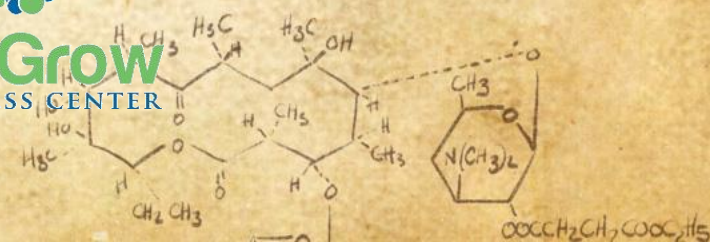
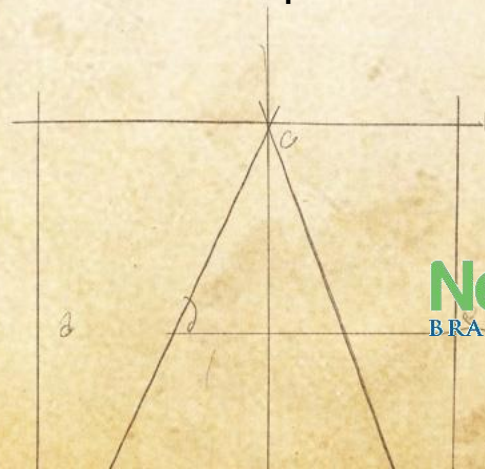


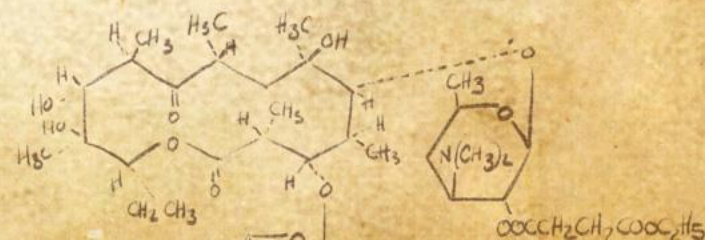
Mission Impossible & Memory Cure

Majid Fotuhi, M.D., Ph.D.

Medical Director: NeuroGrow Brain Fitness Center

Affiliate Staff: Johns Hopkins



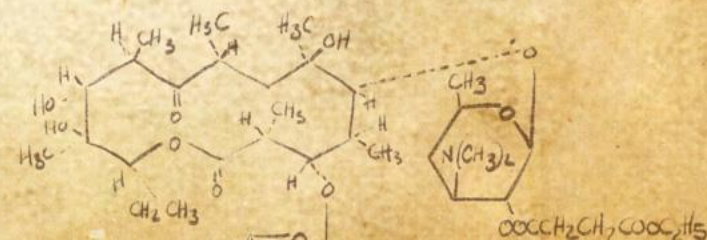


XbcI
C bal TBA ATG ACC TTT S'A
TCA TAC TAC ACC AAT

1 0 Thr
C = C
H



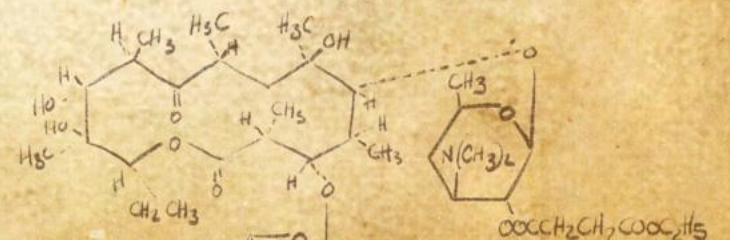
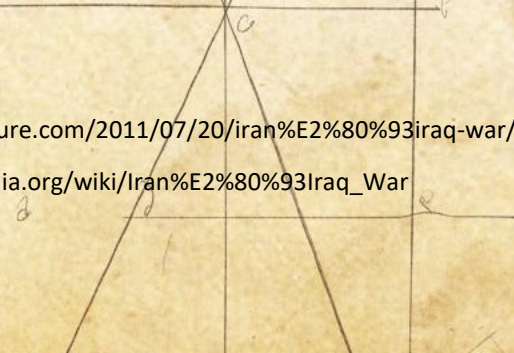
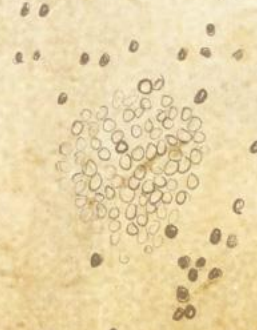
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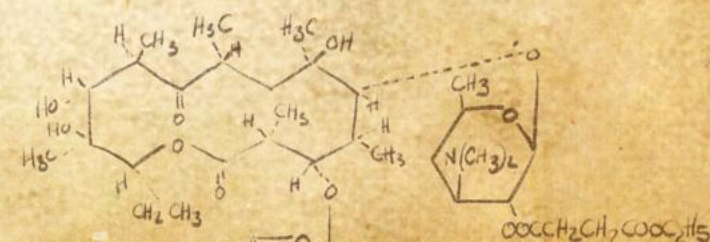
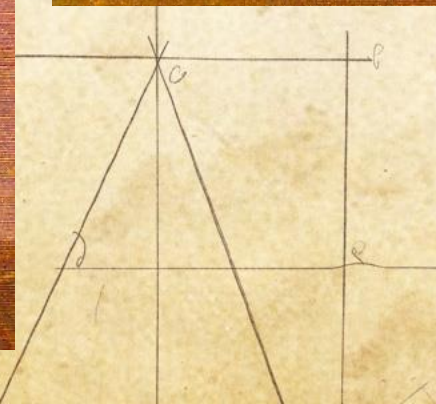
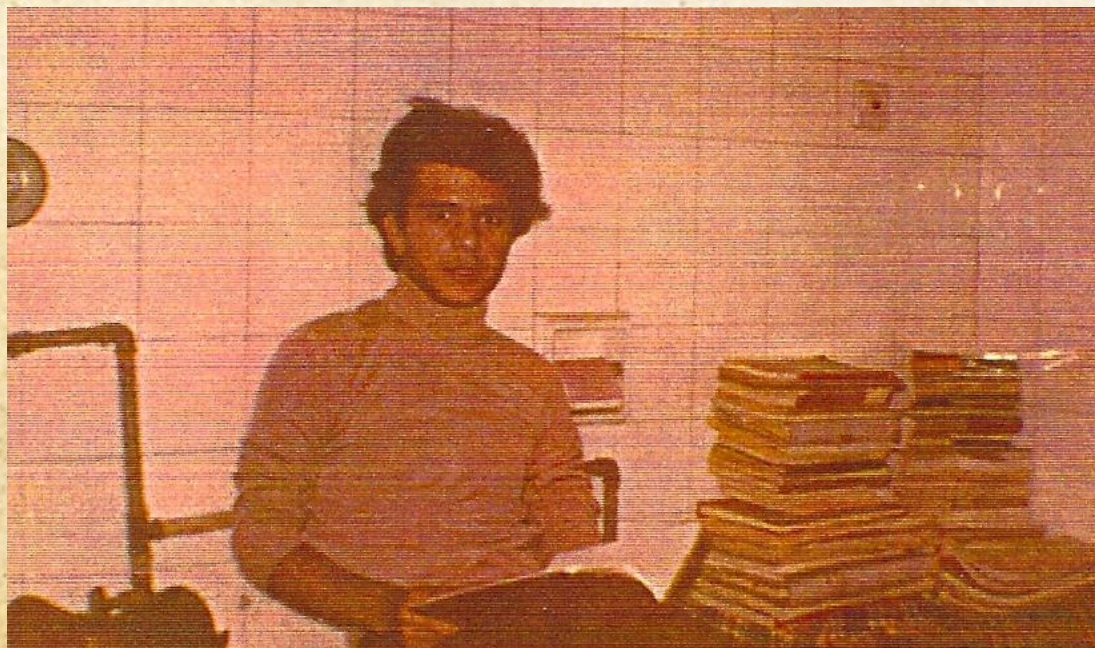
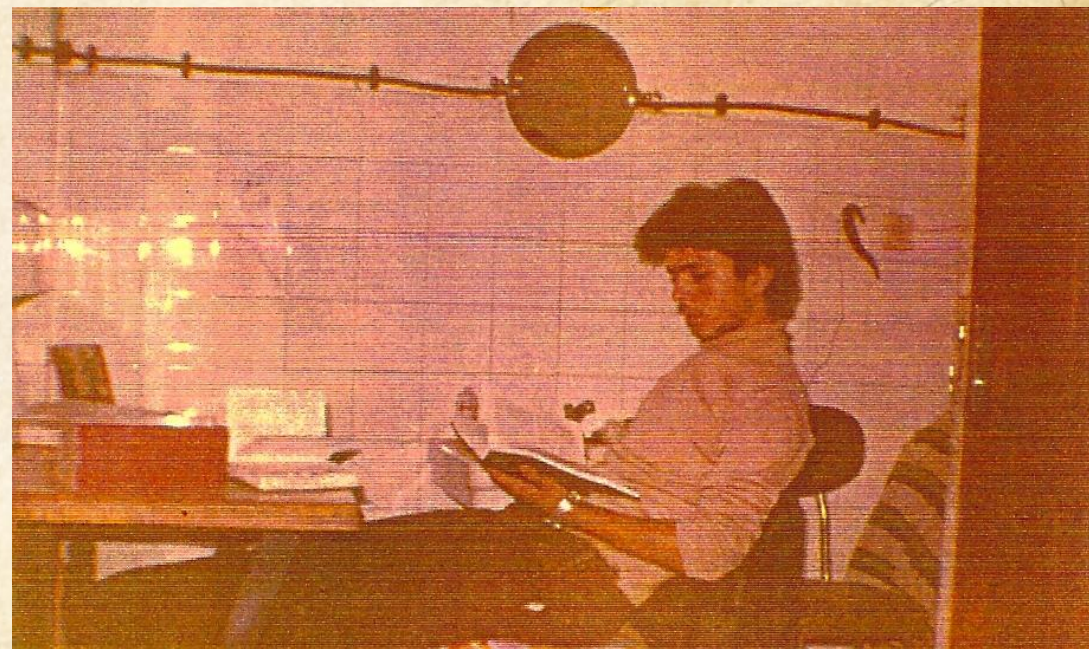
$\begin{array}{c} \text{XbcI} \\ \text{C bal} \end{array} \xrightarrow{\text{1}} \begin{array}{c} \text{0 Thr} \\ \text{TBA ATG ACC TTT 5'A} \\ \text{TGX TAG TAC ACA 4'T} \end{array}$
 $\begin{array}{c} \text{K} \\ \text{C} \\ \text{H} \end{array} \xrightarrow{\text{RCC}} \begin{array}{c} \text{RCC} \end{array}$

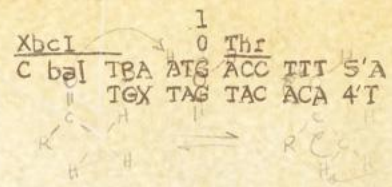


<https://mannaismayaadventure.com/2011/07/20/iran%E2%80%93iraq-war/>
https://en.wikipedia.org/wiki/Iran%E2%80%93Iraq_War

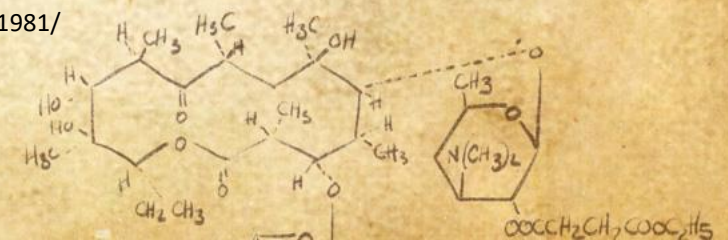
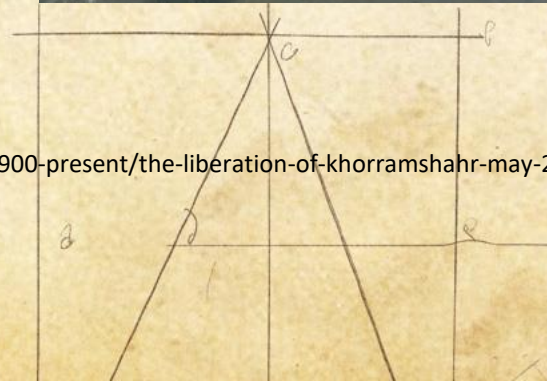


XbcI 1
0 Thr

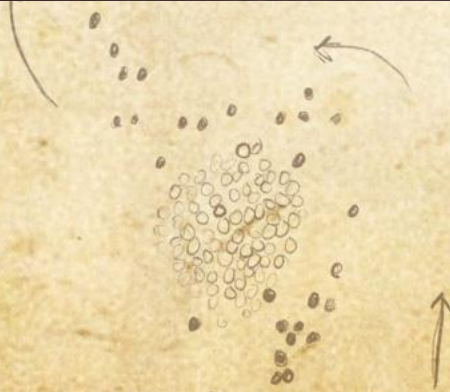
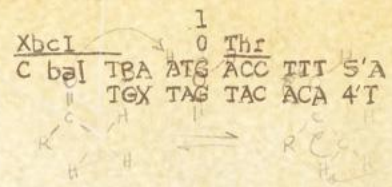




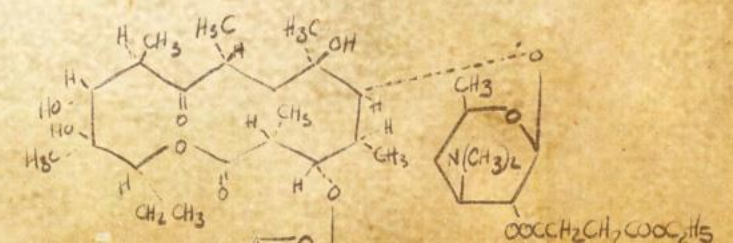
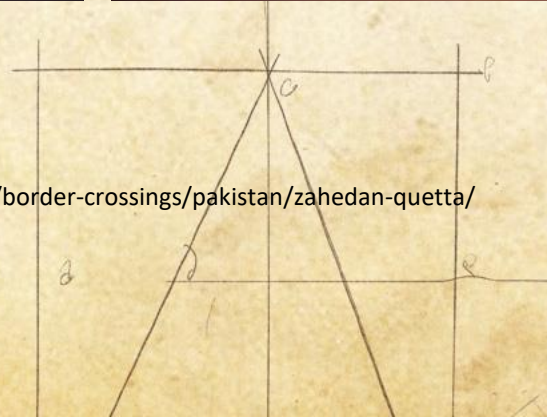
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<https://caravanistan.com/border-crossings/pakistan/zahedan-quetta/>

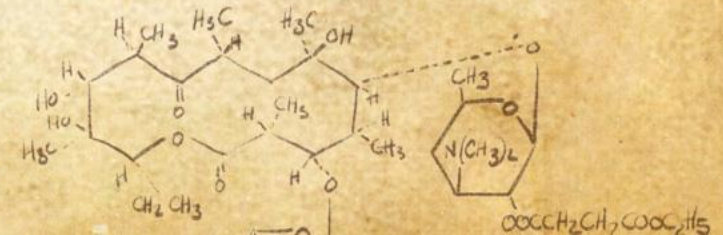


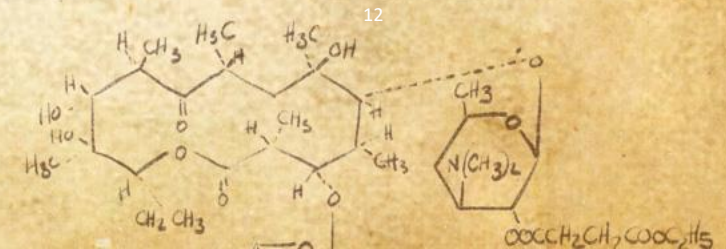
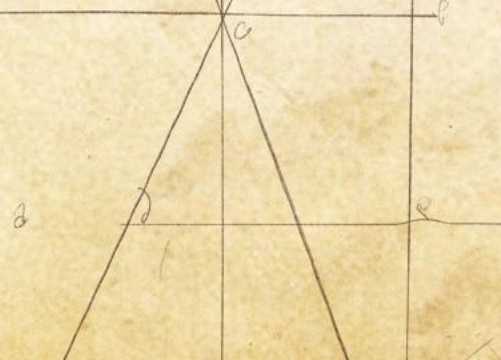
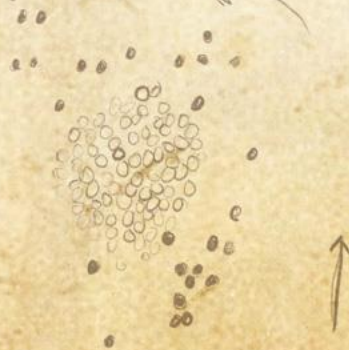
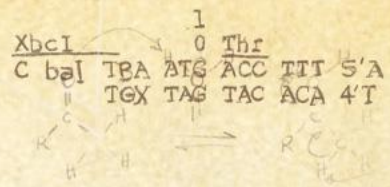
Montreal

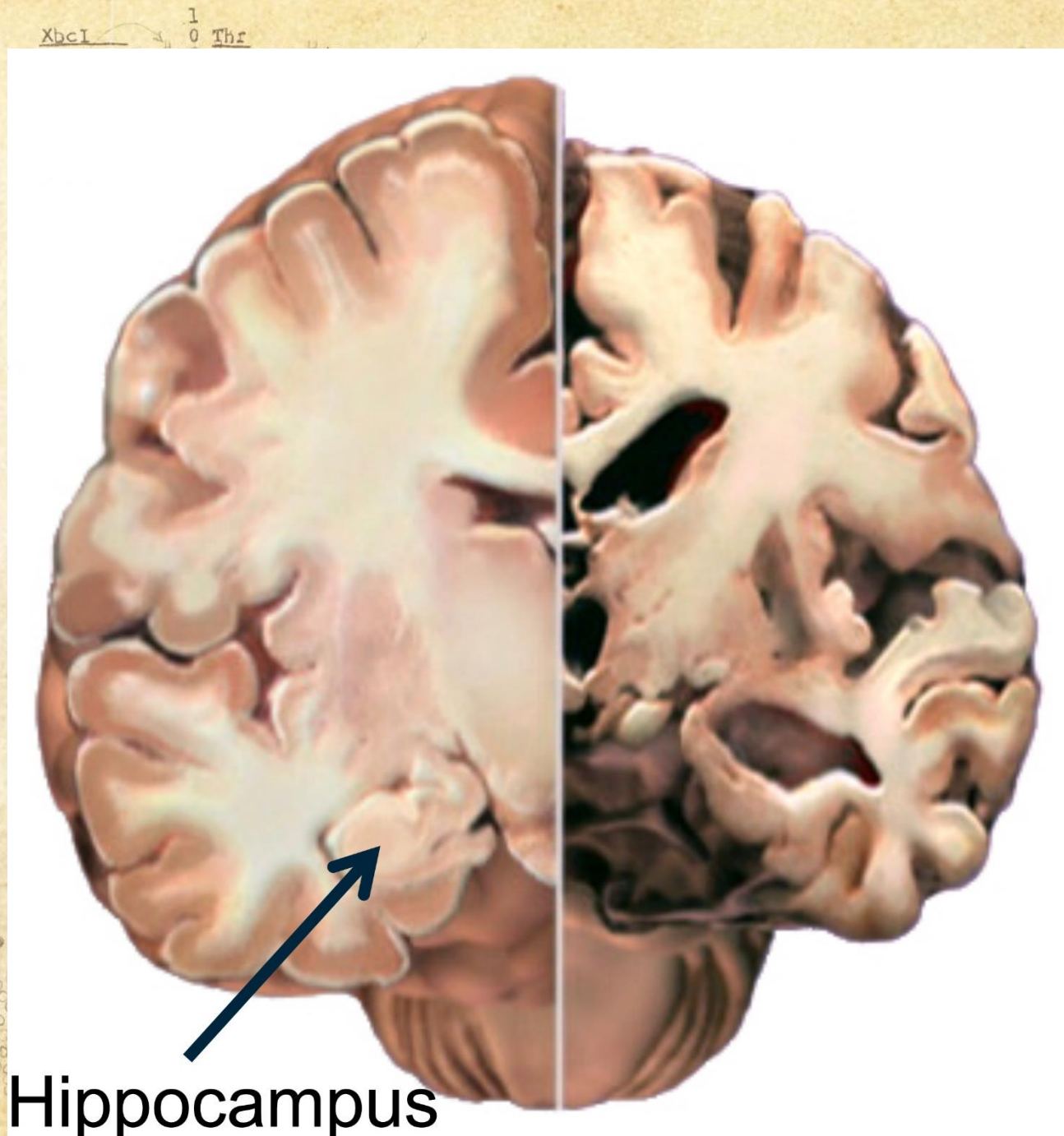


Science College
Concordia

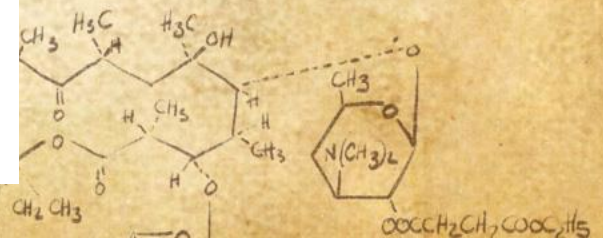
U N I V E R S I T Y







Hippocampus



PROFILE

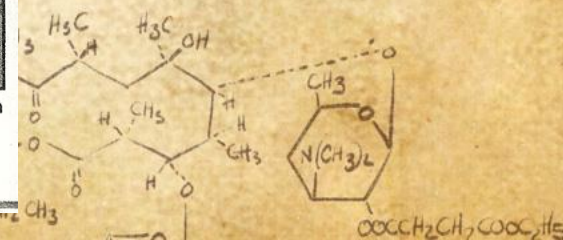
Harvard's Biggest Brain

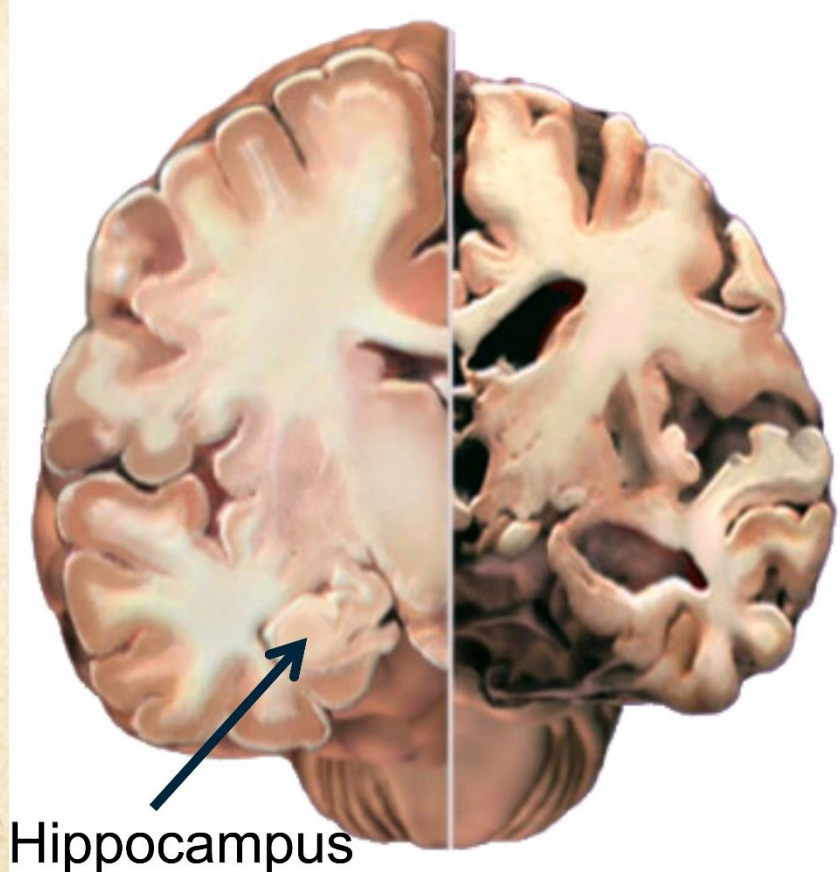
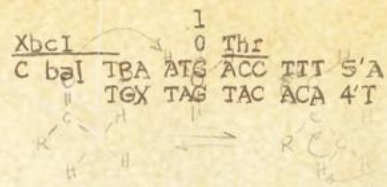
Medical student Majid Fotuhi has it — and it's 5-feet-tall



Photo by Ilene Perlman

Majid Fotuhi, HMS '97, uses this huge brain stem model to teach neurobiology courses. A political refugee who fled his native Iran rather than join a holy war, Fotuhi is both a teacher and a student at the Medical School.





Sleep Apnea

Obesity

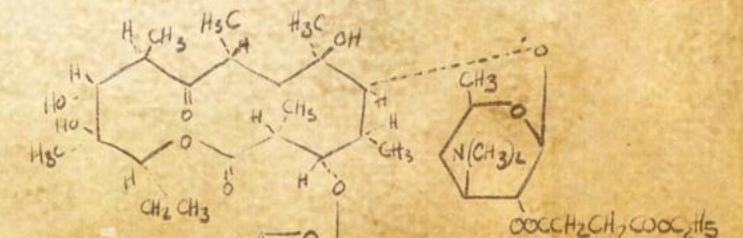
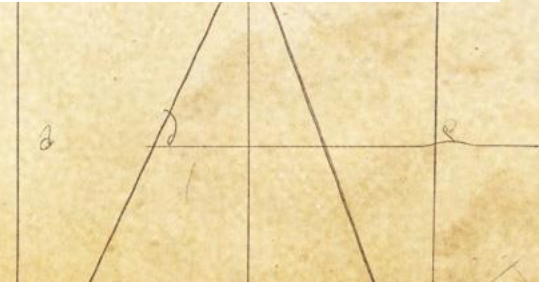
Insomnia

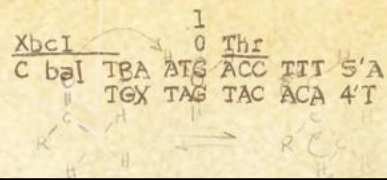
Stress

Depression

Concussion

Alzheimer's Disease





Foreword by Peter V. Rabins, M.D., author of *The 36-Hour Day*

NEW DISCOVERIES THAT CAN IMPROVE YOUR MEMORY STARTING TODAY!

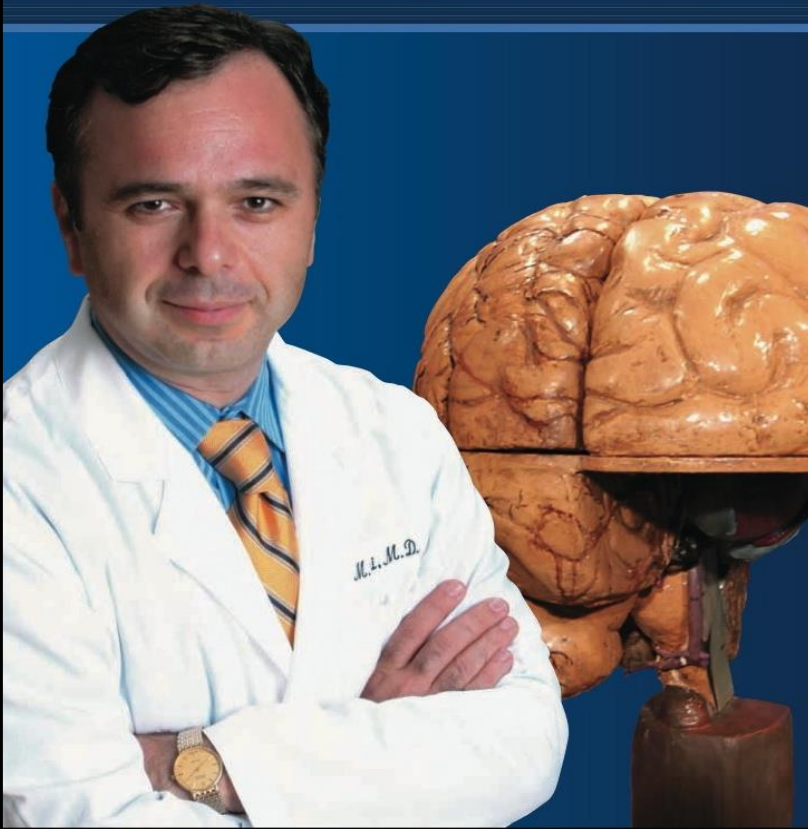
THE MEMORY CURE

HOW TO PROTECT YOUR BRAIN AGAINST MEMORY LOSS AND ALZHEIMER'S DISEASE

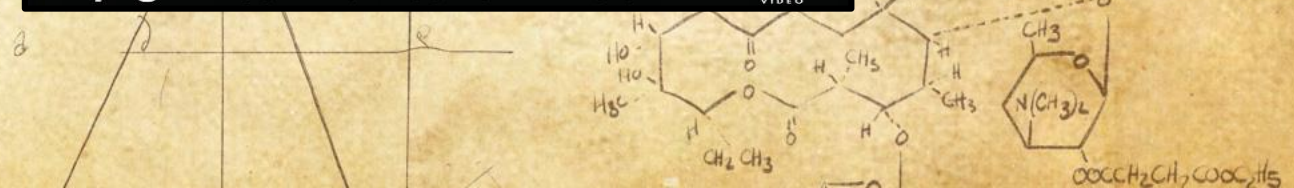
MAJID FOTUHI, M.D., PH.D.
Neurology Consultant, Alzheimer's Disease Research Center
Johns Hopkins Hospital

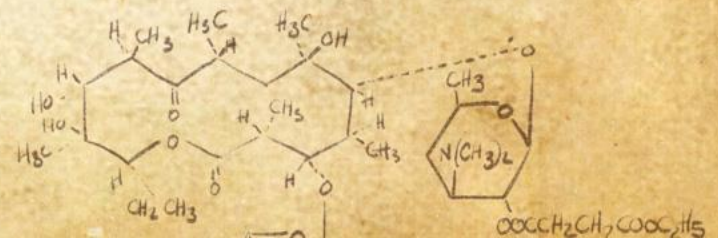
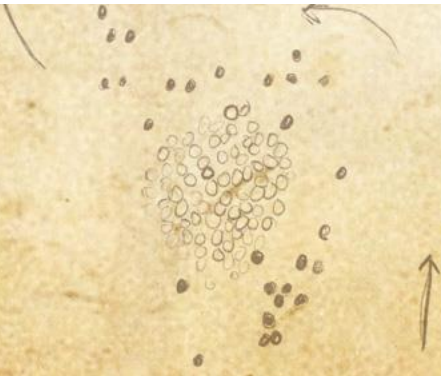
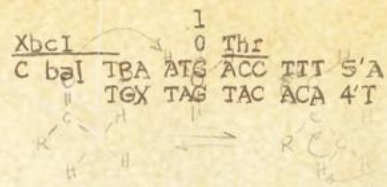
FIGHT ALZHEIMER'S EARLY

6 Steps To Keep Your Brain Young
with DR. MAJID FOTUHI



mpt AS SEEN ON PUBLIC TELEVISION **DVD VIDEO**



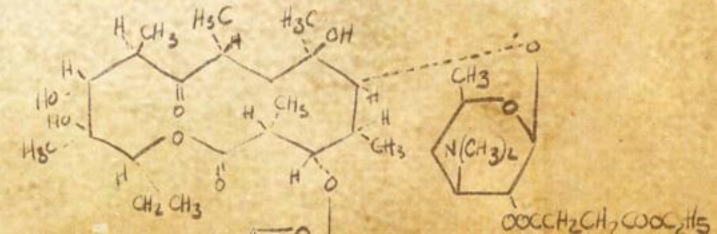
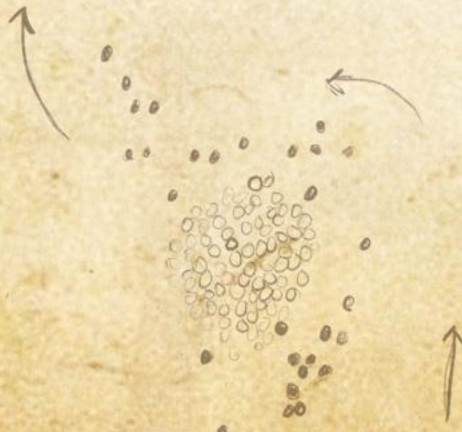
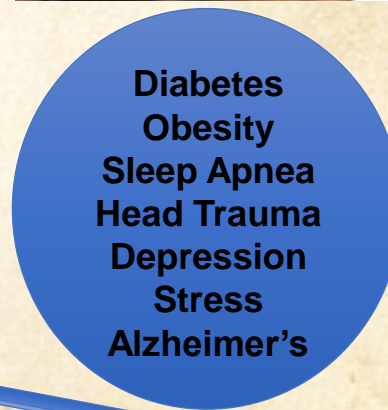
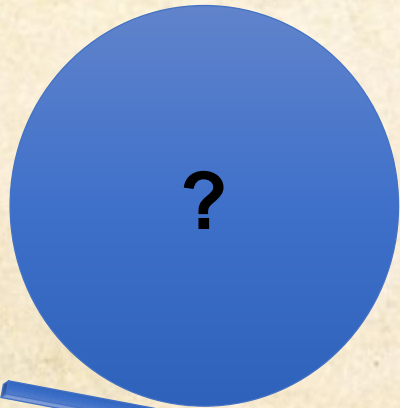
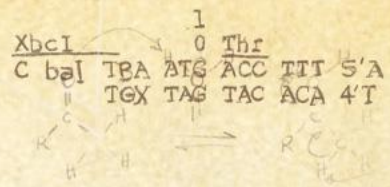


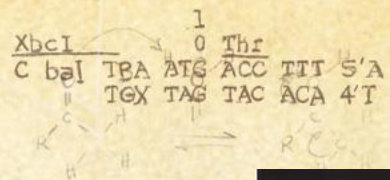
XbcI 1 0 Thr



CH₂CH₃

COOCH₂CH₂COOCH₂CH₂CH₃





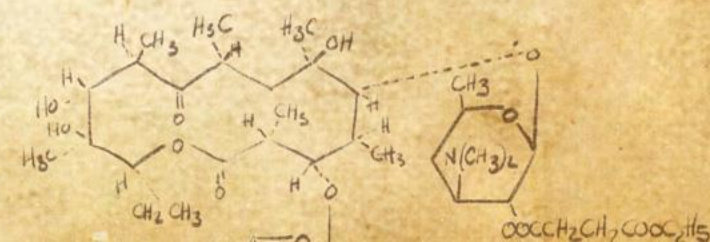
Before
Exercise



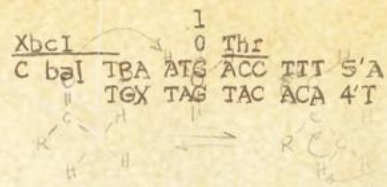
After
Exercise



Arch Gen Psychiatry, 2010







Exercise

Mediterranean Diet

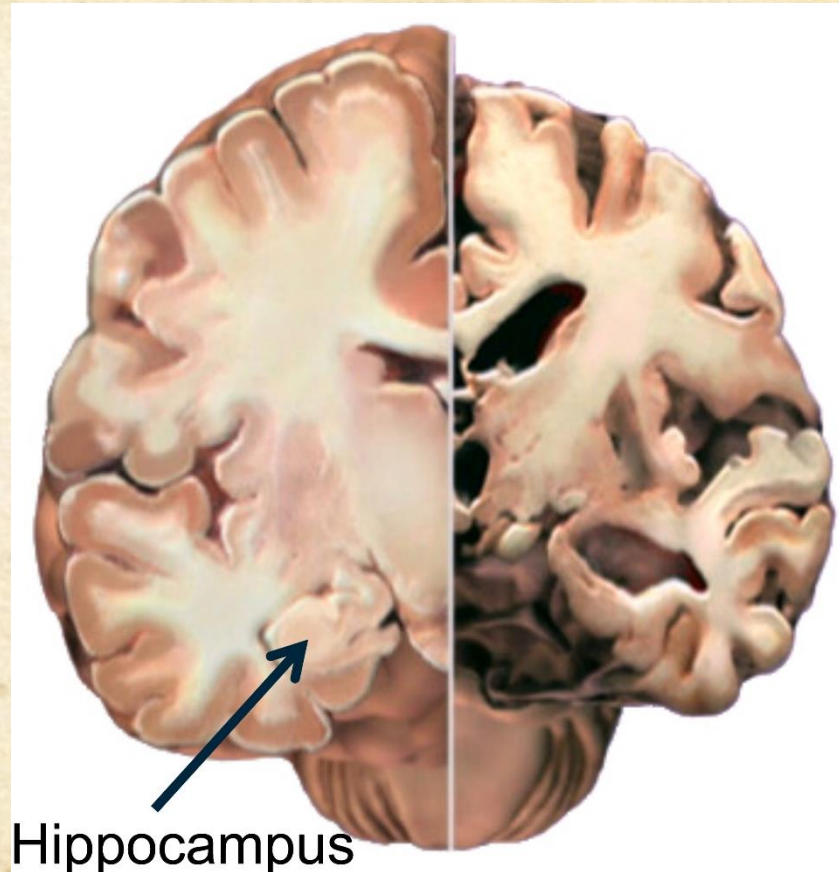
Omega-3 Supplements

Learning Something New

Sleeping Well

Meditation

Having a Purpose in Life



Sleep Apnea

Obesity

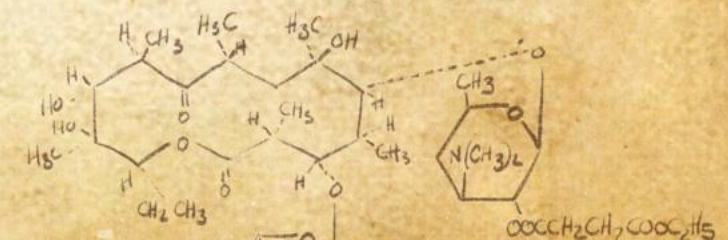
Insomnia

Stress

Depression

Concussion

Alzheimer's Disease



XbcI 1 0 Thr
C bal TBA ATG ACC TTT S'A
TGY TAG TAC ACA 4'T

Brain Fitness Program: A Personalized Set of Interventions

Meditation Training



Brain Training



Sleep Counseling



Diet Counseling



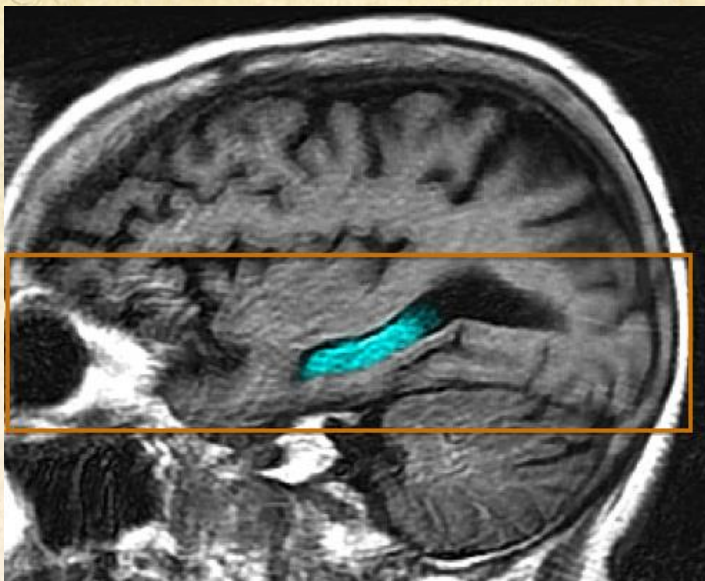
Exercise Training



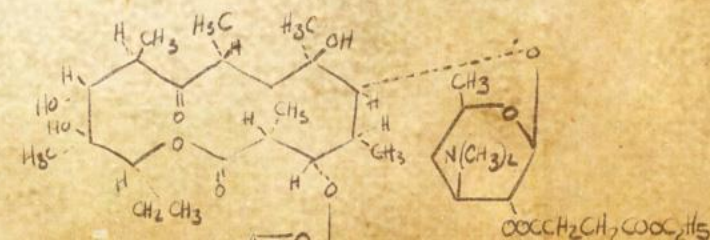
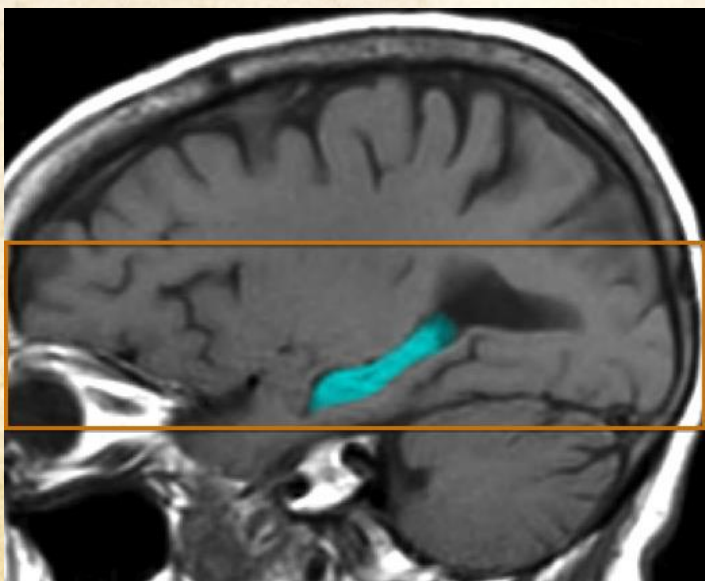
Weekly Monitoring



Before Program



After Program



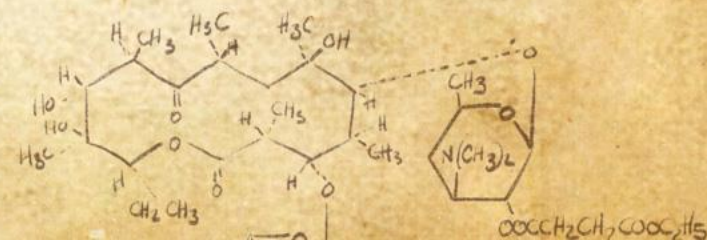
Published in The Journal of Prevention of Alzheimer's Disease

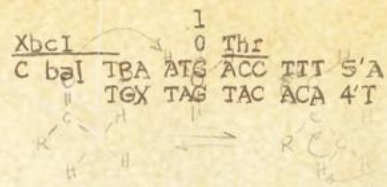
The Journal of Prevention of Alzheimer's Disease - JPAD©

A Personalized 12-week "Brain Fitness Program" for Improving Cognitive Function and Increasing the Volume of Hippocampus in Elderly with Mild Cognitive Impairment

M. Fotuhi^{1,2}, B. Lubinski^{1,3}, N. Hausterman^{1,4}, T. Riloff^a, M. Hadadi⁵, C.A. Raji⁶

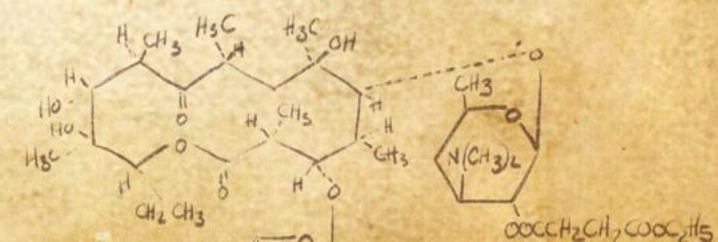
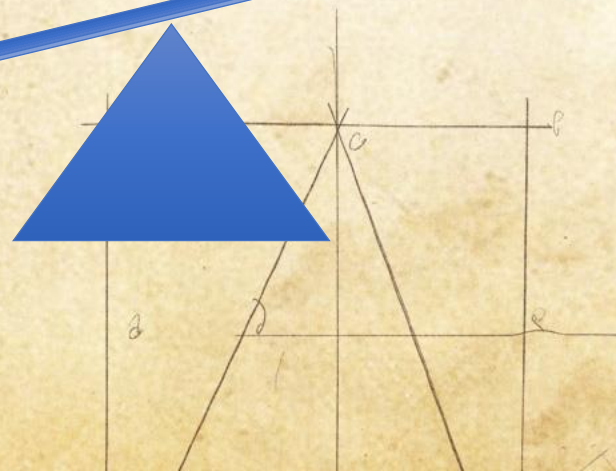
TIME



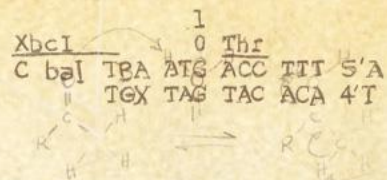


Get Fit
 Medit Diet
 Omega-3 Suppl.
 Learn New Things
 Sleep Well
 Meditate
 Have Purpose

Diabetes
 Obesity
 Sleep Apnea
 Head Trauma
 Depression
 Stress
 Alzheimer's







Thank You

mfotuhi@NeuroGrow.com

www.NeuroGrow.com

703.462.9296

