



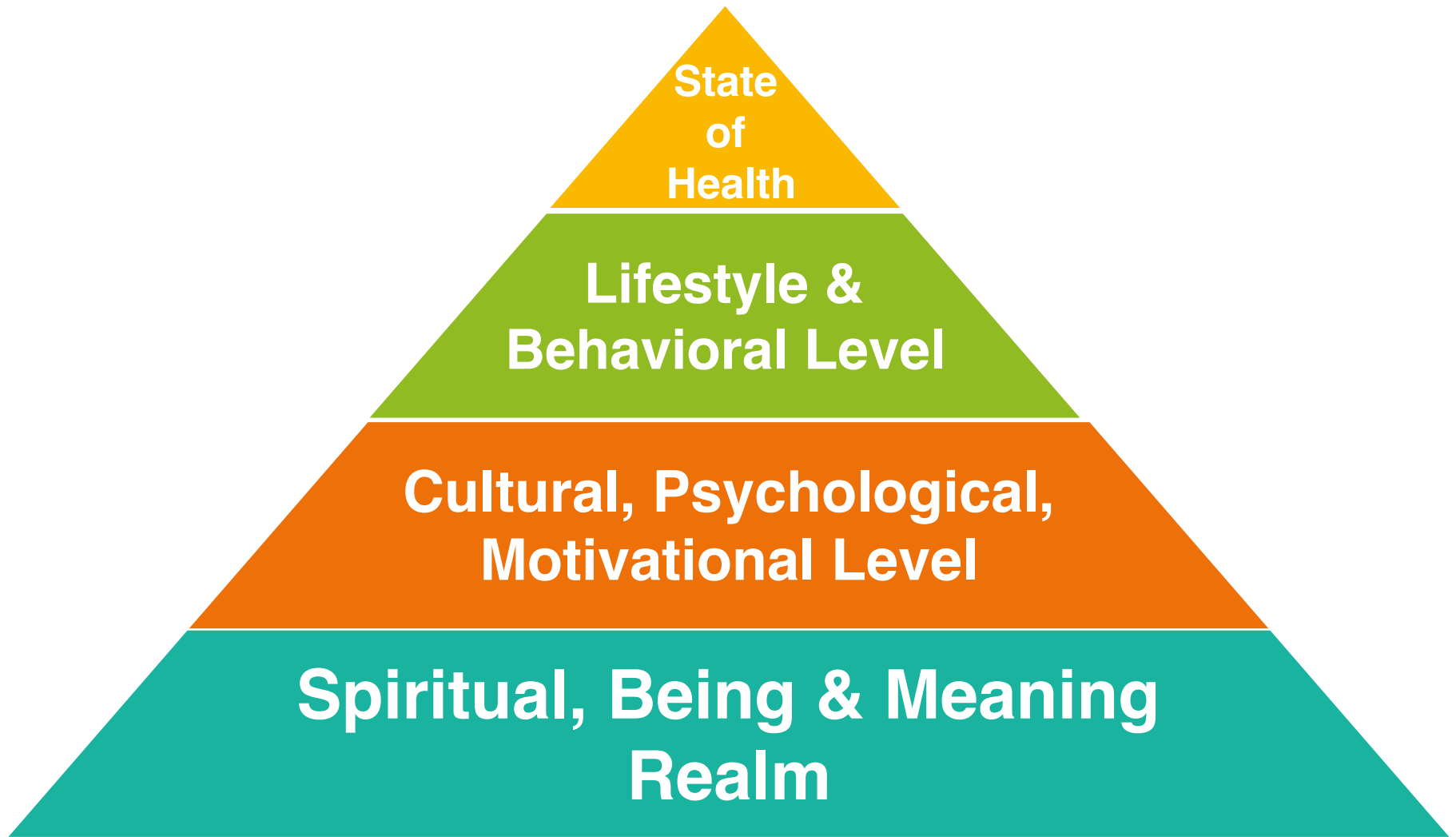
**Cynthia Libert, M.D.**  
Functional Medicine for the  
Brain & Body

**The Brain Protection Plan:**  
A Systems Biology Approach to Optimal Health &  
Brain Function

**No problem  
can be solved  
by the same  
consciousness  
that created it.**







Adapted from the Wellness Workbook, How to Achieve Enduring Health and Vitality  
John Travis, M.D. and Regina Sara Ryan

# Upstream Medicine



## Two different paradigms

### Upstream

- Why?
- Proactive
- Root cause
- Cost-effective
- Creating Health
- Individualized
- Lifestyle/Natural
- Reversing Risk Factors
- Quality Time/Education
- Holistic

### Downstream

- What?
- Reactive
- Symptoms
- \$\$\$\$
- Battling Disease
- One Size Fits All
- Drug/Surgery
- Band-Aid
- Brief Focused Visits
- Reductionistic

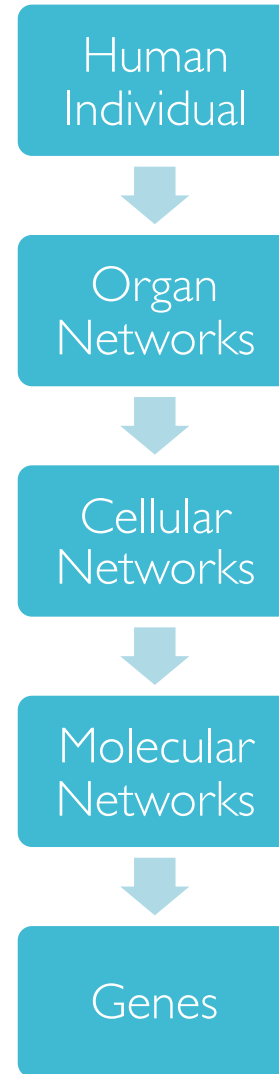
# Functional Medicine



“Functional Medicine is a systems biology–based approach that focuses on identifying and addressing the root cause of disease. Each symptom or differential diagnosis may be one of many contributing to an individual’s illness.” **ifm.org**

# Systems Biology

The study of biological systems whose behavior cannot be reduced to the linear sum of their parts' function.

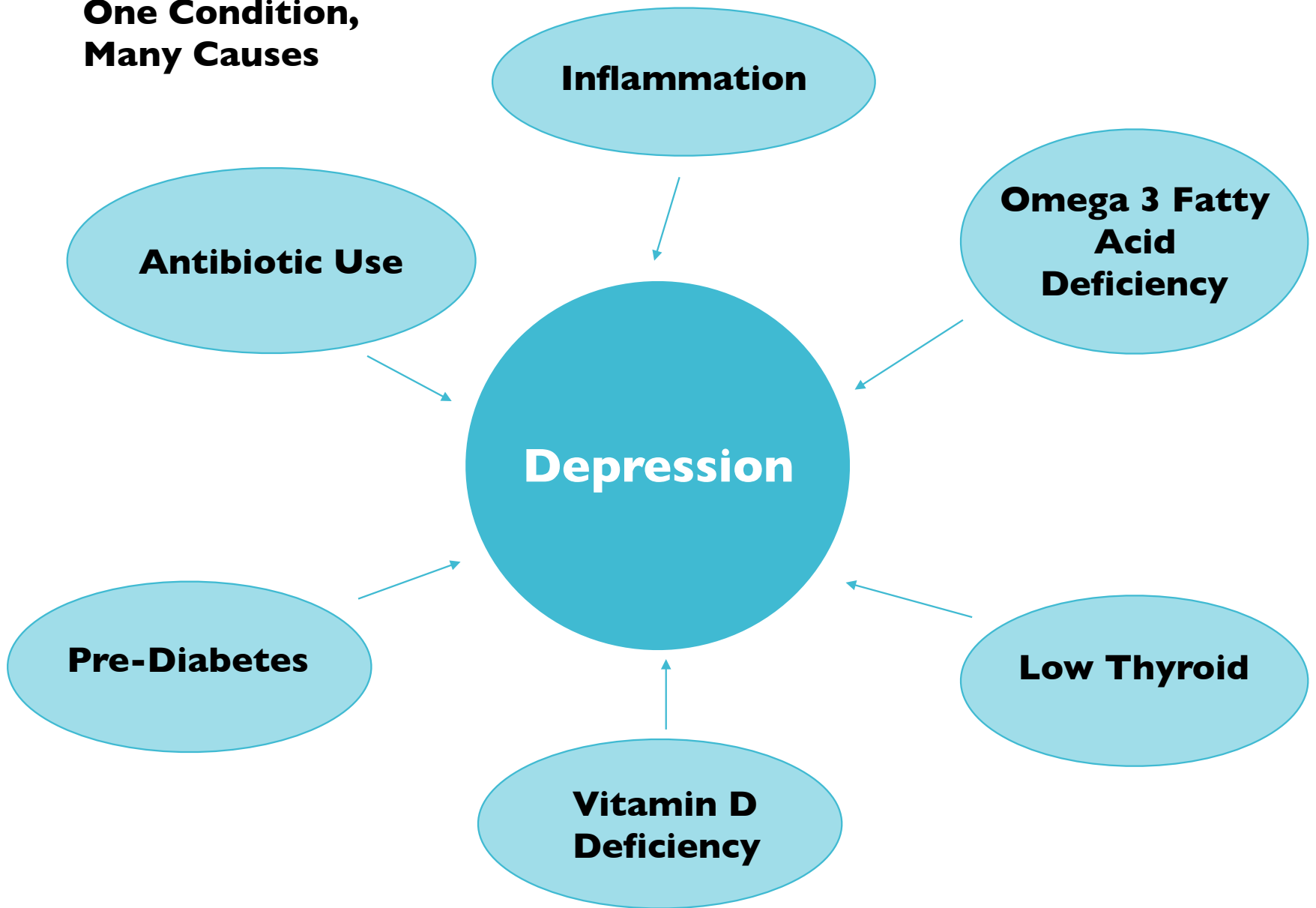


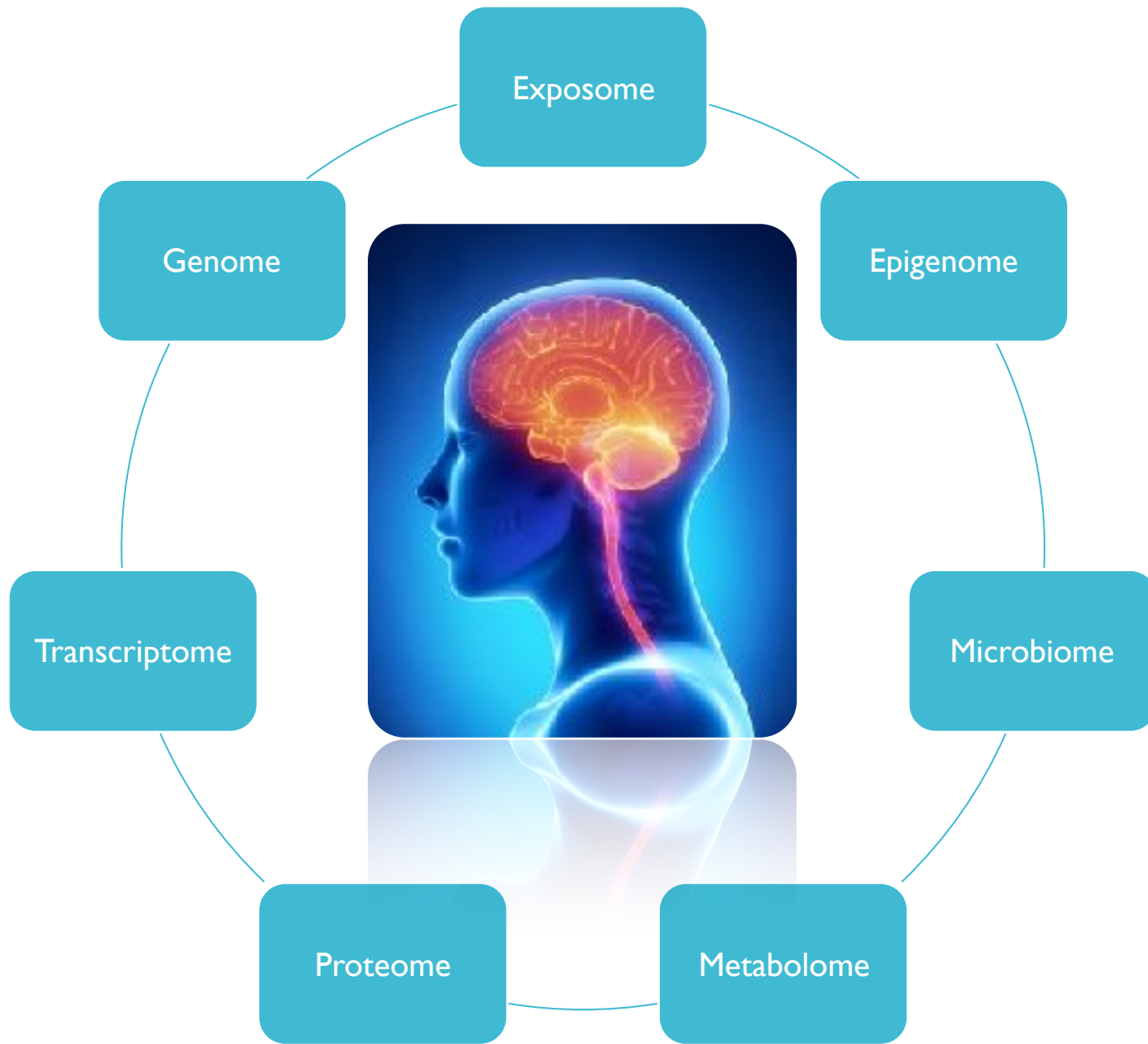


Connect the  
Dots



**One Condition,  
Many Causes**





# Epigenetics



- **Add the Proper Fuel** (Nutrigenomics & Blood Sugar Balance)
- **Calm & Train the Brain Waves** (Soothe Anxiety and Lift the Mood)
- **Heal the Gut** (Seal the Leaks and Cultivate a Healthy Microbiome)
- **Restore Hormonal Balance** (Pituitary, Thyroid, Adrenals & Sex Hormones)
- **Jumpstart Metabolism** (Improve Mitochondrial Health & Energy Production)
- **Put Out the Fire** (How to Optimize Body Composition & Turn Off Chronic Inflammation)
- **Take Out the Trash** (How to Avoid Brain Toxins & Support Your Body's Natural Ability to Detoxify)

Add the  
Proper Fuel



Add the  
Proper Fuel  
(Nutrigenomics  
& Blood Sugar  
Balance)

- **Simple Start**
  - **Cut out junk food!**
  - **Aim for 5+ servings of veggies a day**
  - **Stay hydrated**
- **Mito Eating Plan**
- **Health Coach**

Calm & Train  
the Brain  
Waves





Calm & Train  
the Brain  
Waves (Soothe  
Anxiety and  
Lift the Mood)

- **Gratitude Journal**
- **5 minutes of silence daily**
- **Mindfulness**
- **Brain HQ**
- **Photobiomodulation**
- **Neural Agility**
- **Counselor if needed**
- **Botanicals**
  - **Lavender**
  - **5-HTP**
  - **Adaptogens**

Heal the Gut  
(Seal the Leaks  
and Cultivate a  
Healthy  
Microbiome)



Heal the Gut  
(Seal the Leaks  
and Cultivate a  
Healthy  
Microbiome)

- **Address Constipation and/or Diarrhea**
- **Food sensitivities? Gluten? Dairy?**
- **Fiber**
- **Diversity of Plant Foods (Add one new plant to your diet every week)**

# Your Alzheimer's Disease Prevention Toolkit



[https://caringforthebody.org/  
toolkit/](https://caringforthebody.org/toolkit/)

**Password:  
VIP2020**



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# QUESTIONS & ANSWERS



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