

20 TOP HERBS TO ACHIEVE YOUR CLEAREST, SHARPEST BRAIN

And they can slash your risk of Alzheimer's
and other diseases in the process!



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NOW, IT'S PERSONAL

THE ULTIMATE HEALTHY AGING & LONGEVITY SUMMIT

21 World-Renowned Experts Reveal the TOP Secrets THEY Use to Age Well

In *NOW IT'S PERSONAL, The Ultimate Healthy Aging & Longevity Summit*, you are about to discover the proven most effective natural secrets of all to look and feel your best, avoid and overcome disease, and live long and well. In fact, as you'll discover, the steps are so powerful that today's top experts personally make certain to take these steps themselves!

Each of the 21 interviews truly holds the potential to change your life, so you don't want to miss a moment of this once-in-a-lifetime online event!

In this brand-new special report, meanwhile, you're about to discover ways to stop, reverse, and heal many of the aging effects on the brain through specific herbal compounds that have been used for centuries around the world, many specifically for mental health and cognitive benefits.

(Please DO share this useful recipe guide with loved ones!)



“What steps should you take that will make THE most powerful difference in how long and how well you live? Steps proven so effective that today’s top longevity and lifestyle physicians and researchers personally take those steps themselves? Those are the mission-critical questions you are about to get answers to in NOW, IT’S PERSONAL: The Ultimate Healthy Aging and Longevity Summit. My good friend and natural health veteran, Brian Vaszily, is an outstanding host, what you’ll learn is essential as it gets, so be sure to listen to this important online event!”

Dr. Joel Fuhrman

World-Renowned M.D., 7-Time NY Times Bestselling Author

HOW DO YOU REALLY FEEL ABOUT THE FOLLOWING?

Hello, Brian Vaszily here, founder of The Art of Anti-Aging, host of *NOW, IT'S PERSONAL: The Ultimate Healthy Aging and Longevity Summit*, and a health researcher and bestselling author who others have called a “leading voice” in the natural health world for over 20 years.

And before diving into this special report, please see how you feel about the following...

Here at The Art of Anti-Aging, the “anti” means **we’re *against* all the destructive lies about getting older** out there that equate hitting your 30s, 40s, 50s, 60s and beyond, with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

We’re ***against* all the toxic “solutions” and toxic thinking** so often pushed on people by the Big Cosmetic, Big Food, and Big Pharmaceutical industries, who so often play upon those destructive aging lies and manipulate people through fear.

Instead, we are certain that when you take the right steps, your “middle years” and “golden years” will truly be your best years.

And **we are 100% committed to providing you with the proven most effective health and wellness steps** to achieve that... to look your best, feel amazing, avoid and overcome disease, and live a long life doing it.

If our mission sounds worthwhile to you, welcome to our positive and supportive community 😊



CLARITY ON WHAT WILL MAKE THE BIGGEST IMPACT ON YOUR HEALTH AND LIFE

There's an overwhelming amount of health info out there in online events, blogs, articles, and more. And it all presents **two very big problems** that frustrate and even mislead many people.

One, so much of it is not evidence-based from sources you can trust.

Two, it causes serious confusion, because people are unclear on what steps to invest their precious time and energy in that will actually make the fastest and most powerful difference in their health and life.

That's why *NOW, IT'S PERSONAL: The Ultimate Healthy Aging and Longevity Summit* truly may be THE most life-changing and possibly even life-saving event you ever experience.

You see, in *NOW, IT'S PERSONAL*, I'm getting straight to the heart of the matter for you. That's because I'm gathering 21 of today's most renowned healthy aging and longevity doctors and researchers, each from different areas of expertise. And I'm challenging them each to reveal their answers to this one MISSION-CRITICAL question for you:

"From your unique area of expertise, what are the 3 MOST IMPORTANT steps of all that you personally take – including those that people may not be familiar with – to look and feel your best, avoid and even overcome disease, and live long and well doing it?"

Yes, the most powerful learning we can engage in is understanding what steps are so effective that the experts make certain to personally take those steps themselves. And in *NOW, IT'S PERSONAL*, you're getting TOTAL CLARITY on only those most effective steps that will make the biggest difference in your health and life, too.

True, you don't yet know from which of the 21 top doctors and researchers the insights will come that lead to the biggest breakthroughs for you in particular...

However, considering these world-renowned experts are each revealing only their proven most powerful secrets, you can be **certain** those life-changing insights WILL come.

That is why **you truly do not want to miss a moment** of this unique summit. If you miss even a single expert, after all, you may well miss that one crucial gem that makes ALL the difference for you. Therefore...

[Head here now to sign up for the FREE online NOW, IT'S PERSONAL: The Ultimate Healthy Aging and Longevity Summit](#) if you aren't signed up already and...

[Head here to get the COMPLETE recordings and written transcripts of the entire summit](#) if you don't feel you'll be able to hear all 7 days of this essential event when it airs live, and to experience it all on your own schedule when and where YOU choose.



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INTRODUCTION

As we humans age, so do our minds. Certain areas of the brain may shrink, blood flow decreases, and inflammation may set in. This can affect thinking and processing, and in more serious cases, lead to problems with long term memory and daily functioning.

Fortunately, we can stop, reverse, and heal many of these effects. One of the most surprising and effective ways to do this is through the use of herbs. These compounds have been used for centuries around the world, many specifically for mental health and cognitive benefits.

Modern medications to enhance focus and treat mental conditions such as dementia and Alzheimer's disease often come with high cost and side effects. Western medicine is recognizing the limits of these drugs, and many scientists are returning to age-old nootropics. These medicinal treatments and supplements specifically fight aging of the brain, increase cognition, and protect the brain from processes that lead to neurological diseases.

MODERN HERBAL MEDICINE

The World Health Organization defines traditional medicine as, “... the sum total of the knowledge, skill, and practices based on the theories, beliefs, and experiences indigenous to different cultures ... used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness.” Herbal treatments are one of the most commonly used traditional medicines.

Herbal remedies and enhancers may include (World Health Organization, 2021):

- ▶ Herbs
- ▶ Herbal materials
- ▶ Herbal preparations
- ▶ Finished herbal products
- ▶ Combinations of herbs and other plant materials

These herbal treatments may be used as alternatives, supplements to, or monitored as medicines within a given region or culture.

In the U.S. it is often noted that most natural treatments are not approved by the Food and Drug Administration. This typically means that the FDA has not investigated certain products or supplements.

However, academic researchers around the world, including in Western cultures, are verifying the medicinal benefits of natural plant treatments. In some cases, these are shown to be as effective, or more so, than pharmaceutical medications. Such herbs may offer many of the same benefits, but without the same concerning side effects.

Specifically, studies in the past few decades have verified that certain herbs may help improve focus, learning, performance, and memory. They may also help prevent and manage conditions like ADHD and Alzheimer’s disease. Compounds in herbal medicines often act as antioxidants and anti-inflammatories, and provide protection for the brain. Some may even reverse brain damage and diseases.



HERBS FOR BRAIN HEALTH

So how can these herbs work for you, which are most beneficial, and how should you use them? Let's look at 20 top herbs from around the world that can help protect your brain health, and maybe even improve upon it.

Please note that in general, herbal treatments are considered safer, with fewer to no side effects, compared to pharmaceuticals. However, some compounds can be just as powerful as prescription drugs, and there may be certain concerning interactions, such as if you are taking any medications, or other situations where some herbs are not safe nor recommended. As with any supplemental change, make sure to review your situation with a trusted medical practitioner to ensure safety and effectiveness of use.

AYURVEDA (INDIAN) HERBS

Ayurveda is an ancient medicine system used in India, based on natural and holistic practices, and informs the region's healthcare today. It's more than 5,000 years old, and traditionally combines the use of plants and herbs, along with a healthy lifestyle. It may include elements of natural medicine along with yoga, meditation, massage, and other mind-body activities.

In Ayurveda, all things in the universe, dead or alive, are connected. When all things in your life are in balance, you enjoy good health. If things are askew, you develop disease and related symptoms.

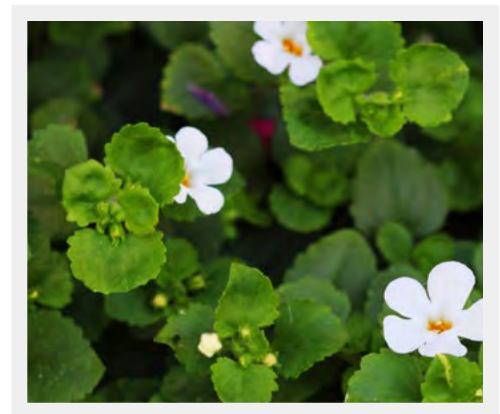
When things are out of balance, holistic practitioners focus on cleansing the system of negative elements. Herbs are one type of treatment used in this traditional medicine. Ayurveda methods are still practiced regularly in India. These herbs are commonly used in India today, as well as in other cultures, and are known to benefit brain health, focus, and prevent disease.

BACOPA

The Thinking Person's Herb

Bacopa, sometimes called water hyssop, or Brahmi after the god Brahma, is a traditional Indian medicinal plant. It's historically used to bless newborns due to its renowned ability to increase intellect. Today it's known for treating memory, ADHD, and Alzheimer's disease.

Bacopa is often confused with gotu kola, also referred to as Brahmi. While the plants are similar, they work a bit differently. Bacopa is commonly used as a supplement to bring the body's functions into balance. One of the plant's compounds, bacosides, is responsible for many of its positive effects.



One academic study found that a daily bacopa supplement improved visual processing, learning, and memory among healthy adults, compared with a placebo group. The researchers in the study believe the compound may be helpful for learning in situations that require input from the external environment

(Stough et al., 2001). This would make it a good candidate for treating attention deficit-hyperactivity disorder (ADHD).

Similarly, bacopa has been found to improve cognitive processing, working memory, and attention (Peth-Nui et al., 2012).

The use of bacopa for Alzheimer's disease is in early stages, but studies have shown that it can protect the prefrontal cortex and hippocampus, and may prevent damage that occurs in the process of this disease (Chaudhari, 2017).

If you're looking to help a child or teen struggling with memory, attention, or hyperactivity, bacopa may be your new go-to. Numerous studies have shown it helps with visual and verbal memory and cognitive function, with no side effects in most participants (Kean et al., 2016).

HOW TO USE

Bacopa is commonly taken as a capsule or in powder form. Typical doses from supplements are 100 to 500 mg per day. It's also available as drops or shakes for kids and you'll find it as an ingredient in some teas.

GUDUCHI

The Heavenly Elixir

Tinospora cordifolia, known as Guduchi, is a well-known herbal treatment in India, dating back to ancient times. It's a climber plant, common in many residential areas. It is mentioned in ancient myths, including a famous story where Lord Indra planted guduchi following a prayer for help. It's known by many other names, including the "heavenly elixir," and it's commonly used to treat diabetes, to manage stress, for respiratory conditions, and as an anti-aging herb.



Some scientists believe this natural treatment may provide protection for the brain against neurodegenerative diseases like Alzheimer's. In one study guduchi extract helped prevent damage to the brain caused by inflammation and membrane damage (Sharma & Kaur, 2018). Academic research is in early stages.

HOW TO USE

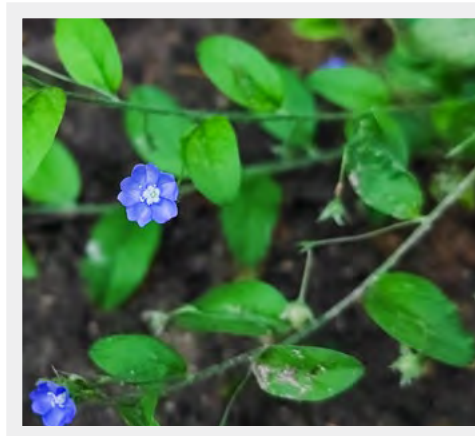
Guduchi is most often used in powder made from the stem, mixed in water and honey, or boiled down. Many recommendations include taking around two grams once daily. You'll also find it as an ingredient in certain teas.

SHANKHPUSHPI

The Brain Tonic

Shankpushpi is an ancient Indian nootropic, often used for the nervous system in Ayurveda medicine. This flowering herb may help with memory, depression, anxiety, and other brain-related struggles. There are four varieties, including *Canscora decussata* schult, *Clitoria ternatea*, *Convolvulus pluricaulis*, and *Evolvulus alsinoides*.

Modern studies have begun to test these potential benefits. In one early study, *Evolvulus alsinoides* in particular was found to benefit memory recall. This may be due to compounds present including steroids, coumarins and flavonoids (Sethiya, 2019). Further studies are needed to confirm this early research.



HOW TO USE

Shankpushpi can be consumed as a syrup, powder, or juice. The powder form is generally taken as ½ teaspoon, once to twice per day.

HOLY BASIL

Elixir Of Life

Holy basil, or tulsi, is another all-around healthy herb used for many centuries in India. It's also called the elixir of life. This incredible plant can help with inflammation, bacteria, stress, concentration, toxins, and much more. It works to both calm nerves and maintain energy. As its name suggests, it's often used in spiritual practices as well.

Holy basil is also used to manage blood glucose, blood pressure, and to help with psychological stress. All of its positive effects help with memory, mood, and cognitive functions. It's often recommended as a natural treatment for attention difficulties (Cohen, 2014).



HOW TO USE

Holy basil is often taken as a tea, and experts recommend around three to five cups per day. It's also available as an extract and essential oil.

HERBS OF THE AMERICAS

Many natural medicines were used by indigenous and other early cultures throughout the Americas for centuries. There are not many written records from early times, and what is available may have significant European influences, calling some history into question.

In North America, some oral histories of native cultures suggest that herbs were used to treat health conditions such as stomach conditions, colds, and fever. As with traditional Indian medicine, remedies were combined with other health and spiritual life practices.

In Latin America, a similar approach of balance was likely used, and herbs were assigned for certain uses. Hallucinogens were also utilized for spiritual and medicinal purposes.

Today, natural herbal treatments are considered alternative or supplemental approaches, especially in the United States. However, due to the many benefits of medicinal herbs, which typically have fewer side effects compared to synthetic drugs, many academic researchers have renewed interest in these treatments. Many of the herbs currently being studied by academics offer specific benefits for brain health.

The following herbs are commonly known in the Americas, as well as other parts of the world, and are specifically used for purposes of cognition, focus, memory, and diseases that affect brain function.

LION'S MANE

The Medicinal Mushroom

Lion's mane is also referred to as *hericium erinaceus*, yamabushitake, and the hedgehog mushroom. It grows in North America, Asia, and Europe. Chinese and Japanese medical practitioners have traditionally used it for digestion-related diseases, to treat ulcers, fight cancer, and for neurological health. Indigenous cultures in America may have also used it to stop bleeding.

Lion's mane includes two important compounds, hericenones and erinacines, which can cross the blood-brain barrier to reach brain cells. It's been shown to work against damage caused by beta-amyloid, a protein in the brain that scientists believe may be to blame for Alzheimer's symptoms. Researchers hope lion's mane may prevent dementia and work against the development of the disease (Mori et al., 2011).



In one study, lion's mane was provided to a group of people aged 50 to 80, and compared to a group getting only a placebo. Those using the compound had significantly improved cognitive scores, which decreased again after they stopped taking the supplement (Mori et al., 2009).

HOW TO USE

Lion's mane can be consumed as a tea, cooked, dried, or eaten raw. It's often available in supplement form. Recommendations vary from 300 to 3,000 mg daily, divided into two to three doses per day. Many people also enjoy preparing the lion's mane in its original mushroom form, and find the taste similar to fish or crab.

MACA

Food of the Brain

Maca, or maca root, is native to the very high altitudes of Peru. It has been used for thousands of years as a health food and for medicinal purposes. It's traditionally believed to help with fertility, hormonal balance, energy, and mental focus. Those in the Peruvian Andes would give maca to children to help with learning.

There are multiple colors of maca, including red, yellow, and black. Black maca seems particularly promising, and early academic experiments confirm it may help with memory and learning. It may also correct memory impairment caused by multiple conditions (Gonzales, 2012).



Some scientists believe that consuming maca may help decrease cognitive decline, and other side effects of aging. Early studies have shown it may increase cognition, coordination, and endurance (Guo et al., 2016).

Black maca has been of particular interest for its hormonal benefits, and may be beneficial for those in early and post menopausal stages. Early studies have also shown it may help with memory and concentration caused by hormonal changes (Rubio et al., 2011).

HOW TO USE

Maca can be taken as a powder, liquid, capsule, or extract. Dose recommendations vary, but are generally around three grams per day.

SAGE EXTRACT

The Savior Herb

Sage, or salvia, has a rich history around the world, often used by the French, Chinese, Romans and others as an all-around medicinal herb. It was commonly used by indigenous cultures in the Americas as a physical and spiritual healer.

It had many purposes throughout the world, varying from treating stomach conditions to pain to sore throats. Today it's known for helping with mental conditions such as depression and Alzheimer's disease. The origin of its latin name means to "be saved" (Filippone, 2021).

Today scientists are very interested in sage for its mental benefits. This is based on early references by experts from the 1500s. In 1587, a famous herbalist, John Gerard, wrote, "It is singularly good for the head and brain and quickeneth the nerves and memory," (Science News, 2003).



Multiple studies have shown that sage has positive cognitive benefits for adults. It may counter beta-amyloid, and works as an antioxidant, antidepressant, and anti-inflammatory. It fights against oxidative stress, which may cause or contribute to neurological disorders. Early studies suggest it may therefore help prevent or decrease effects of Alzheimer's disease (Lopresti, 2017).

HOW TO USE

Sage can be consumed as a tea, in cream form, as an extract, or added to food dishes. It's also available as an essential oil. Recommended doses vary and may depend on the form you're taking it in. In tea form, aim for several cups per day. If you're using dry leaves, you might add ½ teaspoon to water, or add two teaspoons of fresh leaves to a soup.



EUROPEAN HERBS

European herbs have a rich history in Roman and Greek cultures. One of the most famous promoters of medicinal plants was Pedanius Dioscorides, a Greek physician dating back to around 50 A.D. He wrote extensively about hundreds of herbs and their proper uses and documented them into a famous text called the *De Materia Medica*.

Over the centuries, herbal uses went in and out of vogue in European regions. Some medicinal branches continued to study plant medicine, while others veered into the use of heavy metals. Rulers of the time had significant influence on the uses and attitudes towards various treatments, and historical records are also greatly influenced by these biases (DiPasquale, 2005).

Herbal medicine is highly popular in Europe today, and is monitored for safety similarly to pharmaceutical drugs. These herbs, focused on brain health, are common to ancient and modern Europe, while also being used in other cultures around the world.

ROSEMARY

The Herb of Friendship and Memory

While modern research has confirmed the mental benefits of rosemary, these results wouldn't be much of a surprise to early Greeks and Romans. Rosemary is mentioned as an offering used by King Ramesses III to the gods, and is often referenced in Christian mythology. Ancient Greek students wore rosemary to help them prepare for tests. It's referred to as the herb of friendship and memory (Grivetti, 2021).



Apparently, that's for good reason. A modern study examined Rosemary's effect on 20 adults. They were tested with math questions, and both their speed and accuracy improved as more rosemary oil was diffused into the room. This study also showed that the compound could enter the body through just breathing the aroma, and that it also improved the mood of participants (Moss & Oliver, 2012).

Multiple other studies have found similar benefits for focus, cognition, and memory. One project examined the use of blended essential oils, including rosemary, for 29 elderly people with dementia. Seventeen of the participants were diagnosed with Alzheimer's disease. All participants showed significant improvement on multiple cognitive studies, with particular benefits for the Alzheimer's patients (Jimbo et al., 2009).

Rosemary grows along the Mediterranean Sea and in sub-Himalayan regions. It's also traditionally used for headaches, migraines, depression, and insomnia. A review of numerous studies showed consistent benefits for inflammation, anxiety, pain, and memory (Ghasemzadeh Rahbardar & Hosseinzadeh, 2020).

HOW TO USE

Rosemary can be ingested as an oil, tea, or used as a seasoning. It's often used in potato or bean dishes.

SAFFRON

The World's Most Valuable Spice

Saffron is one of the most widely known and used herbs, known in multiple parts of the world for at least 3,000 years. It was most likely cultivated in Greece. The plant is very delicate and must be carefully harvested by hand. This leads to its status as one of the most sought-after and highly valuable herbs for health.

This powerful plant consists of crocin, picrocrocin and safranal. It's been used to treat multiple health conditions and ailments, such as depression, cancer, eye problems, heart disease, and more (Mousavi & Bathaie, 2011). It's also been commonly used as a dye and perfume, and is known for its rich, bright color.



In recent years, this important plant has been examined more closely as a possible natural treatment for dementia and other types of cognitive impairment. Studies do indicate that its use leads to mental improvement specifically in Alzheimer's patients (Ayati, et al., 2020), and researchers recommend the benefits be further investigated. It's believed that saffron may work by fighting accumulations of beta-amyloid (Akhondzadeh, et. al, 2010).

HOW TO USE

Most often, those who consume it soak the threads in hot water, and then mix it into another liquid or a dish. Up to 1.5 gram of saffron per day is considered to be safe for most people. Taking more than 5 mg may be toxic in some cases, such as for pregnant women.

SPEARMINT

The Yummy Herb

This minty herb is traditionally used to help with digestive issues, as an antioxidant, and to help women with hormonal imbalances. It's native to Europe and Asia. It's commonly used as a tea or oil, and is a popular flavor for candies and toothpastes.

The antioxidant properties of spearmint may help improve learning and memory, as shown in early testing (Farr et al., 2016).

In one study, (Herrlinger et al., 2018), participants with memory conditions relating to aging were given daily



spearmint extract, and compared to a group getting a placebo. Those assigned the spearmint experienced significant improvements, including the following:

- ▶ 15% improvement in working memory
- ▶ Increased energy
- ▶ Improved ability to falling asleep
- ▶ Better mood
- ▶ More alertness when waking up

In another large study, the effects of peppermint oil were compared to that of another oil (ylang-ylang) and a placebo. The oil was provided through a diffuser in the testing room of participants. Those who received the peppermint oil showed significantly higher scores on multiple memory tests as well as those for alertness and processing speed (Moss et al., 2008).

HOW TO USE

Spearmint can be used fresh or as a tea, oil, or in supplement forms as powders or creams. You can drink the tea or use the oil with a diffuser throughout the day. It can have side effects for some people, either causing relief from stomach and heartburn issues, or worsening them. Many people find this flavor and scent the most appealing among many herbal options.

PINE BARK EXTRACT

The Maritime Medicine

Pine bark extract, or *pinus maritima*, is a famous herb found in the bark of the French maritime pine tree. It's known for its early herbal uses by indigenous cultures, and may have been used by early French sailors to cure scurvy.

Today it's commonly used as an anti-inflammatory, antioxidant, and antimicrobial. Experts believe it may help fight cancer, heart disease, and neurodegenerative disorders. Early studies suggest it could prevent and fight Alzheimer's disease in multiple ways, including by countering beta amyloid (Ono et al., 2020).



HOW TO USE

Pine bark is typically taken as an extract in powder or capsule form. Recommended dosages vary, depending on the person and purpose of the medicinal. It's commonly taken as 150 mg, three times per day.

CHINESE TRADITIONAL MEDICINE

Chinese traditional medicine is more than 20 centuries old. It revolves around the idea of the need for balance between two core energies, the yin and yang. Traditional health practices focus on balancing out these warm and cold energies. Various health conditions may indicate a deficit or excess of either energy.

These medicinal practices also include movement, dietary changes, acupuncture, and specific herbal remedies. The following herbal remedies are specifically known for their advantages to brain health.

GINSENG

The Human Root

Ginseng is a short plant that fills some tall orders. It's a well-known Chinese medicine, traditionally used to enhance strength and appetite, and to treat impotence. Today, it's also known for numerous brain benefits, including that it may enhance mood, prevent brain damage, decrease mental fatigue, and improve brain function in those struggling with Alzheimer's disease.



Ginseng comes in two main varieties, typically referred to as American ginseng and Korean ginseng. It's sometimes called the "man-root" because its shape resembles a person. Categories of this root are further broken down by the time frame it's harvested in. If it's harvested within four years, it would be considered fresh ginseng. White ginseng is harvested between four and six years, and red ginseng is harvested after six years.

Early research has shown that Ginseng may protect the brain against free radicals, which can contribute to neurodegenerative diseases (Rausch, et al., 2006). In one study, 30 volunteers who took Ginseng were found to have improved test scores and less mental fatigue. Interestingly, a lower dose worked best as compared to a higher amount in this particular study (Reay et al., 2005).

Other research projects have specifically examined Korean red ginseng to treat Alzheimer's disease symptoms. These results are also promising. In one study focused on looking at long-term benefits, patients were found to have significant cognitive improvements. The maximum benefits were reached by week 24, and continued for at least two years, when researchers followed up (Heo et al., 2011).

Academics stress that ginseng shows great promise in treating disorders like Alzheimer's disease, but that current information is limited and larger studies are needed to enhance this knowledge.

HOW TO USE

Ginseng can be consumed as a tea, eaten raw, or added to dishes. Studies have varied on the amount found to be most beneficial. Currently, many experts recommend taking about 200 mg of ginseng per day, or consuming one-half to two grams of raw ginseng root daily.

ASTRAGALUS ROOT

The Yellow Leader

Astragalus root is native to China and North Korean regions. It's also called *huang qi*, or “yellow leader,” in Chinese. It's been used for at least 2,000 year in traditional Chinese medicine. It's often used to boost immunity and prevent diseases and respiratory infections. Today it's a go-to for conditions like asthma and high blood pressure.

Scientists believe astragalus may be able to improve learning and memory, although research is in early stages. In several studies, it has reversed memory damage in mice, and was able to protect against stressors that may cause a decline in memory (Alzheimer's Drug Discovery Foundation, 2015).



HOW TO USE

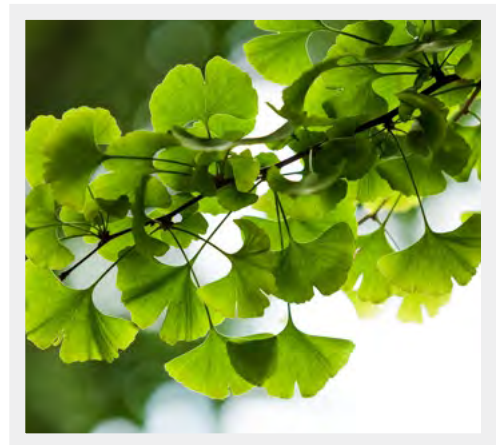
Astragalus is available in capsule form, or as an extract or tea. Most experts recommend taking around 10 to 30 grams per day.

GINKGO BILOBA

The Oldest Herb

The Ginkgo tree is one of the oldest trees in existence. It's native to China but now grows around the world. Ginkgo biloba is an extract taken from the Ginkgo tree. For thousands of years, the tree leaves have been used for cognitive and circulatory issues. The nuts were used for coughs, fever, and various other diseases.

Ginkgo biloba is one of the most common supplements used to improve memory and brain health, especially during aging. Studies show it works to improve blood flow and helps multiple areas of the brain function better (Silberstein et al., 2011).



HOW TO USE

Ginkgo biloba is commonly taken as a capsule and powder. Recommended dosages vary based on their purpose, but generally around 240 mg daily is taken for brain health.

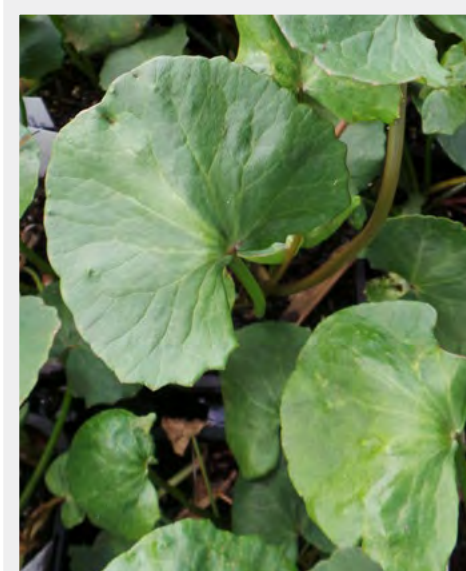
GOTU KOLA

The “Fountain of Life”

Gotu kola, the other Brahmi herb, is known for helping with memory, digestion, and skin issues throughout China and Indonesia. Legend has it that those who consumed gotu kola would live for more than 100 years, leading to its nicknames such as “fountain of life,” and the “longevity herb” (Senior Times, 2021). It’s also commonly used for anxiety and depression.

The compounds triterpenoid and saponins are believed to provide its many benefits. The herb helps revitalize brain cells, making it ideal for multiple mental conditions. Early studies show that it may increase cognitive functioning. Multiple studies also show it may help with oxidative stress, an important factor in developing Alzheimer’s disease. While these are early-stage research projects, their findings are promising (Gohil et al., 2010).

Scientists have also looked at the benefits of gotu kola for stroke victims who suffered cognitive impairment. The effects showed improvement similar to folic acid, but with significant additional benefits for delayed recall memory for those consuming gotu kola (Farhana, 2016).



HOW TO USE

Experts recommend taking around 500 mg of gotu kola twice daily in extract form. It can also be steeped as a tea or taken as drops.

LEMON BALM

The Medicinal Herb of Many Purposes

Lemon balm, also called *Melissa officinalis*, has been used in Europe for many years as a medicinal herb for a variety of purposes, such as helping with digestion and immunity. Today it’s becoming more popular as an aid for stress. You may have encountered lemon balm as a garnish or tea.

Paracelsus, the famous Swiss physician from the 1400s, is known best for bringing chemistry into medicine. He believed that lemon balm could help with “all complaints supposed to proceed from a disordered state of the nervous system” (Scholey, 2014). Lemon balm may also show promising applications for improving cognition and performance.



A study of young adults demonstrated benefits for mood and cognition, although results depended on the dose and preparation. Generally, researchers found that lemon balm brought the most cognitive effects when consumed in a drink without artificial sweetener, as compared to capsules, sweetened drinks, and in yogurt. However, researchers caution this is a limited study and more work is needed to confirm the best dosage and uses of lemon balm (Scholey, 2014).

Lemon balm may also be helpful for symptoms of Alzheimer's disease. In a four-month study, it showed significant cognitive benefits of using lemon balm extract as compared to a placebo, while also helping with symptoms of agitation (Akhondzadeh et al., 2003).

HOW TO USE

Lemon balm can be consumed as a tea, in capsules, extracts, drops, oils, and creams. Dosing recommendations vary and may depend on your goal, but generally 600 to 1,600 mg daily of the extract is recommended.



MIDDLE EASTERN HERBS

Medicinal treatments likely originate with the earliest Middle Eastern cultures. Sumerian civilizations are the first known to use herbal remedies. There's even evidence of this on stone tablets. One of the first pharmacies in history was in Baghdad, where herbal oils, ointments, powders and teas were provided (Inas, et al., 2017).

Today's use of medicinal herbs is commonly known around Middle Eastern regions; however, many express concerns that some traditional knowledge may be lost, as it's less documented as compared to other regions. However, many key treatments have been preserved by history. The following herbs are still commonly used around the world, and focus specifically on mental benefits.

BLACK CUMIN SEED

Seed of Blessing

Black cumin seed, or black seed, was used by ancient Egyptians and many believe it is referenced in the Old Testament of the Bible. It was commonly used for healing colds and infections. Cleopatra may have used it as a beauty-enhancer, and it was found in King Tut's tomb (Salloum, 2019).

Modern researchers are examining black cumin as a brain enhancer and protector.

Elderly participants were found to have improved memory, attention, and cognition after taking capsules of pure black seed powder for several weeks. This is likely due to its antioxidant, neuroprotective properties (Bin Sayeed, et al., 2013).



HOW TO USE

Black cumin can be taken as a capsule or liquid, or you can order the seeds. Dosage recommendations vary based on the purpose of use and form. The study mentioned used 500 mg capsules twice daily.



TURMERIC

The Golden Spice

Turmeric is one of the most popular spices in the Middle East and India, and is used in cooking and to treat numerous health conditions around the world. Ancient Egyptian documents mention the use of turmeric as a dye and for medicine, and traces of it were found in ancient pots in India. It's known for its bright gold color and spicy taste.

This spice includes the active ingredient curcumin and is commonly used as an anti-inflammatory for neurological issues. Its ingredients fight beta-amyloid, protect neurons, and have been shown to improve concentration, as well as memory in Alzheimer's patients (Mishra & Palanivelu, 2008).



HOW TO USE

Turmeric is commonly available as a supplement in capsules, in chewable form, and as a cooking spice. Experts recommend around 500 to 2,000 mg per day for brain health. Because it is not very “bioavailable” to the body -- in short, meaning not easily digested and therefore utilized by the body -- different approaches to enhance its bioavailability are available, such as if you are looking for a supplement form of turmeric/curcumin. One of the most effective is a “liquid micelle liposomal” turmeric. Another widely touted practice is to take black pepper with turmeric to enhance the bioavailability. Do note, however, that those with sensitive stomachs could be impacted by routine intake of black pepper.



PROMISING AFRICAN HERBS

Plant medicine is an integral part of modern African medical systems, and this region surely provided the very first uses of herbal medicine. Some African communities still use natural medicine as the primary healthcare treatment of today.

Remedies used now may date back to the Stone Age, and were traditionally administered by spiritual healers. Like with other regions of the world, some history was lost due to Colonial involvement. However, African traditions still influence medical treatment around the world (Ozioma & Okaka, 2019).

Natural medicine in Africa often includes a spiritual component, and holistic diagnoses are made considering the personal as a whole, along with local cultural traditions.

Africans have used leaves and other herbs, perhaps since the beginning of humanity, to treat various health conditions. Many of these are still used for issues such as mental disorders and dementia. Western science is just starting to catch on to these, and are discovering exciting results and potential from these traditional herbs.

Academic studies for African herbs are in early stages, and scientists are working to confirm what locals have known for centuries.

Here's a look at a couple of these promising natural treatments originating in Africa. These compounds aren't yet readily available outside of the local regions, but they are important ones to look out for.

CARPOLOBIA LUTEA

The Powerful Shrub

Carpolobia lutea, sometimes called cattle stick, is a shrub native to Africa and commonly used in Nigeria for infections and arthritis pain. It's an anti-inflammatory and is popular to locals as an aphrodisiac. A recent study found this herb to be an effective antioxidant for free radicals which are a factor in aging and neurodegenerative disease. This, combined with its anti-inflammatory properties make it an ideal compound to study for Alzheimer's treatment (Nwidu et al., 2017).

CATA-MANGINGA LEAVES

Used for Centuries to Treat Inflammation

Another natural medicine, cata-manginga leaves, has been used for centuries to address inflammation and mental disorders. It grows on a South African island off the west coast, São Tomé e Príncipe.

Scientists are taking an interest in these leaves, taken from the *Voacanga africana* tree, and have found that a compound in the plant may help protect the brain from conditions like Alzheimer's, Parkinson's disease, and damage from strokes (Currais et al., 2014).

LOOKING FORWARD

In recent decades, high-dollar pharmaceuticals have become the holy grail to treat everything from heart disease to insomnia to dementia. However, these chemically manufactured products aren't the only option for brain health.

Many people who deal with concentration struggles, memory issues, or decreased comprehension due to aging may find substantial benefits from herbal treatments. Others may be wisely looking to prevent these problems.

Modern Western medicine may be a lifesaver for some, but it often comes with concerning side effects. Traditional herbal treatments offer a promising alternative. Academic researchers are racing to confirm these natural benefits, so many of them are already known around the world. Most of today's studies stand on the shoulders of centuries of experienced patients and practitioners. To conclude, these treatments are nothing new -- they're simply in a stage of scientific confirmation and rediscovery.



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So again, here at The Art of Anti-Aging, the “anti” means we’re against all the destructive lies about **getting older** out there that equate hitting your 30s, 40s, 50s, 60s and beyond with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

We’re **against all the toxic “solutions” and toxic thinking** being pushed on people by certain powers-that-be who so often play upon those destructive aging lies and manipulate people through fear and even “convenience.”

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Nick Polizzi

Top Indigenous & Ancient Medicine Researcher and Filmmaker

*“There are worthwhile health events. And then there are essential health events. My good friend and veteran natural health luminary, Brian Vaszily, is well-known for creating the latter. However, in **NOW, IT’S PERSONAL: The Ultimate Healthy Aging and Longevity Summit**, he’s about to take things to an even more important level. Because in **NOW, IT’S PERSONAL**, he’s challenging 21 of today’s top doctors and researchers to reveal the most important healthy aging and longevity steps they personally take in their own lives. What the experts actually do to avoid disease and live long and well really is the ultimate lesson, so don’t let yourself miss a moment of this essential-as-it-gets online summit!”*

Dr. Eric Zielinski

World-Renowned Natural Health Doctor



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