

# Neuroplasticity:

## Tapping into the Brain's Ability to Heal



Neuroplasticity refers to the resilience of the brain and its ability to be influenced by its environment via sensory stimuli, experiences, nutrition, hormones, digestive health, brain exercises, movement, relationships, etc. Taking advantage of neuroplasticity helps optimize brain regeneration and function.

### DISCOVER . . .

- the ability of the hippocampus, the seat of memory in the brain, to increase in size in as quickly as one year of following the Bredesen Protocol, even in the later decades of life.
- how to promote optimal brain function and decrease the odds of developing Alzheimer's disease throughout life.
- which drugs can impair neuroplasticity.

### FREE PUBLIC TALK

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

### DATE & TIME

Tuesday, February 27, 2018  
6:00 pm  
\*Seating is limited\*

### ApoE 4 Genotype?

An estimated 75 million Americans have the ApoE 4 genetic risk for Alzheimer's disease that increases the likelihood of developing Alzheimer's disease.

Individuals with a double copy (ApoE 4/4) of this genetic risk factor have responded positively to the Bredesen Protocol that has been shown to reverse the symptoms of Alzheimer's disease.

The best predictors of success with the Bredesen Protocol are early intervention and compliance.

**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. Dr. Bredesen is a 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