomodulation means putting light into the body. We can do this through a light helmet, and a nasal laser. WATCH:

https://www.youtube.com/watch?v=_llrvBfrCqY

- **Audio Visual Entrainment (AVE):**

The AVE treatment option is easily accessible, affordable, and effective! Visual entrainment is with glasses, audio entrainment is with headphones, and ear clips that work with trans-cranial stimulation. Three potent modalities in one that can be used together or individually. How does it work? The AVE essentially speaks the language of the brain (gamma, alpha, delta, theta, beta 1, etc.). We can “talk to the brain” and course correct where perhaps there has been dysregulation in the disease process, or being caused by side effects. It’s

a potent form of intervention to help the brain return to its natural and normal functioning.

- **Transcranial Stimulation:**

Transcranial Stimulation is a non-invasive treatment option which stimulates nerve cells in the brain. Gentle, positive, with no side effects.

- **MUSE S EEG Tracker:**

A personal sleep tracker which connects to an app on your smartphone. This allows us to see where the sleep cycle is going awry. The data in [MUSE](#) differs from a FitBit or activity tracker because it is giving information that is brain-based and not hand/wrist based. And because one of our goals at CerebralFit is to offer at-home treatment plans, this offers low-level neural feedback for us as well. This makes for a good choice to integrate options into someone's lifestyle.

- **Frequency Specific Microcurrent Therapy**

This device offers low-level electrical current frequencies that can be selected in order to target dysregulation and encourage the body to go in a new path toward endogenous function and health. There are thousands of variations we can use here. This is a strong and flexible option to address the "body" side of a brain problem.

Jeff Drobot:

The simplicity of this "fitness" is akin to lifting a soup can to build a bicep. The process is quite simple. Think of the brain as another muscle that needs exercise. But we have wonderful technology that stimulates the brain, before we experience decline. The helmet, the headphones and the nasal laser are like your treadmill. Get on them regularly and you will see wonderful results.

Guy Odishaw:

As a solutions-based company, we listen to an individual to hear what is going on, then we come up with a personalized treatment plan, primarily advocating for in-home options. We consult with you to get you up and running with the equipment, and you engage with it, ideally on a daily basis. I call it the "toothbrush for the brain". Ultimately it becomes as routine as brushing your teeth.

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