

Managing Cognitive Decline



The Health Equation

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The Health Equation offers the Managing Cognitive Decline Diagnostic & Treatment Programme



Mr. Gerry Gajadharsingh DO

Osteopath, Diagnostic Consultant-Complementary Medicine

Metabolic Balance® Nutritional Coach and Lecturer for Metabolic Balance® UK

Advanced Breath Practitioner Lifelogix Inc

The Health Equation is a private health clinic in London and Wiltshire where we take the time to carefully assess you, so we can get to the root cause of any problems you may have. We provide an open environment, where you can discuss your health in detail and learn more about your individual needs and treatment options.

By combining both conventional and complementary medicine, we consider our patients' as a whole; taking into consideration your body, mind, energy level, memory, diet, routine and posture. An initial consultation at our private health clinic in London or Wiltshire will allow us to create a thorough picture of your health and lifestyle and provides a unique diagnosis alongside a treatment plan that's specific to you and your needs. Our core values are Caring, Partnership and Excellence; our aim is that these values underpin all that we do at The Health Equation.

Cognitive Decline

850,000 people are currently living with dementia in the UK, **539,000** people have been formally diagnosed. The projections are that by 2025 there will be **1 million people** and by 2050 **2 million people** with dementia. There are **209,000** new cases of dementia each year, a new case every 3-minutes. **Women over 60 years of age are twice as likely to develop dementia** as breast cancer. **7.1%** of people over 65 have dementia. Over **42,000 people under 65** have dementia in the UK.

Dementia is characterized by a loss of neurons and atrophy of brain tissue. Eventually, this leads to limitations in cognitive performance of executive functioning, memory, and attention. The neurodegenerative processes in the brain go hand in hand with limitations in physical performance of endurance capacity, muscle strength, balance, and mobility. Eventually, decline in cognitive performance and physical performance results in problems in activities of daily living and behaviour, leading to institutionalization and a decreased quality of life. Therefore, prevention of decline and preferably an improvement in both cognitive and physical performance in patients with dementia are of utmost importance.

Current research suggests that managing inflammation, glucose, pH, cardiovascular factors such as blood pressure, increasing O2 delivery to the brain and venous drainage away, adequate sleep, autonomic nervous system balance, coupled with cognitive and physical exercise, olfactory enrichment and managing other lifestyle factors may lead to better outcomes.

Managing Cognitive Decline

“Adopting an Integrated Osteopathic Approach to patient diagnosis and treatment/management may reduce the symptoms of patients presenting with dementia or perhaps reduce the functional/lifestyle/behavioural risks that may be associated with developing dementia.”

Details of the Diagnostic and Treatment programme Patients will receive the innovative diagnostics and treatment/management interventions, currently used on complex patients at The Health Equation and developed by Mr Gerry Gajadharsingh DO, based on sound physiological principles and current research.

Diagnosics with Mr. Gerry Gajadharsingh DO

- Diagnostic Consultation-(60 minutes + 30 minutes) including a detailed history, clinical examination, capnography and Heart Rate Variability (HRV).
- The MMSE Questionnaire (The Mini Mental State Examination (MMSE) which is the most commonly used test for complaints of problems with memory or other mental abilities) and/or GPCOG (a slightly shorter questionnaire but with similar diagnostic equivalence to MMSE)
- 1 MBR Blood Test (Haematology/biochemistry screen, ESR CRP, Thyroid (TSH FT4), Pancreas (Lipase Amylase), HbA1c and Vit D25OH)
- The Sniffin Test (olfactory testing from Burghart, 12 smell test)
- Functional Blood Analysis (FBA) on the 1MBR results & follow up report.
- An individualized Metabolic Balance ® nutritional plan.
- Optional Genetic Risk factors APOE E2, E3 and E4 (blood test at additional charge)

Treatment/Intervention (over a 6-month period)

Osteopathic Manual Treatment (OMT) Breathing Re-Education, 3* standard consultations with Mr. Gerry Gajadharsingh DO

A Metabolic Balance ® individualised nutritional programme: Following a modified Metabolic Balance ® individualised nutritional programme, an innovative nutritional programme developed by an endocrinologist and nutritionist in Germany, coupled with appropriate nutritional supplementation. Including 2* additional standard consultations with Mr. Gerry Gajadharsingh DO.

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Appropriate individualised exercise strategies (discussed during the consultations)

Individualised behavioural change (discussed during the consultations)

Via breathing exercises/stress management techniques to support physiological change including autonomic nervous system balance, O₂ delivery on a cellular level and pH control.

Olfactory enhancement advice.

At the end of the 6-month programme

Follow up 1 MBR Blood Test.

Follow up MMSE or GPCOG Questionnaires at end of 6-month treatment period.

Sniffin follow up olfactory test.

Final consultation at the end of 6-month treatment period to record examination findings etc and ongoing advice.

Invitation to attend a short consultation for MMSE and or GPCOG Follow up Questionnaires at M12 (1 year) from M0 (start of the programme).

Diagnostics Costs:

Patients pay a package price for the Diagnostic Consultation and 1 MBR blood test, Functional Blood Analysis report and Modified Metabolic Balance ® plan, at a 25% discount to our normal fees. The optional APOE, E2, E3 and E4 blood test is charged at normal TDL book price. A comprehensive report based on the diagnostic consultation and findings is provided free of charge.

Treatment Costs:

Patients pay a package price for 5* standard consultations (45 minutes) of OMT/Breathing/Nutritional support with Mr Gerry Gajadharsingh DO, at a 25% discount to our normal fees. Patients will also need to pay separately for their nutritional supplements and aromatherapy oils for olfactory enhancement, these are individualised, so costs vary.

The end of study (6 months) cognitive questionnaires, a standard consultation (45 minutes), follow up 1 MBR blood test and updated Functional Blood Analysis report, Sniffin follow up olfactory test and the 1 year follow up cognitive questionnaires are provided at a 50% discount to our normal fees.

For further information, including current fees go to <https://www.thehealthequation.co.uk/consultation-treatment-fees/>



You can also download “The Health Equation- A Way of Life”, available from Apple, Gerry’s iBook containing 30,000 words of text and 10 HD videos focusing on nutrition and lifestyle. <https://itunes.apple.com/gb/book/health-equation-way-of-life/id871262937?mt=11>

Please call us on +44 (0) 20 7631 1414 or email info@thehealthequation.co.uk for further information