



**MERRITT  
WELLNESS  
CENTER**

## LIMITATIONS OF THE BREDESEN PROTOCOL

The Bredesen Protocol is not harmful to anyone, but not everyone is able to reverse cognitive decline at any stage. We will help every person that we can to best of our ability. However, certain patients will *not* benefit from the protocol. Though we do everything we can to help, our experience has taught us that **the following conditions can keep a person from improving:**

### MID TO LATE ALZHEIMER'S

If the patient has already been diagnosed with Alzheimer's disease for some time, they have generally declined to the point that they become incapable of doing everything necessary to complete the whole protocol. Some people will be physically incapable of doing the brain exercises on the computer. We know how difficult new habits are to acquire; this is exacerbated greatly by cognitive decline.

### UNWILLING TO DO A PORTION

Unfortunately we have experienced patients who are unwilling to make all of the necessary lifestyle changes to effectively do the Bredesen Protocol. Often they are driven, literally and figuratively, by a loved one to doing the protocol. The patient has to have enough volition to consent to doing the program or else it doesn't work. It doesn't work to do only some piece of the program, the entire protocol must be adhered to faithfully or it will have little to no effect on the health of the patient.

### OTHER CONDITIONS

Adverse health conditions can affect a patient's ability to do the protocol. If you have a complicated medical history with many medications, we will need to work with your primary care doctor and improve your health such that you can reduce your list of medications. Numerous medications help one health problem, but contribute to cognitive decline. The Bredesen Protocol is unproven to treat cognitive decline from causes other than Alzheimer's (other brain pathologies).