

# Preventing Alzheimer's Disease



**DOES ALZHEIMER'S DISEASE RUN IN YOUR FAMILY?  
DISCOVER HOW TO PREVENT THE SYMPTOMS OF  
ALZHEIMER'S DISEASE USING AN EFFECTIVE,  
PROVEN MEDICAL PROGRAM.**

## **DISCOVER . . .**

- simple lifestyle recommendations that can easily be implemented to promote a healthy brain.
- which commonly prescribed drugs can impair brain function and memory.
- how socialization, dancing and laughter contribute to improved memory and focus.
- how to greatly decrease the odds of developing Alzheimer's disease throughout life.
- tips to positively improve overall health.

## **FREE PUBLIC TALK**

**Asheville Compounding  
Pharmacy  
760 Merrimon Avenue  
Asheville NC 28804  
(828) 255-8757**

## **DATE & TIME**

**Thursday, November 9, 2017  
6:00 pm  
\*Seating is limited\***

## **☑ BRAIN CHECKUP**

**An estimated 75 million Americans have the ApoE4 genetic risk for Alzheimer's disease. A groundbreaking 21<sup>st</sup> century medical approach now addresses genetic and other factors proved to cause or contribute to Alzheimer's disease, tipping the odds toward a healthy brain throughout life.**

**If Alzheimer's disease runs in your family, age 40 isn't too early to protect your future brain health by having a brain checkup.**

**Learn More:**  
**[www.gsmcweb.com](http://www.gsmcweb.com)**  
**(828) 252-9833 M-Th**

**Cynthia J. Libert, MD, ABFM** is among the first U.S. physicians to train and be certified in the Bredesen ReCODE Protocol for the prevention and reversal of symptoms of Alzheimer's disease with internationally-recognized expert in neurodegenerative diseases, Dale Bredesen, MD, Duke University Medical School graduate and NIH Postdoctoral Fellow who has held faculty positions at UCSF and UCLA. Dr. Libert brings hope to those who have a family history of Alzheimer's disease and hope for reversal of symptoms to those who struggle with mild cognitive impairment or early stages of Alzheimer's disease. Dr. Libert is currently accepting new patients.



**Dr. Cynthia Libert  
Integrative physician**