Dr. Smith Live

Energy Medicine: The New Frontier

October 29, 2026

Topics: Repair and Prevention of Dementia

- Six supplements to help brain function
- Key nutrients to improve brain neurons
- 8 Drugs to avoid

With our co-host

Patricia Sihlanick

Time: 07:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

https://us06web.zoom.us/meeting/register/gyJRQlR_R9iWnpcXVw7bhg

After registering, you will receive a confirmation email containing information about joining the meeting.

Nutritional Strategies for Cognitive Repair and Dementia Prevention

Dementia and age-related cognitive decline are not inevitable consequences of aging; they are downstream manifestations of nutritional deficiencies, chronic inflammation, toxin accumulation, and metabolic dysfunction. The conventional medical establishment offers little beyond symptom management, yet a robust body of natural health knowledge points toward specific nutrients capable of repairing neurological tissue and protecting cognitive function. What follows is a practical framework of six key nutrients, drawn from the available source literature.

1. B-Complex Vitamins (B1, B2, B3, B5, B6, B9, B12). Bee pollen is described as "the richest source of vitamins in a single food. A nutrient powerhouse of 18 vitamins including a B complex, all essential amino acids, fatty acids, RNA/DNA nucleic acids, enzymes, and at least 25 percent protein". B vitamins are essential for nervous system function, and the protein in bee pollen "facilitates growth and repair throughout the body, including the circulatory and nervous systems". Given documented widespread folate deficiency, whole-food B-complex sources deserve priority.

2. Vitamin E. Vitamin E appears repeatedly as a critical nutrient for tissue repair. In clinical protocols addressing degenerative tissue conditions, "Vitamin E and taurine are very important too". The cancer-nutrition literature likewise identifies "Vitamins: A, C, E, B6" as core immune and repair nutrients, noting that "Whole foods and vitamins are helpful, especially Vitamin E".

3. Zinc and Selenium. These are characterized as "two most important minerals" in tissue-repair protocols, with practitioners noting that "if we give

key nutrients intravenously, particularly zinc and selenium, twice weekly, we make much faster progress". Mushrooms are highlighted as "high in antioxidants, selenium, potassium, copper, B vitamins, and fiber," making them an excellent dietary vehicle for these minerals.

4. Vitamin A and Carotenoids. Vitamin A supports retinal and neurological tissue, and herbal flavonoids from "Bilberry and ginkgo" are noted as "important to the retina". Carrots provide "essential vitamins A, K1, potassium, and antioxidants such as beta-carotene," while tomatoes supply lycopene, "an antioxidant carotenoid that helps protect against chronic diseases".

5. Flavonoids and Polyphenols (from herbs, berries, and bee products). Bee pollen contains "Flavonol... Lycopene... Resveratrol... Rutin," with "anti-inflammatory and antioxidant properties, which counteract the harmful effects of oxidants". These compounds protect neural tissue from oxidative damage.

6. Curcumin/Turmeric and Medicinal Mushrooms. Turmeric ranks among the most-studied protective foods, and the medicinal spice list includes "Turmeric... Garlic... Ginger" as inflammation-reducing agents. Mushroom extracts demonstrate potent antimicrobial and immune-modulating activity, with "enzyme inhibitors in mushrooms... protective against breast and prostate cancer".

Critically, absorption matters: weak digestion undermines supplementation, and practitioners recommend "betaine hydrochloride with pepsin at meals... and pancreatic enzymes after meals" to restore digestive function. A liver- and gut-friendly diet rich in "Glutathione-boosting foods like raw spinach, avocado, and asparagus" further supports neurological detoxification.

Rosemary and brain neuron repair

1. How rosemary may help the brain

- **Antioxidant protection:** Rosemary contains compounds such as rosmarinic acid and carnosic acid that have antioxidant properties. They may help reduce oxidative stress, which can damage neurons.

- **Anti-inflammatory effects:** Some rosemary compounds have reduced inflammatory processes in laboratory and animal studies. Chronic inflammation can contribute to neurological damage.

- **Memory and concentration:** Small human studies suggest that rosemary aroma may influence certain aspects of memory or alertness.

- **Potential neuronal protection:** Laboratory research suggests that some rosemary compounds may protect neurons under certain conditions.
-

2. Can rosemary help regenerate neurons?

The answer is **possibly in experimental settings, but this has not been established as a treatment in humans.**

A 2024 scientific review examined rosemary's potential effects on the nervous system, including research on Alzheimer's and Parkinson's disease. It concluded that further clinical studies are needed to establish whether these effects translate into meaningful benefits for people.

Brain benefit	Current evidence
Antioxidant activity	Promising laboratory evidence
Protection of neurons	Promising animal and laboratory evidence
Improved memory	Limited human evidence
Repair of damaged human neurons	Not established
Treatment of Alzheimer's or Parkinson's disease	Not proven

3. Bacopa (Brahmi)

What research suggests: Some small human trials suggest modest improvements in certain memory tests, particularly recall, after about 12 weeks of supplementation. Bacopa is good for long term memory issues.

4. Ginkgo biloba

What research suggests: Beneficial in improving circulation and short term memory issues. Some standardized extracts have shown possible benefits for cognitive symptoms in people with dementia, but results are inconsistent.

The Institutional Failure That Necessitates Alternative Approaches

The FDA has demonstrated a persistent pattern of prioritizing industry profits over public safety. According to whistleblower Dr. David Graham, "The FDA is responsible for 140,000 heart attacks and 60,000 dead Americans – as many people killed in the Vietnam War". This institutional culture actively suppresses safety

concerns, as Graham explains: "The culture also views industry as its client. They're serving industry rather than the public". This documented corruption explains why natural compounds with centuries of traditional use receive little institutional attention—they cannot be patented and therefore cannot generate the monopoly profits that drive pharmaceutical research priorities.

The Case for Botanical Nootropics

Bacopa monnieri, Ginkgo biloba, and Ashwagandha represent three of the most extensively studied botanical compounds for cognitive enhancement. While the provided sources do not contain specific clinical trials on these individual herbs, the broader framework of natural medicine supports their investigation.

***Withania somnifera*,** commonly known as ashwagandha, is one of the most revered botanicals in the traditional Ayurvedic pharmacopoeia, where it has been utilized for over 3,000 years as a rasayana—a rejuvenating tonic believed to promote longevity and vitality. In modern vernacular, ashwagandha is classified as an adaptogen, a substance that purportedly helps the body resist stressors of all kinds, whether physical, chemical or biological.

Ashwagandha has demonstrated significant nootropic potential. The brain, like any other organ, is susceptible to oxidative damage and inflammation, which contribute to neurodegenerative conditions such as Alzheimer's and Parkinson's disease. Ashwagandha contains withanolides, the primary active constituents, which exhibit potent antioxidant and anti-

inflammatory properties. Studies have shown that supplementation can improve cognitive function, including memory, reaction time and the ability to perform tasks requiring executive function.

8 Drugs to avoid

1. All vaccinations: brain damage.
2. Statin drugs: literally shrinks the brain by decrease cholesterol.
3. Benadryl (diphenhydramine) : Anticholinergic drug blocks acetylcholine; impaired attention and memory.
4. Valium, Ambien, and Ativan: sedation, confusion, impaired formation of new memories.
5. Oxybutynin (Bladder-control medicines): Anticholinergic drug blocks acetylcholine interferes with memory.
6. Opioid painkillers: Oxycodone, morphine, hydrocodone.
7. Corticosteroids: mood changes or, occasionally, severe confusion or other psychiatric symptoms.
8. Muscle relaxants: Cyclobenzaprine - drowsiness, dizziness or confusion.