





# **Mental Health, Cognitive Impairment, and Other Health Matters**

**with  
Dr. David Ajibade**



BRAIN AND BODY  
FOUNDATION  
C.A.R.E For All



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***Mental Health, Cognitive  
Impairment and Other  
Health Matters,  
with  
Dr. David Ajibade***



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**What We Will Be Exploring:**

- 1. Dementia 101: What is Dementia?***
- 2. What Makes a Good Brain Go Bad?***
- 3. Cardiovascular Disease and Dementia***
- 4. Blacks and Cardiovascular Disease***
- 5. Addressing the Three Main problems***
- 6. What Blacks Can Do***
- 7. Vitamin D3***
- 8. Closing Thoughts and Action Steps***
- 9. Questions***



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***Alzheimer's Association  
Contact Information:  
alz.org  
800.272.3900***



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***About Me***



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***2024 Selected for Baltimore Magazine's Game  
Changers Edition***

***2023 Nigeria's Most Respected CEO Award (Hospitals  
and Healthcare)***

***2023 Listed in Marquis Who's Who in America***

***2021 Winner, Impact Africa Summit Awards – Best  
Health Show on TV in Africa***



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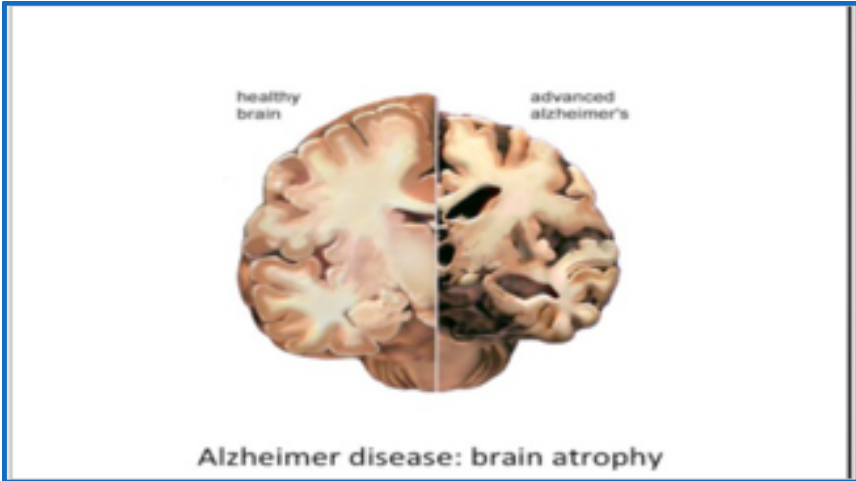
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***Over 80% of All  
Dementias is Related  
to Cardiovascular  
Disease***



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***The Relationship  
Between Blood Flow and  
Your Ability to Think,  
Learn and Remember***



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***Blacks  
and  
Cardiovascular  
Disease***



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**Blacks and Cardiovascular Disease:**

1. *Calcium Sensitivity*
2. *Salt Sensitivity*
3. *Sugar Sensitivity (plus insulin resistance)*



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***Salt/Sodium Sensitivity***



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***Calcium Sensitivity***



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**Foods and Sugar Content:**

- *Slice of Bread: 4 grams*
- *Apple: 19 grams of sugar per medium-sized apple*
- *Banana: 14 grams per medium banana*
- *Orange Juice: 24 grams per 8 ounces*
- *Chocolate Bar: 25 grams per standard bar*
- *Soft Drink: 39 grams per 12-ounce can*



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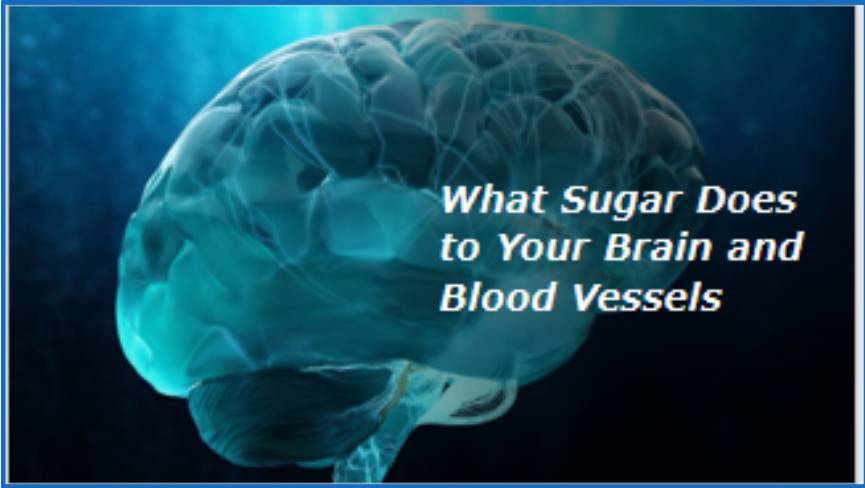
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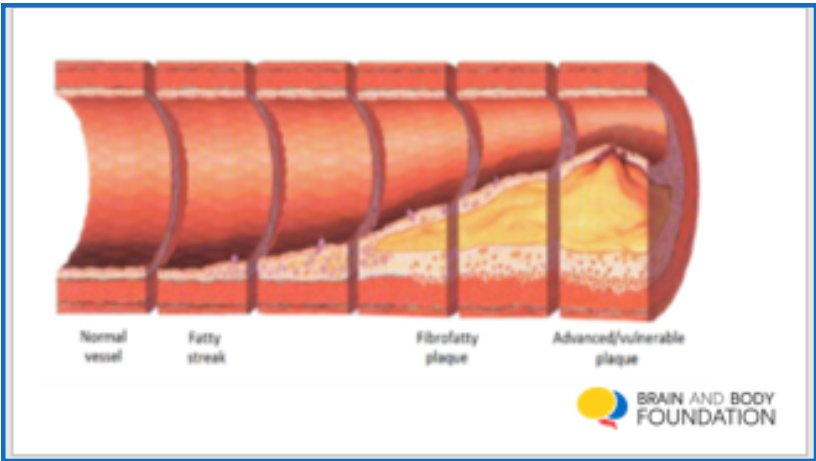
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***80% of The Average African American's Diet is Processed Foods***

 BRAIN AND BODY FOUNDATION

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*We Are Deliberately and Systematically Being Targeted.*



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*It's Not Just The American Diet!*



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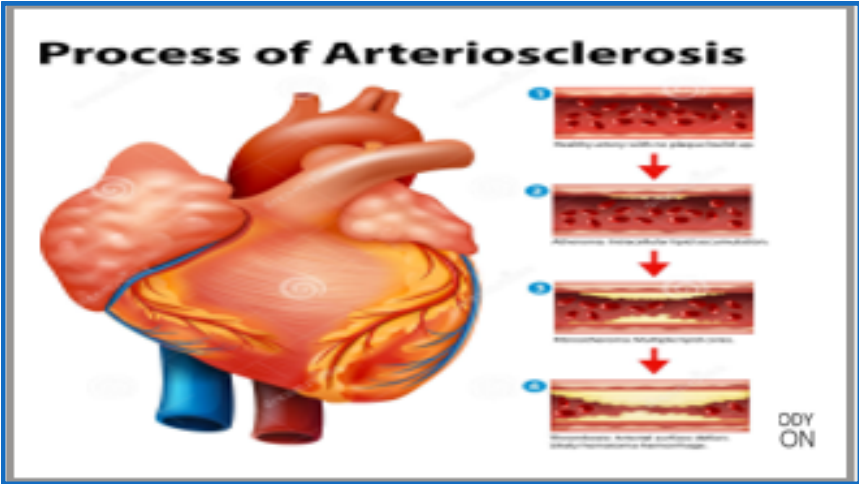
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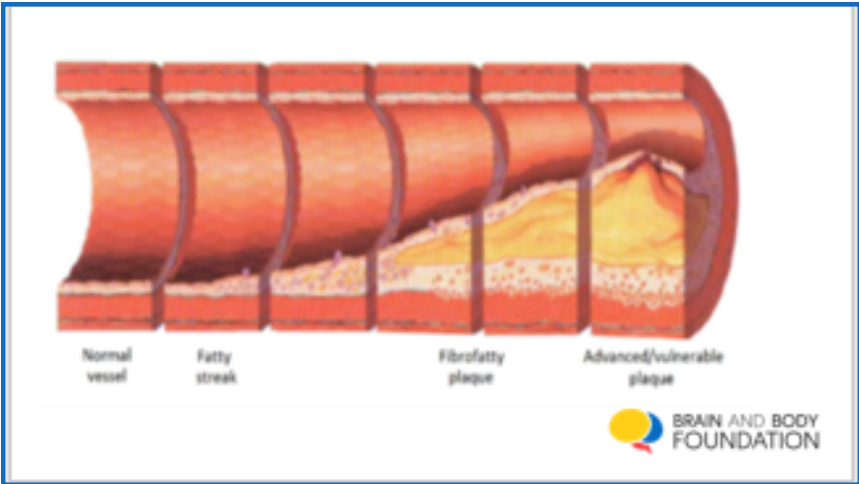
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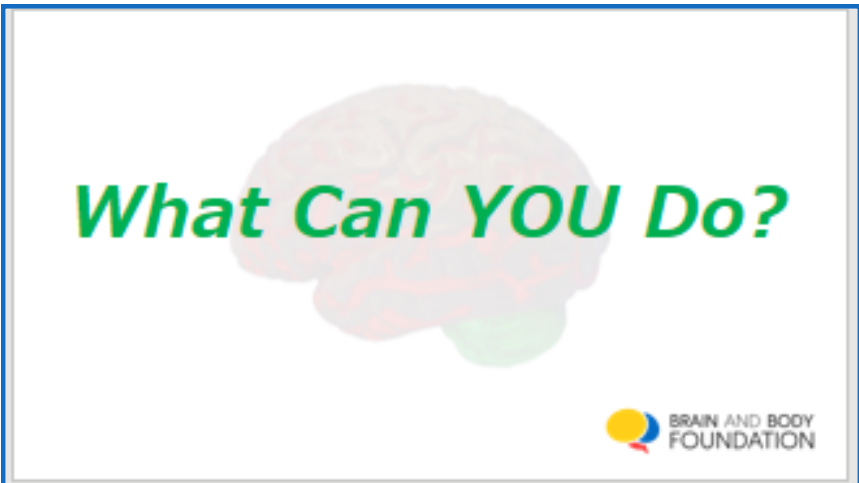
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# *General Principles*



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# *Insufficiencies*



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## *The "Non-Negotiables":*



- 1. Potassium*
- 2. Magnesium*
- 3. Zinc*
- 4. Vitamin B (especially B1 and B12)*
- 5. Vitamin C*
- 6. Vitamin D3*
- 7. Vitamin K2*



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**Blacks and Cardiovascular Disease:**

1. Salt Sensitivity – **Potassium and magnesium**
2. Calcium Sensitivity – **Potassium, Magnesium, Zinc and Vitamin K2**
3. Sugar Sensitivity (plus insulin resistance) – **Vitamin B1, Vitamin C, Vitamin D3 and K2**



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**Nutrients**

1. The “Non-Negotiables”
2. Omega 3 Fatty Acids
3. Fiber



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**Vitamin D3**



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## Vitamin D3

and

## Alzheimer's Disease



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**REDUCES THE RISK  
OF DEMENTIA BY AS  
MUCH AS 40%!!!**



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### Vitamin D3 and Amyloid Plaques and Neurofibrillary Tangles:

Vitamin D is known to participate in *the clearance of amyloid beta (A $\beta$ ) aggregates*, one of the hallmarks of Alzheimer's disease (AD), and may *provide neuroprotection against A $\beta$ -induced tau hyperphosphorylation (neurofibrillary tangles)*



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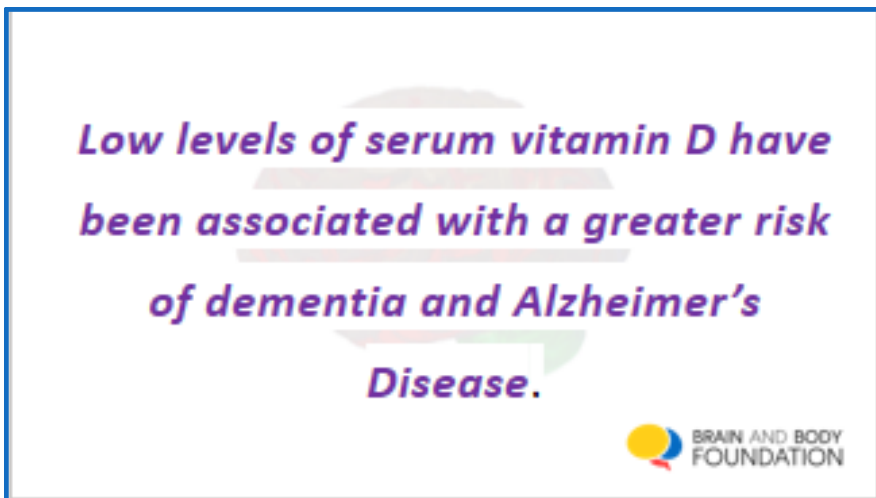
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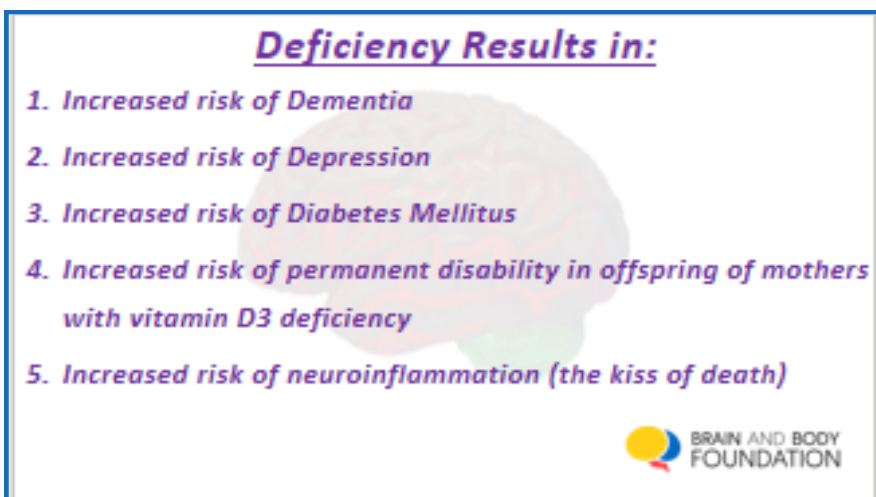
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"We know there are receptors for vitamin D throughout the central nervous system and in the hippocampus," said Robert J. Przybelski, a doctor and research scientist at the University of Wisconsin School of Medicine and Public Health.

"We also know vitamin D activates and deactivates enzymes in the brain and the cerebrospinal fluid that are involved in neurotransmitter synthesis and nerve growth."

In addition, animal and laboratory studies suggest vitamin D protects neurons and reduces inflammation.



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### Results of Vitamin D

#### Deficiency in The Brain:

The researcher goes on to report that, "There was also a stark reduction in both the number and strength of connections between neurons in [the hippocampus]."

Although the study did not firmly establish this mechanism, the researchers think that vitamin D deficiency makes perineuronal nets more vulnerable to the degrading action of enzymes.

The scientists found that the lower the subjects' vitamin D levels, the more negatively impacted was their performance on a battery of mental tests. Compared with people with optimum vitamin D levels, those in the lowest quartile were more than twice as likely to be cognitively impaired.

The data show that those people with lower vitamin D levels exhibited slower information-processing speed. This correlation was particularly strong in men older than 60 years



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## Vitamin D3 and Blood Flow



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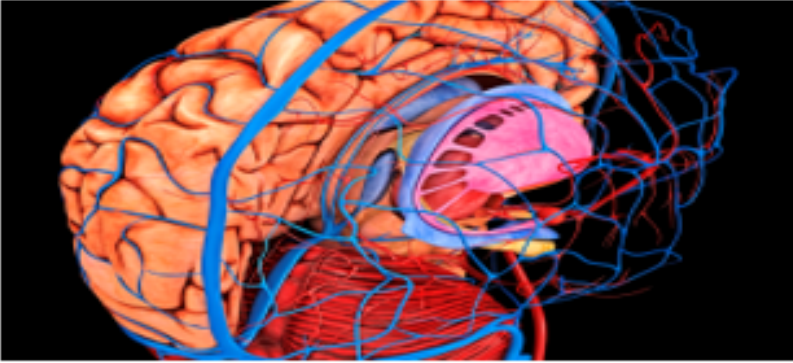
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**Blood Flow in The Brain**



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**Diabetes, Vitamin D3  
and  
Blood Flow**



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**30ng/ml – 100ng/ml**



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**SKIN TYPES AND VITAMIN D ABSORPTION RATE**

Skin Type	Skin Colour	Skin Characteristics
I	Very fair; red or blonde hair; blue eyes; freckles.	Always burns, never tans.
II	Fair; sandy or red hair; blue, hazel or green eyes.	Usually burns, tans with difficulty.
III	Fair; with any eye or hair colour; very common.	Sometimes mild burn, gradually tans.
IV	Dark brown hair; green, hazel or brown eyes.	Rarely burns, tans with ease.
V	Dark brown and black hair; brown and dark brown eyes.	Very rarely burns, tans very easily.
VI	Black hair, dark brown eyes.	May never burn, tans very easily

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**10,000 – 20,000 IUs**  
**(30 mins)**



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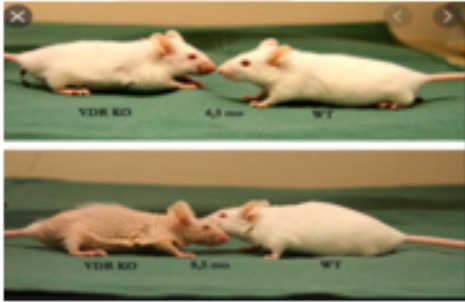
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### Vitamin D3 and Aging



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## How To Get Vitamin D3



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## Consider D3/K2 Combo



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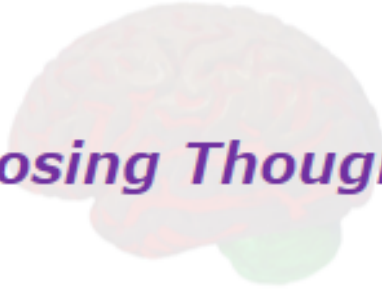
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## Closing Thoughts



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### Action Steps:

1. *Take Your Medications!*
2. *Start purposely reducing your sugar and starchy intake*
3. *Make it a point to move after meals*
4. *Start exercising more*
5. *Optimize sleep*
6. *Take supplements (you can't get the nutrients you need from a "balanced diet")*



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## The Relationship Between Blood Flow and Your Ability to Think, Learn and Remember



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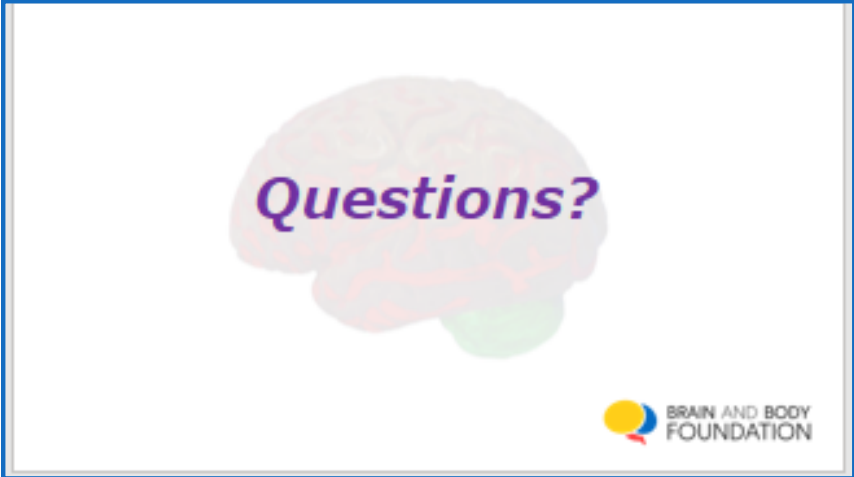
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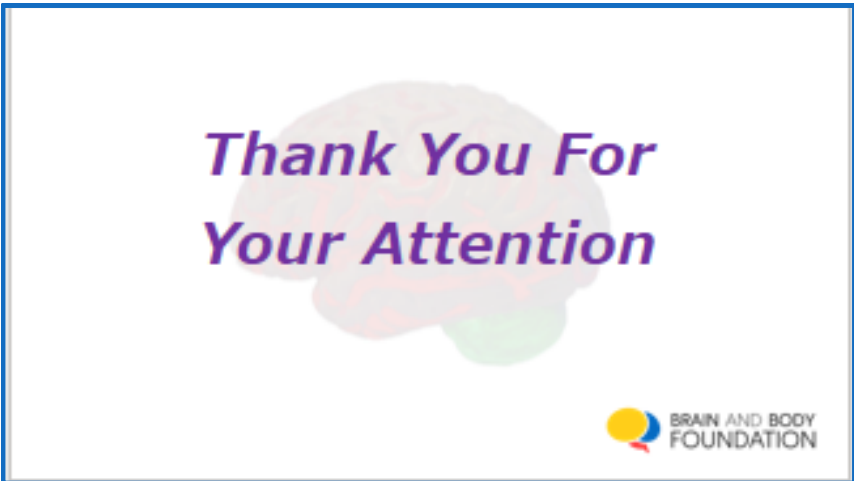
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