A TRUE STORY OF GOING FROM PARKINSON'S STAGE 3 TO STAGE 1 & REVERSE ALZHEIMER'S USING A GROUNDBREAKING NUTRACEUTICAL

MY 2026 VICTORY OVER PARKINSON'S AND ALZHEIMER'S WITH A NEW NUTRACEUTICAL

HOW AN UNHEARD-OF BRAIN SUPPLEMENT CHANGED WHAT DOCTORS THOUGHT WAS IMPOSSIBLE



100% CURE RATE: **PARKINSON'S, ALZHEIMER'S, DEMENTIA** IN **MICE** AND **ME!!!**



MARK BURNETT

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Research Source:
Department of Translational Neuroscience, Osaka Metropolitan University Graduate School of Medicine, Osaka, Japan. Mouse studies

University of Rochester Medical Center, Rochester, New York, Dr. Maiken Nedergaard

Personal medical story, photos, and medical records shared by Mark Burnett.
Photos by Josielyn Burnett from the Michael J. Fox Foundation's Washington, D.C. Marathon, taken in public places.

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Second Edition, 2027
Published by:
APDI, Inc. 202-536-5000
www.APDI.com
www.MyBrainRestore.com
www.Glymphatic.com
120 Waterfront St. Suite 420
National Harbor, Maryland 20745
ISBN: 979-8-90214-409-0

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INTRODUCTION: MY PARKINSON'S AND ALZHEIMER'S, DEMENTIA



Let's get one thing out of the way: this wasn't the book I never expected to write.
I didn't grow up dreaming of becoming a Parkinson's patient with Alzheimer's, or an accidental expert in neurology supplements, Nootropics, or Nutraceuticals, physical therapy, and medication side effects. Yet here I am. And if you're reading this, chances are you've joined the group none of us asked to be associated with.

This book is MY story, raw, researched, and occasionally bold.

It's grounded in **rock-solid science**, backed by **cutting-edge research** from a **major Japanese university,** and personally tested by me every single day for 1 ½ years. And I got better, not just a little, a lot! From Stage 3 Parkinson's to Stage 1 in one year. Over a year for advanced tremors and other issues. But I would point out everyone's different and therefore will have different results and may take longer. Alzheimer's memory improved dramatically. Because of what I'm doing right now, I may never get Dementia because I took a product that I eventually

made after testing it on myself for 1 ½ years, called My Brain Restore®. I named it that because it restored my brain.

My Brain Restore® supports the Glymphatic system™, the Brain's Dishwasher™. The Glymphatic system was discovered in 2012 by Danish scientist Maiken Nedergaard, who is working with the Rochester Medical University. www.Glymphatic.com

It's so new that most neurologists pay it no attention, but they should. It is the Holy Grail of what scientists are trying to fix to help cure neurological diseases: "Glymphatic System Dysfunction and Sleep Disturbance May Contribute to the Pathogenesis and Progression of Parkinson's Disease", *May 2025, International Journal of Molecular Sciences, Basel, Switzerland.*

In December 2025, researchers at Monash University, working in collaboration with Yale School of Medicine, identified a critical network of brain drainage pathways responsible for clearing metabolic waste. Their findings showed that dysfunction in this clean-up and drainage system is strongly associated with **Alzheimer's disease and other neurological and neurodegenerative conditions.** The research went even further, suggesting that improving this system may support

brain recovery after an ischemic stroke.
This work reinforces a growing body of evidence that dysfunction of the glymphatic system plays a central role in a wide range of neurological challenges, not just memory loss, but broader brain health and recovery.

MY BRAIN RESTORE® was developed with this emerging science in mind. Its unique, carefully prepared ingredient (**a unique cultivator of Ziziphus** (Never heard of it don't feel bad everyone else I meet hasn't heard of it either, but the Japanese scientists knew about it and exactly what version worked)) is designed by nature to support the brain's natural waste-management and drainage processes, helping maintain a balanced neurological environment essential for long-term brain wellness.

As science continues to uncover how deeply interconnected these pathways are, supporting the brain's own clean-up systems may prove to be one of the most important frontiers in neurological health.

What got me started on all of this was when I read a research paper that was published on Alzheimer's, Parkinson's, and dementia. They tested mice with each of those diseases, and all were cured 100% by this natural ingredient, but it is difficult to make and find the right version. Now, let me say one thing: a **100% cure rate across three different**

neurological diseases- it's just amazingly unheard of. I mean, even when drug companies go out and try to develop a medicine, they might get 25% or 30% of their mice doing well, so they make a multimillion-dollar drug out of it. But this was a natural ingredient produced in a unique way. And to be honest, it was an ingredient, Ziziphus, I had never heard of or ever seen in any other supplement, let alone that I was able to get the right cultivator.

When I read that? My first thought was: “How do I get what those mice got?” Because that's the problem: I'm having neurological diseases, and there's no cure…. Or is there?

This isn’t theory. It’s real.

And now, I’m sharing what I discovered, not just the science, but my experience. My history of how I got Parkinson's and Alzheimer's (a form of dementia) has been a game-changer for me, even though my doctor and neurologist had no idea what I was talking about. And it's because I followed cutting-edge research, as you will soon learn. But doctors, well, they don't have time to do that; there's another patient in the other room. And the average time a doctor spends with a patient in the United States is just 7 minutes. Not enough time to cure you, is it?

Because if this helped me, it might help you or

someone you love. And let's face it, what were my options when I was facing any of the neurological diseases?

"When you're healthy, you dream of a thousand things: vacations, going out in public, sunlight, promotions, new beginnings, maybe even retirement. But when you're sick, you only dream of one thing: getting better. Over 50% of us live with that one hope of rejuvenation. That's why I wrote this book to give people living with neurological conditions a real chance at reclaiming their lives, their clarity, and their hope."

I took what those mice had been taking: a specially made powder from a fruit plant's seed. I've gone from stage 3 to stage 1 Parkinson's. My Alzheimer's is gone. A very rare supplement; by the end of this booklet, I'll show you how to get it. And if you look up the plant, you'll find over 100 subspecies and hybrids. **And guess what, only one of them works, and then it must be prepared in a very special way to make it work**. So that's probably why no one did it before. Until now...

Now, when people meet me, they don't know that I even have Parkinson's or Alzheimer's. That's a fantastic turnaround. Let me explain to you how I got here and got way better at my neurological conditions. **No diets, no exercise,** I'm a couch potato at heart

or on the computer all the time, and like Cherry Coke and Sweet Tea. I wanted what works.

I spent all of 2025 working on this and testing. This year, 2026, is on the cutting edge of what it really takes to fight against neurological diseases, including but not limited to Alzheimer's, Parkinson's, and dementia. I say 'not limited to' because there are other, rarer forms of neurological disease that this could also work on. It's incredibly rare to find a single compound that works on just one disease, let alone on multiple Neurological diseases in mice using the same ingredient. We have now found on www.Glymphatic.com that the glymphatic system controls 25 neurological issues.

Extremely astounding, and you're going to learn all about it. Since I couldn't get it anywhere the same way the mice did, I perfected a way to make it myself and took it for six months, then other people I met, especially at the Michael J. Fox Marathon in Washington, DC, wanted what I was taking. So, in June 2025, I started APDI, Inc. (Alzheimer's Parkinson's Dementia Impaired), so others could get what I was using. In 2026, I ran in the Michael J. Fox 5K run

After my own extensive testing and rejuvenation in 2025-2026, I decided to move forward. Many people are asking how I got better, including my pharmacist,

nurses, and friends. It was incredible. My pharmacist even wanted me to get him some…. Wow, that seems like the other way around, since he couldn't get it either, and he's a pharmacist.

Please read through this entire book of My Journey from the beginning, about how I got **Parkinson's** and how I'm beating it and **Alzheimer's**. According to the mice, it also works well on dementia.

But it's not just my story; it's yours, too, and all new.

Whether you've just been diagnosed, have been living with Parkinson's, Alzheimer's, or dementia for years, or you're a caregiver trying to make sense of it all, or a friend with a friend or loved one who needs to get their brain back… I wrote this to all of you.

For me, this isn't just about Parkinson's. I also tested Positive on advanced blood markers for Alzheimer's. I also found out through 23andMe that I carry the APOE ε4 variant for Alzheimer's. I could feel my brain slipping on simple things, but not anymore. That means I'm battling ***two*** of the most feared neurological diseases, **Parkinson's and Alzheimer's**, at the same time.

My Alzheimer's got so bad one day I forgot how to drive home. I couldn't remember the streets; none looked

familiar. Being a guy, of course, I didn't click on my phone to say, "Take Me Home." I just kept driving, hoping not to run out of gas before I saw something that looked familiar. After about 45 minutes, which should have been a 10-minute drive, I was able to see something that looked right and made it back to the house. That scared me beyond belief. I had already been forgetting where I put my wallet, why I went into a room; those things were already going on

Life used to really suck, but I don't feel that way anymore, and I think this will be a game-changer for many more. You must become one of the **mice** because you never forget 100% of them beat every neurological disease they had. For me, that was a jaw-dropping moment. **This book is about the mice and me**.

My best friend also had Parkinson's, but in addition, he had dementia with Lewy bodies. He used to be kind, but then he became mean and ugly. He would argue with the mirror for hours, not even realizing it was him that he was arguing with. I tried to help him and his wife as a caregiver, but these experiments on mice hadn't been done yet, and the life-changing research paper wasn't published until 2024. He was put on terribly expensive drugs that had serious side effects. He died, and on his death certificate it said he died from Parkinson's. I always find this interesting cause doctors say you don't die from Parkinson's. Most

people would claim he died from the falls or other elements. So why would the coroner put it on the death certificate?

My friend unfortunately passed away before I could figure out how to solve my own issue and, in turn, help him. It's quite possible he would not have died of Parkinson's issues. So, between us, we had all three of the top neurological diseases that affect 10s of millions of people. And millions more are diagnosed every year.

This book is about a whole new way to fight the battle, a battle against an army of neurological diseases.

A new case of Parkinson's is diagnosed every 6 minutes. Worldwide, dementia is diagnosed every 3.2 seconds, of which Alzheimer's takes the largest share at 60%. And the Japanese are in the top five countries with the most people with Alzheimer's, and that probably explains why they were doing those experiments.

We're having a silver tsunami of baby boomers who are getting neurological diseases, with not really anything in the medicine chest to stop it. But that's what we all want, something. Indeed, the mice found it, and so did I. You will have to make your own independent decision after reading what I discovered

and how it worked for me. This may not be a cure, but the support level at what it does is truly amazing, and no one recognizes that I have either one of these diseases, where before they could easily tell.

So, what you're about to read isn't theory. It's a lived experience, and maybe I should say it's a continually improving life experience for me, backed by science and researchers studying Neurological diseases. And it's so new that almost no one knew anything about it, certainly not any doctors, let alone patients. My doctors didn't even know about advanced new technology testing out there. But I found it. But to say my neurologist was impressed would be an understatement. I even told her before I began taking this that I wasn't going to be taking any of her medicines, and she was fine with that. That was a dopamine replacement drug; it can't self-regulate, so it has serious ups and downs. What was happening to me was that my body was self-regulating after I took My Brain Restore®, but it takes a serious commitment to take it every day. If you miss a day, that's fine, but you've got to stay on it. My medical notes, including all my tests and doctor's notes, are published at MyBrainRestore.com under the tab My Journey.

I mean, American medicine is terrible, and then of course, the insurance companies won't let you get the test even if you find something amazing. And it's not

really the doctor's fault; it's just the way it's become, and we all know it. Are we just supposed to sit back and do nothing while all the advanced technology goes right past us? Sorry, that's not the way I think. You'll learn in this book about the options you have and some of the newest, wildest stuff you didn't know existed. And most of it is less than a year old.

I picked up where the research left off, driven by the urgent need to survive and keep getting better, and you'll learn how you might do the same. I've gotten so much better; I need to share, and others have already joined me. Keep reading; it gets interesting, and at the end, you'll have a path to decide whether you want to join one of the cured mice, so to speak (squeak). And what surprised me the most was that when I started selling on our website, 10% of the buyers were doctors themselves who were retired with these conditions… wild, right? I didn't know any of these people; it was just “word of mouth”.

This is about how to fight back against these monsters of the mind… using a completely new nutraceutical, or better, nootropic (sometimes called a supplement, but way more powerful for the Brain) just released in June 2025.

This isn't about exercise or dieting, all those things that there are a thousand books on,

Neurological ideas that don't cure anything. OK, maybe you got a little less stiff, but that really didn't fix the core of the neurological problems I had. **I eat whatever I want, exercise by sitting on the couch,** and yet I've gotten way better. But I understood I had to test it on myself first; I had to become one of the next mice, refine how to make it, and then how to make it for all my friends- now, I guess, everyone else.

Because this book's going to change the way you think.

If you're ready to explore what's possible beyond prescriptions, I invite you to keep reading to learn something totally new and put it to use.

When I first heard the words “You have Parkinson’s” from my doctor, it felt like the ground moved beneath me. (Which is ironic, because soon enough my actual body started moving on its own terms.)



What followed was a crash course in neurology, humility, frustration, and hope, not always in that order.
So, I decided to document the journey. The research. The hard lessons. The surprising wins. And eventually, the formula I created to help *support my*

brain's restoration, which I called My Brain Restore®, because standing still just wasn't an option.

Hats off to the scientists and the researchers, but they didn't go anywhere in cracking nature's code with what the mice took because they were trying to figure out what was in this natural ingredient. Were they trying to crack nature's code for an expensive pharmaceutical? $10,000 a month? Unfortunately for those scientists, they were unable to turn it into a costly medicine by unlocking nature's secrets. Nature won! And one scientist in that report said, "This should be a supplement." One simple sentence, but it simply I got that, but also realized: wait a minute, why not just take what the mice took? Yes, I know humans and mice are different. But surprisingly, rodents, including mice and humans, share the same Glymphatic system. But after I took the same thing as those mice, with some refinements to make it better, maintain its potency better, and in 1 ½ years of taking it, I went from Level 3 to Level 1 Parkinson's and to Alzheimer's, completely disappearing. I don't know what you call that?

A miracle, no —it took some science and rethinking, or are you just thinking, "How can I get the same thing…?" There you go…
seriously, everyone I talk to says that, or how do I get it for my relative who has those problems, or for my

friend, the standard question I always get. **I don't believe a 100% cure for multiple diseases of anything has ever happened.** But all those mice, all those diseases were 100% cured… Just keep that in the back of your head, and I'll keep reminding you that it's extremely rare, but you know that already. We don't know if humans would get 100% better, but I feel 100% better, and I feel scared to stop taking it. I don't want any of that evil Neurological stuff back.



Parkinson's warriors on stage. I'm in the middle, with the orange Parkinson's cap helping hold up the sign I live by

Now, when I say I got better, I couldn't even walk too far without tripping. I went from that to deciding on June 1st, 2025, to run the Michael J. Fox Parkinson's Foundation marathon outside Washington, DC. Typically, family members and other people run for the Parkinson's Warriors, but sometimes there are a handful of people with Parkinson's who take on the challenge if they can.

Keep in mind I don't run or even practice before I went. In my case, I had already reached that six-month point of taking the NEW nutraceutical/nootropic that I had developed, and I was feeling a whole lot better, but I had never run a

marathon or even walked any great distance. It was incredible; I didn't trip or fall once. At first, my strength increased, and then my balance. In 2026, I ran the Michael J. Fox 5K run. After a few months, it took longer to get rid of tremors, and mine were minor. Everyone's different. Everyone's results will be widely different. It took longer for Parkinson's over a year of taking the product. I feel comfortable enough to say that I felt like I was 30 years old. Alzheimer's, on the other hand, had a much faster recovery; my brain was sharp after 1 ½ years.

I truly became one of those cured mice. So, at least for me, it worked on a human. And that aligns with what the scientists concluded in their research: this should be a supplement (for humans). But you must give it a year to 2 years; it's not a miracle; it takes time for it to work on the Glymphatic system. It's like a clogged drain. Sometimes, you need a plumber. And that's probably the best way to understand the Glymphatic system: it is blocked, which means all the things that are bad stay in your brain; they don't move out, and it further explains why all sorts of scientists now are saying this is what cleans the brain of so many different things. And if you want to see the scientists that discovered the glymphatic system in a TED-style talk, you can go to www.glymphatic.com. In addition, there's a layman's version of that same video because it is quite technical. Using your phone camera, just point it at the QR code below, and it'll come up with a link. Click on it, and you'll go right to

www.glymphatic.com, which was originally set up by Rochester Medical University

Join the mice!



But as you can see in the picture, I ran the marathon and got a medal at the finish, being one of the few people with Parkinson's to finish. But there were some great Parkinson's warriors out there. I even made it on stage, holding up the sign with other warriors. The orange hat or armband showed we were people with Parkinson's. But six months before, I could never have done that. I wasn't sure, even though I was feeling pretty good, that I'd be able to do it, but I made it all the way. And it felt great.



The research on 100% cured mice enabled me to run the marathon.

It's a natural ingredient, but it does take some serious TLC to make it correctly and preserve its neurological ability to support the brain. Even with the mice, they tried all the traditional ways to make it, and it simply didn't work right. It took a total rethink of how to make it work, but it stayed in its natural form, had to be transformed into a powder so you could take it, and had to stay very cold while it was milled into that powder. But my American ingenuity solved that. I developed the Ultra Chill milled ™ technique.

I took that research much further by refining it, making it a whole lot better, and had to make it palatable so it could be in a powdered form that could be mixed into yogurt or pudding, ice cream, or very thick chocolate milk, for example, and taste reasonably good. And I remember people like my friend with dementia hated to have anything change in his diet; otherwise, he would complain. Parkinson's people have trouble swallowing pills. So, the powdered form that can be mixed in with COLD food made the most sense. Sort of like a protein shake powder without the protein and way easier to mix.

Because if I've learned one thing, it's this: Parkinson's may change your path, but it doesn't get to steal your purpose. This is the same with all neurological

diseases, Alzheimer’s and dementia. We're all just incredibly limited in ways to try to fix these neurological problems. Now you're getting to understand why I like what I heard about those mice, and then after 1 ½ years, what this new nutraceutical did for me.

So, let’s walk together. Shaky steps count too. But it is less shaky for me, and I'll explain why. You'll need to read about my past to understand my future, and possibly yours as well.

CHAPTER 01

MY JOURNEY BEGINS: A BATTLE I DIDN'T CHOOSE (1958-2025)

CHAPTER 1: MY JOURNEY BEGINS
A BATTLE I DIDN'T CHOOSE (1958–2026)

A True Story of Toxic Exposure, Diagnosis, and a Relentless Drive to Find Hope for Parkinson's Disease and Other Neurological Ailments.



Dad, or to his troop,
Master Sergeant John R. Burnett

You certainly don't expect the first step of neurological decline to take place in utero when I was conceived and then carried for nine months by my mother. I mean, who looks at that and thinks, "Yeah, my problems began before I could blink"? Before I saw my mother's face for the first time. But to me, that was the uncomfortable truth.

My father was stationed at Camp Lejeune, N.C., in 1958, a base currently known for having one of the worst toxic water exposures in U.S. military history. As a matter of fact, just off base, one of the dry cleaners dumped all the dry-cleaning fluid down the drain. The dangerous TCE (Trichloroethylene) at that site is now an EPA Superfund site to be cleaned one day. TCE & PCE, vinyl chloride, and benzene were also used on the base at Camp Lejeune, N.C.

My mom got pregnant with me when my mother and

father were on the base. She was sick through her second and third trimesters, sicker than she had ever been, ever in her entire life.


U. S. Naval Hospital

This Certifies

In Witness Whereof

My actual Navy Birth Certificate

The Navy doctors did not know whether I would make it. They had seen it before. Many babies had issues; many babies died at Camp Lejeune, or were born with defects. Way more than the normal percentage.

And so, in October of that year, 1958, I was born at Camp Lejeune's Navy Hospital. That much is straightforward.

What I didn't know is that I'd been poisoned by the base itself with dangerous and deadly toxic chemicals.


Betty Grable at Camp Lejeune, New River

Back then, few women were breastfeeding in America. You know, everyone wanted to look like a movie star, like Betty Grable. Surprisingly, Betty Grable came to Camp Lejeune, had lunch with some of the

soldiers, drank some of the water, then… Yikes

My first nourishment came from baby formula (15oz of water, one tablespoon of dark Karo syrup (for pancakes), 9 oz of Unsweetened evaporated milk), lovingly prepared with toxic water from one of the most contaminated hospitals on Camp Lejeune.


FORMULA

Baby Formula in the 1950's

So essentially, my welcome to earth involved a warm bath in trichloroethylene (TCE) & PCE, and benzene. Lucky me. Camp Lejeune's water supply was a chemical cocktail no one signed up for. It was laced with TCE (trichloroethylene), benzene, and other industrial solvents, used to clean machinery and uniforms; they even cleaned the mess hall floors with contaminated water, and steamed all the vegetables in all the mess halls with the same contaminated water, gross but deadly.



These chemicals leached into the drinking water and devastated the families who unknowingly relied on it for everything, from cooking and showers to swimming pools, and for drinking large amounts of water in the hot North

Carolina sun as soldiers, like my Master Sergeant father, marched and practiced all day.



My father, 2nd from the left, Master Sergeant John R. BurnettG-2 NCOIC. Unfortunately, the guys took all the credit; the women were in the background, like my mom, who helped structure the whole plan. The Assistant Secretary of Defense came from Washington, D.C., to congratulate the guys!

Ironically, my mother and father at Camp Lejeune oversaw the provision of health benefits for servicemen and dependents, as well as other incentives for recruits stationed at Camp Lejeune and other bases. In this case, the husband and wife were required to work together on base to develop health solutions, but we're in one of the worst areas for health on all the bases in the United States. They met at the nearby base with the Assistant Secretary of Defense, where representatives from all the bases, including my father and mother from Camp Lejeune, were present.

Government studies have since shown that people stationed at Lejeune have a **70% higher rate of Parkinson's** than at any other military base tested. And just like that, the first chapter of my **neurological journey** had already been written, before I could say "mama." The base also has many other diseases, and not all of them have been defined yet, but we suspect there will be many neurological issues. People in

industries such as dry cleaning have a 500% increase in getting Parkinson's as they grow older. And one of my friends who was a car mechanic used TCE brake cleaner fluid, which is very common now; he has Parkinson's, and he's using My Brain Restore®.

Harvard University was studying Parkinson's and high amounts of it in people who lived around golf courses, industrial plants, and even farms. Part of this could be from the TCE cleaners used throughout the United States but banned in Europe, and the fact that weed killers also create the same kind of problem in the brain. Even another study done by another university pointed out that air pollution is a major issue in the increase in Parkinson's around the world.

So, what this means, when you consider that the glymphatic system controls 25 neurological issues, is that you really can't escape being contaminated. There's even another university showing that road tires wearing on roads throughout the world, the tread goes somewhere- and essentially, it's on the side of the road in small pieces; it gets thrown up in the air you breathe, and, as you drive your car down the road, it too can cause neurological issues.

I didn't grow up knowing all this. When I was 13, I asked my mom why I didn't have any brothers or sisters.



Yours truly, Jeanne, my mom

Her answer was like a thunderclap: she had been gravely ill during her pregnancy with me. They told my mother something was wrong with her.

The doctors said it was toxemia, an old word for toxins in the blood. In one way, they were right.

They never looked at the base. They never looked at the water at that time.
Instead, they blamed *her body* and eventually recommended she have a hysterectomy. Now you know why I filed a lawsuit against Camp Lejeune on my mother's behalf.

But the truth was hiding in plain sight: Camp Lejeune was saturated with toxic chemicals, TCE, benzene, and other solvents now known to cause neurological damage, birth defects, and infertility. Especially Parkinson's, and considering I have no Parkinson's running in the father's sides or mother's side, I was not genetically predisposed.

In the official Camp Lejeune newspaper on January 2nd, 1959. Only 89 days after I was born. There was a clue to the contamination; the reversal of boys versus girls' births usually indicates chemical contamination. The Official Camp Lejeune paper actually picked up on it but did not understand its significance, only that it was an anomaly.


Girls Outnumber Boys
In Lejeune 1958 Births

In the official Camp Lejeune THE GLOBE newspaper on January 2nd,1959. One of the first stories of the New Year

Researchers believe this is because the chemicals change the XY chromosomes in men, leading to a larger drop in male babies being born when their wives get pregnant. These chemicals often damage Y-chromosome-bearing sperm or interfere with the hormonal signaling needed to sustain a male pregnancy. They may also increase spontaneous abortion rates of male fetuses, which are more vulnerable in early gestation.

And 1958 was the year I was born. Of course, with both parents drinking the chemicals in the water, birth defects became more noticeable and alarming. And producing more girls than boys. Those who made it, like me, suffered later in life from multiple diseases. I even had root canals in every tooth before I was 30, because of severe nerve pain. Every dentist that's ever looked at me

has said I've never seen that many root canals in one person in my entire dental career.

The top urologist in Manhattan, New York, diagnosed me, and this is what he said: **“Given the absence of arterial disease and the fact that the patient was diagnosed with erectile dysfunction at a relatively young age, the patient may be suffering from neurogenic erectile dysfunction. This could have been caused by exposure to chemicals as an infant. In addition, the onset of Parkinson's disease could also be caused by chemical exposure.”**

If my mom hadn’t been there, if she hadn’t stood beside my father, gotten poisoned on the base alongside me, she likely would have had more children. I would’ve had brothers. Sisters. A bigger family. A different future. A different life.

The contamination stole that future from us —not because of genetics or fate, but because no one stopped to ask what was happening on that base. So, when I was conceived and born, I already had the destiny to get Parkinson's and eventually to find a cure for myself.

For three years, we were at Camp Lejeune as a family. And then after that, we moved to Cherry Point, N.C.,



1961 Marine Corps Ball

about 60 miles up the road, which, strangely enough, , used the same hospital as Camp Lejeune. So, for checkups and shots, we had to return to Camp Lejeune. Even if those shots were just for my mother, I went with her, of course. So, for a total of 6 years, I was still going back to the same contaminated hospital where I was born.

Also, all the bread made from the contaminated water was not only eaten at the mess halls and sold at the commissaries at Camp Lejeune, but also supplied to Cherry Point mess halls and commissaries from Camp Lejeune. Talk about not being able to get away from the chemical nightmare. And of course, a kid at my age then was eating a lot of peanut butter and Jelly sandwiches with benzene and TCE.

For years, I didn't connect the dots. How could I? Nobody talked about Camp Lejeune's contamination back then. Now you can't go online without seeing ads about the cover-up, lawyers promising settlements, headlines screaming about a nightmare that's been decades in the making. What was once a whispered suspicion has become a national scandal.



It wasn't until after my mother passed away in 2012, strangely the same year the glymphatic system was discovered, that I began to uncover how deep it went. NBC even aired a documentary called *Baby Heaven*, (on YouTube) showing entire hospital wards of infants with severe birth defects. Some were so tragic that doctors voted on whether to try saving them or even let their mothers see them. Hospital staff took up collections to bury those babies on the base.

Bloomberg Law later estimated that total compensation for victims could reach **$21 billion**, yet after twenty years of legal battles, not a single case has gone to court. Many of those affected have already died waiting. And because of misinformation, instead of 1,000,000 people signing up, which was estimated to be the number, only 409,000 actually did. I am one of those 409,000, and so is my mom.

And while the lawsuits crawl forward, the chemicals keep moving. Studies now show that trichloroethylene (TCE) isn't just a military problem—it's everywhere. It's in household products, paper correction fluid, glue for wigs, brake cleaner, cleaner for guns and other metals, industrial sites, and even food-processing

equipment. It seeps into groundwater, clings to soil, and lingers for decades. In fact, **TCE was finally banned in the United States in 2024**, but it will take generations to disappear.

Even wildlife isn't spared. In 2025, a study in *Communications Biology* found that beached dolphins showed signs of Alzheimer's disease linked to water pollution. If the dolphins are getting sick, what chance do the rest of us have?

From Coding to Healing: *My Unlikely Journey*

For years, life seemed "normal." Scraped knees. Bike ride. A fair amount of teenage mischief.



Junior High School, look at the pants.

By high school, I was working part-time at a veterinary hospital and studying to become a veterinarian. I was already deep into advanced biology, physiology, and medical science. At 15 years old, it's incredible what you can do when you know the head veterinarian who owns the Animal Hospital. They had me doing everything, from helping them with surgery to working with the microscope, hunting for parasites. I was good at what I did. That's where I thought my path was headed. But then something new

showed up at school, something that would change my life: **A computer terminal**



Yeah, that's me. Look at the belt

It was connected to the University of Maryland's mainframe. I sat down, stared at the blinking cursor, and realized you could take a blank screen… and turn it into something magical.

You see, back then, in 1975, no one was allowed to touch the computer terminal unless you were in trigonometry.

OK, I wasn't in trigonometry, but I did know this kid, and he had the passwords. At the guidance Terminal, I found out you could use the same password. So, I spent most of my senior year of high school ditching my other classes, clicking away on a keyboard that opened my eyes to a whole new world. Was I the first hacker?

I taught myself programming. That one decision reshaped everything.



Late '90s, before the Web was even public - very large Database that we ran had 85 servers. This was only one wall of the computer center.

Diagnosis: Finally Seen, But Too Late

I started having balance issues in 2021. At first, it was little things, tripping over rugs, dragging my right foot, bouncing into things, and taking corners a little too sharply. Then came the tremors. Typing became difficult, and I worked on the computer all day. That left pinky constantly twitching with a mind of its own when my hands were on the keyboard. Then it got worse. It was still during the pandemic, and the last place I wanted to be was at the doctor's office. So, I held off, but started having memory issues also (early Alzheimer's).

One day, I lost all my balance, fell backwards, split my head open, and blacked out. That was my wake-up call, literally and figuratively. My general doctor thought maybe I had MS or Parkinson's; he wasn't sure, so they sent me to a neurologist. Two neurologists later, I had a clinical diagnosis. I asked

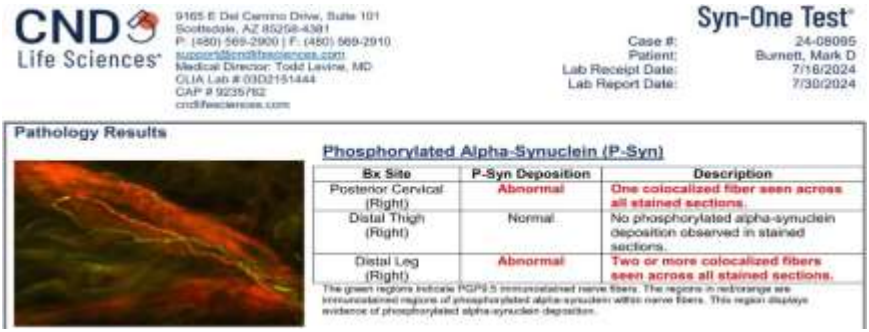
one to confirm the other's diagnosis: Parkinson's.

But like many people with neurodegenerative conditions, I didn't want to "manage" my decline. I wanted to understand it. *What was happening? Why me?* So, I became a medical detective, able to search databases worldwide and sometimes uncover data in hidden places. Two of my skills were coming together.

Because I was also in Camp Lejeune litigation, for myself as well as my mother, and that would probably go on for some time, I needed something beyond clinical diagnosis. The neurologist wanted me to take an MRI DAT scan. But looking at the statistics, it had only an 85% chance of getting it right. I decided to pass, not to the doctor's liking. That neurologist was pissed at me.

My search led me to the **Syn-One (P-Syn) test**, a cutting-edge diagnostic test that looks for misfolded alpha-synuclein proteins, a core biomarker of Parkinson's. It doesn't just look for them, it takes pictures of them. The test was nearly 100% accurate and newly covered by Medicare.

The results came back with flashing neon lights: positive, 100%. My brain was waving the white flag, and now I have advanced diagnostic proof. The exact test is below, from the medical records that I elected to show you and the world. I'm not interested in hiding or in what situations I have.



CND Life Sciences

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Medical Director: Todd Levine, MD
CLIA Lab # 03D2151444
CAP # 9235762
cndlifesciences.com

Syn-One Test®

Case #:	24-08095
Patient:	Burnett, Mark D
Lab Receipt Date:	7/16/2024
Lab Report Date:	7/30/2024

Pathology Results

Phosphorylated Alpha-Synuclein (P-Syn)

Bx Site	P-Syn Deposition	Description
Posterior Cervical (Right)	Abnormal	One colocalized fiber seen across all stained sections.
Distal Thigh (Right)	Normal	No phosphorylated alpha-synuclein deposition observed in stained sections.
Distal Leg (Right)	Abnormal	Two or more colocalized fibers seen across all stained sections.

The green regions indicate PGP9.5 immunostained nerve fibers. The regions in red/orange are immunostained regions of phosphorylated alpha-synuclein within nerve fibers. This region displays evidence of phosphorylated alpha-synuclein deposition.

What you're seeing, and you may never have realized, in the red picture are the “Yellow Red” folded tendrils. The hallmark of Parkinson's. In this case, they took a biopsy from the back of my neck, the thigh, and the ankle. It was all done by a skin doctor, and to be honest, quite painless. The test came back in a couple of weeks, and there it was, staring Parkinson's straight in the eye —or, in this case, my nerve fibers.

But from what I understand, this is what's happening in the brain: these tendrils wrap around the cells that produce dopamine.

Strangling and it's believed killing them, I will say maybe, maybe not. I'll explain that part later.

But you need dopamine not to fall and smash your face into the ground and then not have tremors. However, it can sometimes cause you to freeze or slow down (Bradykinesia)... I mean, freeze still. It's a highly tricky balancing act because by taking medicine, you're trying to replace a natural function that regulates itself, probably every 60 seconds. Just like your pancreas produces insulin to control blood sugar, without it, you're diabetic.

For me, just like in programming, you must set milestones. I did all this testing before I started, BEFORE taking **My Brain Restore® (MBR) www.MyBrainRestore.com; I needed to establish before-and-after** evaluations.

I understood what researchers did to cure 100% of Alzheimer's, Parkinson's, and dementia in mice. But you know, every programmer I've ever met who does a large, complicated project, when they're done, really wants to tear it all down and start over.

Because you realize there are probably 100 things you could have done better or make your code more efficient. I completely understood that, so I looked at how to improve what would become My Brain Restore®, (MBR™) while maintaining its natural ingredients and preserving more of its natural capabilities. More powerful, more palatable, and

making it easier for caregivers to put in pudding or yogurt that their loved one may like, and not a nasty pill to swallow.

From India to the Lab, and to the cured Mice

Doctors often prescribe dopamine-based meds like Carbidopa-Levodopa (L-dopa), a compound originally derived from a plant in India over a 100 years ago. It's the standard go-to for neurologists. But let's be honest: it's a balancing act at best. Like insulin for diabetics, getting the dose right is tricky, and over time, it often stops working or creates new problems of its own. There are a lot of you who probably already know it has several side effects. Or, as a matter of fact, most everything for neurological diseases, such as Parkinson's, Alzheimer's, or dementia, has some serious side effects.

I tried it. Briefly, then I stopped. However, My Brain Restore® does get along with people taking L-dopa or with a pump installed.

I didn't feel it was really doing me any good, and on the other hand, when I switched to trying My Brain Restore®, I wanted it to be a pure test, the same way the mice were tested; they got no other meds, nothing while being tested. **Never stop taking medicine without talking to your doctor. Will your doctor know what My Brain Restore® is? Not a chance.** But on the other hand, doctors tell people

to go out and buy vitamins and minerals, all sorts of other supplements, because they don't need to prescribe those to you. You can buy them, just like you would My Brain Restore®.

It's up to all of us to train the doctors. My neurologist complimented me on my tremors being gone and me doing a lot better. I explained to her I wasn't taking her medicine. But she said Whatever you're doing, keep doing it. But I've seen doctors say, "Well, it's not FDA-approved; neither are the vitamins or minerals you're prescribing or telling people to go get." The FDA doesn't get involved in natural products that are supplements, and because the doctor doesn't get any kickbacks from the nature's natural products, well, you get it.

That was a 1-year regimen, but within that, I added supplements that, surprisingly, the researchers thought might be a good idea, and I did a lot of research to find which ones might help. Having tried them before, they didn't work on their own, but I now understand why. They worked in conjunction with My Brain Restore®, but not on their own; that was a unique discovery.

I had always felt there had to be something else out there, **something new,** without crazy side effects. Something hidden in the data, overlooked.

That’s what I do. I’m a programmer and Developer, a database guy. I live to find patterns buried under complexity. I can spot an anomaly in a database quickly. But an anomaly can be a massive source of data with profound meaning. It's that aha moment… just like becoming one of the mice was for me.

So, I kept digging. And that’s when I stumbled across new testing methods and a controversial blood test offered by **Quest Diagnostics,** one of the most trusted labs in the U.S.

This test could measure the brain’s **ability to clear amyloid-beta**, a toxic protein tied to Alzheimer’s. But it may also indicate the brain is not clearing of Parkinson's and maybe even dementia (NIH studies). Doctors didn’t widely embrace it. Too cutting-edge. Too unsettling for patients, they said. And perhaps too disruptive for business-as-usual.

But I didn’t care about “usual.” I wanted the truth.


BURNETT,MARK

Quest Diagnostics

QUEST AD DETECT(TM), BETA AMYLOID 42/40 RATIO, P FINAL

ABETA 42

Result: 32 No Historical Data

ABETA 40

Result: 238 No Historical Data

ABETA 42/40 RATIO

0.134 No Historical Data

I got tested. The results were **not good. OK, so being in the red is never a good color.**

I was showing signs of amyloid buildup, an early marker of **Alzheimer's and Dementia.** Now, I wasn't just facing Parkinson's. I had two of the big three neurological monsters breathing down my neck, or more precisely, above my neck. Quest Diagnostics was pressured to take the test off the market until FDA approval.

And if you add what it says about this test by the National Institutes of Health below, I will **also have dementia**. So, what we can see here is that being in the red is generally bad across all neurological diseases, as NIH and other medical sources say about this test.

Low Aβ 42/40 at baseline increased the risk of progression to **dementia** by 70% ***(National Institutes of Health, NIH)***.

The Aβ42/40 ratio refers to the ratio of two forms of beta-amyloid protein (Aβ42 and Aβ40) found in cerebrospinal fluid (CSF) or plasma. In the context of **Alzheimer's disease**, this ratio is often used as a biomarker, with a decreased ratio (less Aβ42 relative to Aβ40) suggesting the presence of amyloid plaques stuck in the brain, **a hallmark of Alzheimer's**.

At the time, the test was too new, too uncomfortable for mainstream medicine. But I was grateful I took it when I did. That same concept has since evolved into an FDA-approved version, **Lumipulse**, as of May 19, 2025, available soon through physicians. Unfortunately, it still requires a prescription and, no doubt, a hefty price tag. I have Alzheimer's, but I can still tell when Big Pharma has its hand in my pocket.

October 10, 2025 — Update

By October 2025, I had been taking My Brain Restore® for 10 months. My Alzheimer's had been detected in the original amyloid-beta test in 2023, followed by a confirmed Parkinson's diagnosis through both clinical and biopsy results.

After months of persistence, I finally convinced a physician to repeat the Aβ42 (Beta-Amyloid 42/40)

blood test, a test most doctors say can't be reversed once it declines. I was told repeatedly that improvement was "impossible." Well, I wasn't buying that.



My ratio improved from **0.134 to 0.147**, a **10% increase in the right direction**. That's still in the higher-risk zone but moving steadily toward the intermediate range of 0.150–0.169. The higher the number, the better. As far as I know, I am the first person in the world to improve on this test. **Even Google says it's impossible. March 2026, my score improved by 20%!** I'll be in the clear zone soon.

This improvement shows that my brain's **glymphatic system** —the body's natural "cleaning network," often called the Brain's Dishwasher™- was functioning better. I believe my consistent, daily use of My Brain Restore® supported this. I never missed

a day. As I often say, *a supplement is useless if it stays in the jar*.

To ensure accuracy, I used the **same test, the same lab (Quest Diagnostics), and the same procedure** as before. In 2026, it gets even better, only 7% from the green zone! The amyloid-beta ratio is now recognized as one of the most accurate early indicators of neurological health. In fact, many believe it may eventually serve as a key biomarker for the progression of Parkinson's disease. I insisted on using Quest Diagnostics again for my retest because I didn't want anyone claiming the numbers changed due to a different process. The **amyloid-beta test** is the **gold standard** for detecting early Alzheimer's risk.

While the main ingredient in **My Brain Restore®** supports brain detoxification pathways and neurological function (as observed in animal studies), taking some additional supplements to enhance My Brain Restore® further is an option, but not required. I call the **"clean-up crew."** These nutrients help reinforce the body's natural detox and anti-inflammatory responses, promoting cellular renewal and recovery as My Brain Restore®,

does the heavy lifting. Berberine Advanced, Ecklonia Cava Extract, and Rhodiola Rosea Extract, Even **American Ginseng** Tincture Extract (Panax Quinquefolius). My Brain Restore® is by far the number one most powerful and can be used

completely on its own.

The Japanese scientists who conducted the original mouse studies didn't include these additional nutrients, but even they noted that supporting supplements for brain cleanup and cellular regeneration might accelerate results alongside the 100% Ziziphus that is ultra-chill milled in **My Brain Restore®**.

Now, let's talk about alternatives. Drugs like **Lecanemab (Leqembi™)** and **Donanemab (Kisunla™),** developed initially as cancer immunotherapies, are being repurposed for neurological diseases. But the side effects can be severe: fever, chills, nausea, dizziness, blood pressure changes, shortness of breath, headaches, fatigue, and even life-threatening allergic reactions such as anaphylaxis and angioedema. Treatment involves **IV infusions every two weeks**, along with **multiple MRIs** in the first six months, and costs **$79,500 to $96,000** over three years, *just for the drug itself and the rest and maybe $200,000.*

For me, that's a last-resort option. Instead, I chose a natural path. The main ingredient in **My Brain Restore®** cleared **100% of plaques** in mice with Parkinson's, Alzheimer's, and dementia. It just made sense to try it first. Of course, it can take 15 years or

more for those plaques to form, so naturally, clearing them won't happen overnight. That's why I plan to continue taking it. I don't ever want these neurological issues to come back. It may take years to support the glymphatic system, but that's better than no support at all.

Many people who are now taking it say they'll never stop. I would say the biggest issue we have is that people who get a subscription call up and say they have 4 bottles left over; it always surprises me. They wonder why it's not working. I try to explain to them nicely that it doesn't do any good in the jar. We send you a 30-day supply, and you need to use that entire 30-day supply every month, and that might take you a year or a year and a half, like where I'm at. But they need to keep in mind it took more than probably 15 years to damage your brain; it's not gonna fix itself overnight.

Our product supports the **Glymphatic system** that helps it drain. This system drains at 20% during the day and 100% when the body is asleep. Most people don't realize the brain never stops working. Thinking about it, if you wake up, you just remembered your dream; your brain was functioning, doing something, and one thing it does at night is turn on that Glymphatic system to full power. But unfortunately, without using anything to get the drain unclogged, it's

like a car running at full power against a building; it isn't going anywhere.

So, we always recommend taking My Brain Restore® in the afternoon or evening with anything cold you can mix in with it, like pudding, yogurt, ice cream, thick chocolate, or strawberry milk. And some people just like good old water, but it can stick to the sides of the glass; in that case, it doesn't combine as it does with other ingredients. And you also have to realize your results may be incredibly different; it might take you 2 years, or do you find that for Alzheimer's it's six months, for Parkinson's it's much longer? These are not unusual.

I also ran a **liver function test** on October 10, 2025—the same day as my amyloid test—because I've historically had high liver enzyme levels, likely due to **Camp Lejeune's toxic water exposure** (TCE and benzene). Despite years of elevated readings, this time, my liver results were **excellent—the best I've ever had.**



I wanted to be sure **My Brain Restore®** wasn't elevating my liver enzymes, as some supplements can. According to **AARP (April 3, 2025)**, supplements like Ashwagandha, Black Cohosh, Garcinia Cambogia, Green Tea Extract, Red Yeast Rice, and Turmeric/Curcumin can all stress the liver. My test confirmed that **My Brain Restore® did not bother the liver**; a reassuring result.

The lower the numbers in the amyloid beta test, the worse your condition is, and **according to many doctors and even massive research that has been done, it is irreversible. Let me repeat that it's irreversible.**

Am I the first person to ever reverse this test result using only **My Brain Restore®**? Maybe. But I'm not done until I reach the **green zone** of the numbers. Even before the retest, I could feel the difference: my mind was sharper, my focus clearer, and my memory stronger. My Parkinson's tremors, tripping, and balance issues had slowed or stopped entirely. Even my neurologist noticed. And always keep in mind I have two neurological conditions, so for the Alzheimer's side I will definitely be reaching out to the Alzheimer's Association if I get those numbers in the green, hand the Guinness World Book of Records to claim the first person to beat Alzheimer's as soon as I get there, and my tests continue to go in the right direction

So, while the numbers prove improvement, the *real proof* came long before the test, when I started to feel like myself again.

S**pinal taps** have been another method, but I wasn't ready to go down that road. This blood test gave me another baseline to track my neurological health and helped fuel my commitment to a real solution. A blood test is a whole lot simpler than a Spinal Tap.

And the system? The so-called "care system"?

It wanted me to wait. To get worse.

To try pills that barely worked… and then wait some more. No thanks.

Doctors swear to *"do no harm."* But what about *doing nothing?* **That's not harmless?**

That's surrender. These days, with malpractice suits everywhere, most doctors are terrified to give you *anything*.

Yet in the first three months of selling My Brain Restore®, about 10% **of our buyers were doctors**, without a single ad. So, maybe they're just careful about what *they* prescribe… and curious about what *I* take. And those doctors are still taking My Brain Restore® after over 30 days on a 30-day auto-refill subscription; they don't seem to be planning on stopping either.

People often ask why I'm not afraid to show my

medical records. Easy: I believe in transparency. If I find something that works, I'll back it up with proof and try to understand *why* it works. And not why worry? Almost all small doctors around the world cannot support an IT team to stop people from breaking into their networks. Simply put, small doctors get hacked all the time, and those records get stolen constantly. I've seen it; remember, I was a computer guy.

It's not magic. It's maintenance. Like insulin for a diabetic, stop taking it, and the problem returns. Same story with Ozempic. (Yes, the "lizard saliva" one. Google *"Ozempic Gila monster"* if you want a laugh at where Ozempic™ came from.)

Nature's full of surprises. So is chemistry.

My Brain Restore® does what it says*: it restored my brain.*

When the medical world offered "manage and decline," I went another route—way outside the box.

I joined the mice.



I followed the same ingredients from a Japanese university study where lab mice recovered from Alzheimer's, Parkinson's, and dementia.

Then I improved it by refining the compounds with my own Ultra Chill Milled™ process and took it daily. If "Mr. Mouse" could beat neurodegeneration, then move over, Mr. Mouse… *Mark the Speedy Mouse is back.*

When I was first diagnosed with **Parkinson's**, and later tested positive for **Alzheimer's** biomarkers, I asked my doctor straight out if I'd get worse. He hesitated, then said, "Yes. It's incurable." And when I asked about maintenance, he shrugged: "Not very well." Also, the L-DOPA medication suffers from what doctors call the "honeymoon effect". Essentially, after about five years, you must increase the dosage. After all, in the meantime, the cells that were producing the dopamine are still dying because everything's still clogged up. By doing that over time, Dopamine becomes more of a problem and can cause freezing and other issues, and so, like a bad marriage, it goes south, hence the name, the honeymoon effect. And if you ever wonder where L-dopa came from, it came from a plant in India and was eventually marketed as a drug in the 1960s. Based on that, does that plant sound familiar? And that plant, the Velvet Bean (Mucuna Pruriens), was used to stop tremors over 1,000 years ago in India.

Today, I feel better than I have in years. I don't feel like someone dying from Parkinson's or fading into

Alzheimer's. In the fall of 2025, I climbed the 20-foot ladder and cleaned the gutters, something you usually don't do when you have Parkinson's stage 3. And if you look at my video on the front page of our website, it might have changed by then; you see me running up a flight of cement stairs at full speed again, something I could not have done in 2024.

My changes have been **dramatic**, just like the mice. I'll never stop taking My Brain Restore®. And honestly? I'm okay with that. I don't want to go back to the way I was. But again, I remind everyone it could take a year or two for you to improve with its steady usage. That is important, and keep a log of the big problems you have given them, a list from 10 being the worst, zero being fixed, and every month or two just go back. See if something starts to get a little better; you'll see very subtle changes, but everyone's different. Maybe I'm just different than other people, but I've met people who have only been on it a few months and noticed changes so it varies per person. Don't give up.

If you visit **www.MyBrainRestore.com** and click *My Journey,* you can see my ongoing test results and journal updates. We're even adding feedback from others who are trying what the mice took. Even 5-star reviews on Amazon. Their progress becomes part of the story too. This book doesn't end here; it continues with *their* journeys, and maybe with *yours*.

CHAPTER 02

REPROGRAMMING PARKINSON'S: MY CODE, MY CURE

Chapter 2: Reprogramming Parkinson's: My Code, My Cure

My programming and medical background gave me a different perspective. I looked at neurological disease the way I'd look at corrupted code:

What's broken? What's interfering with the system? How do I unencrypt this, reroute, or recode? Having studied medicine, I knew that biological systems and computer systems are fundamentally different. But they're not entirely different, and with the addition of AI systems, we are certainly becoming more entwined with computer systems and advanced medicine. However, I use my own version of AI called Actual Intelligence, which was common sense: the mice were getting better. That company was trying to make it into a drug, so if they had succeeded, we'd have a $ 10,000-a-month drug, but what we have in My Brain Restore® is exactly what cured the mice.

Just like with early programming, the screen has been mostly blank for decades when it comes to neurological repair. But maybe that's because we were using the wrong tools or missing a few key lines of code.

Just taking some supplements that might help just a little or medicines that mask the symptoms was not precisely the way I wanted to go. I'm sorry, I wanted something serious, supporting the glymphatic system since that was key. The mice provided the opening clue. That these neurological diseases may not be the endgame; you have to join the mice; it's that simple. Because in this case, they took a natural substance, not a man-made substance, to cure all their neurological conditions. That was the key for me and obviously the mice.

At 68, I've spent the last year studying how to **decode these neurological failures**, and more importantly, how to outsmart them. And in 2025, what I discovered in one particular seed—an ancient, overlooked fruit seed—may have finally offered the missing code.



Steeped in what is known as Chinese Traditional Medicine (CTM), essentially, was the ingredient they were giving the mice. But the way the Chinese used it over the last 2,000 years broke its ability to support neurological problems. The scientists and the researchers all focused on that, and so did I.

So, we start with ancient Chinese medicine, in the middle we have a Japanese university studying the mice that proved it cures 100% of neurological

diseases they tested it on, Alzheimer's, Parkinson's, and dementia, and my Western technology, out-of-the-box thinking to make it even better, and making it in a way that would preserve how it worked to the maximum benefit by ensuring the way it was milled kept the mill extremely cold. Creating a whole new, natural, blended formula. Japan is in the top 5 countries with a high number of Alzheimer's cases in its population.

Hope, Shaken but Not Broken

Instead of collapsing under the weight of those diagnoses, I did what Marines and entrepreneurs do best: **I got to work. Storm the beach and find the answers.**

The odds weren't just stacked against me; they were piled up like Jenga blocks at a toddler party. But the more I read, the more I realized this wasn't just about me. If exposure to toxic chemicals and a 70-year-old L-Dopa pharmaceutical model weren't working, maybe it was time to look elsewhere. Perhaps it was time to ***build*** something that worked.

Then came the turning point. In January 2025, I began formulating **My Brain Restore®**, a natural, brain-enhancing nutraceutical and nootropic rooted in **2,000 years of Traditional Chinese Medicine**

(TCM) but validated by **cutting-edge research in Japan**, where **100% of mice recovered from neurological diseases** like Parkinson's, Alzheimer's, and dementia. That's a lot to say, but think about what it means. That could be a whole new lease of life. And it is worth repeating.



To make it work even better, I took it further. I invented a breakthrough refinement process called Ultra Chill Milled™ with Burst Milling, designed to preserve and activate the full neurological power of the seed. Best **of all**, I developed it right here in the USA. We even use a foam-sealing jar rather than a one-time peel-off seal. This helps keep the ingredients fresh longer.

I had picked up where the extensive lab tests using mice had left off. But where they left off was amazing: a 100% cure rate for Alzheimer's, Parkinson's, and dementia in mice.

This was unheard of, but there was an answer for me, and maybe, just maybe, millions.

For me, it started as an experiment. I became a lab mouse. What they were taking was natural and was just prepared in a very particular way, like no way it had ever been prepared before. But after 1 ½ years of

consistent use of 2X, my symptoms didn't just slow; they improved. Dramatically.



100% Ziziphus Powder Ultra Chill Milled™ My Brain Restore® or MBR™ (for short)

I had stopped taking the neurologist's medicine six months before. So, I was only on this new, unique nutraceutical/nootropic, never seen before in the USA. (Don't stop taking what your doctor prescribes; talk to your doctor first about everything.) Of course, I didn't because I'm storming the beach, I know my doctor has no clue what I was talking about. But they were very impressed with the results.

But I had to learn to manufacture it for myself and create my unique blend that worked better than what the mice got. And a new way to keep it cold during milling is called Ultra Chill Milled™, which uses burst milling. This created the purest form of this natural seed into a powder. But no one had ever realized the potential of this unique plant and its one very tiny seed, and its ability to reverse my Parkinson's and Alzheimer's, and even dementia, until scientists cured 100% of those mice from every neurological disease, which was too much to resist. Now we're starting to realize from the www.glymphatic.com site that this actually **may affect 25 neurological issues.**

I had to know it worked before telling anyone else. But eventually, as it worked, I had pharmacists and nurses all checking it out, and I realized this could be a game-changer, not just for me. As I have talked to people who have noticed my transformation, it is hard to hide when you get better. They also bought the product, subscribed to keep it coming, and are improving right alongside me.

A recent study by Columbia University (June 4, 2025) revealed that, as I mentioned above, enhancing the brain's natural self-cleaning process should theoretically change the amyloid 42/40 ratio if the brain is cleaning itself.

That is called the glymphatic system, often referred to as the Brain's Dishwasher™, which can flush out toxic proteins like amyloid and tau, improving cognition in mice. The glymphatic system mainly works at night when you're sleeping, so there's some thought, too, that if you're using your Restore®, you might be more comfortable propping your head up a little bit or using a pillow at an angle to help it do its job.

Let's use a house remodeling analogy. Let's say the house is your brain. So, **My Brain Restore®** is the worker that's doing all the remodeling in your home. Also, adjusting gut flora after you already have a

neurological issue doesn't help because the damage is already done.

And another article in **The Independent from the UK** pointed out that there are an estimated 982,000 people with dementia, but more than 1/3 with the condition do not have a diagnosis. It went on to say scientists have discovered problems with their brain's ability to clear toxins, which they suggest could be why poor sleep and high blood pressure increase dementia. They noted that in a healthy brain, the glymphatic system flushes cerebrospinal fluid. This fluid collects toxins and drains them out of the brain, keeping it clean and healthy.

The author Hui Hong says, “Disruption to the glymphatic system is likely to impair our ability to clear the brain of the amyloid and tau that cause Alzheimer's disease.” This is linked to a buildup of the proteins amyloid and tau in the brain. Alzheimer's amyloid sticks and forms plaques and tangles in the brain's neurons, both leading to the onset of dementia. Tau tangles within brain neurons cause further problems. That is where My Brain Restore® supports the glymphatic system. To me, and I think by now you understand it's the Holy Grail, and if it wasn't, why are big drug companies trying to switch cancer medicine to fix it?

The Story of JOY — Not that joy

There's a woman in Scotland named **Joy Milne**, and she's got something most people don't, a nose that could rival a bloodhound's. Joy was born with a rare condition called *hyperosmia*, which gives her a superhuman sense of smell. She didn't think much of it until one day she noticed something odd: her husband smelled… different. Not bad, just different, musky, almost oily, and years before anyone said the word *Parkinson's*, she already knew something was wrong.

At first, she kept it to herself. Her grandmother had the same gift and once warned her, "Don't tell people they smell different. They'll think you're strange." But when you can literally smell disease, silence gets heavy. Eventually, Joy shared her story with a group of scientists. The room went awkwardly quiet, half disbelief, half pity. Then one scientist spoke up: "Let's test it."

They conducted a brilliant, straightforward experiment. Healthy volunteers and Parkinson's patients wore T-shirts for a few nights. The shirts were sealed in bags, and Joy was asked to smell each one. One by one, she called them out. Every single person with Parkinson's, she got it right. Then she pointed to ONE shirt from the "healthy" group and

said, “This one, too.” The scientists exchanged looks. That person wasn’t sick. Yet. Months later, that same person was diagnosed with Parkinson’s. Joy had smelled the disease *before* it appeared.

Since then, Joy has worked with researchers and universities, helping them train machines and even dogs to detect Parkinson’s by scent. Her gift helped scientists discover something extraordinary—the skin’s natural oils change chemically in people with Parkinson’s. That discovery led to a new kind of test: a simple skin swab that could one day detect the disease early, long before symptoms start.

Think about that: a nurse, dismissed as “crazy,” ends up changing medical science just by trusting her senses.

To my knowledge, those smell tests aren’t widely available yet, but you can bet I’m trying to get one. I’ve emailed just about everyone in the U.K., the researchers, the universities, even the folks training the dogs. The only challenge? Shipping a sealed, unwashed T-shirt labeled “Do Not Open” through customs might raise a few eyebrows. But I’ll try anyway.

What I really want to know is: **if I’m taking My Brain Restore®**, would the smell test still pick up Parkinson’s—or would the scent disappear

completely? Maybe it doesn't matter. Joy could smell the disease before anyone saw symptoms, which makes me wonder… maybe staying on **My Brain Restore® (MBR)** keeps those early warning signals silent. Perhaps it stops the disease before it can even whisper.

I like to think Joy and I are both chasing the same thing—truth hidden in plain sight. She followed her nose; I followed the data, the mice, and Mother Nature's breadcrumbs. Both of us were told it was impossible, maybe even foolish. But sometimes, that's where discovery begins.

Joy's story reminds me that the answers we need are often right under our noses. In her case, it *was* her nose. In mine, it's a seed—simple, natural, and almost too obvious.

Because the most significant breakthroughs don't always come from billion-dollar labs, sometimes they come from a nurse with a keen sense of smell—or a stubborn guy who refuses to accept "incurable." And that's why I believe "*The greatest discoveries often begin with someone who refused to ignore what was right in front of them.*"

What Sailors with Scurvy Taught Me About Fixing My Brain



You've probably heard the term "Limey" before, or maybe you vaguely remember what scurvy is from history class. Here's how it's surprisingly similar to **My Brain Restore®**. In the 16th to 18th centuries, sailors began traveling farther across the oceans, living on salted meats, dried goods, and whatever fish they could catch. But something strange started happening; crews were dying by the millions.

Teeth fell out, wounds reopened, and bodies broke down. It was a mystery for centuries. Losing half your crew to a disease on a giant sailing ship was a horrible thing to happen, and sometimes you didn't make it back to port.

The culprit? A lack of fresh food. Specifically, vegetables or citrus. More specifically, **a missing natural nutrient: vitamin C.** It took 200 years and over **2 million deaths** before someone realized that limes, lemons, and other citrus fruits could stop the disease. That's how British sailors earned the nickname "limeys."

All they needed was some fruit. Simple. Natural. Lifesaving.

And that's the parallel to **My Brain Restore®**, and it comes from the seed of a fruit. I believe the unique seed we use, the core of this supplement/nootropic, may be just as crucial for neurological health as vitamin C was for scurvy. It's not new, but always in the wrong form: usually boiled in tea or cooked, which destroys its neurological benefits. That's why it never worked for tremors, memory loss, or cognitive decline… until now. The Chinese never seemed to spot it.

So, I thought, *why wait 20 years for Big Pharma to charge me $10,000 a dose or per month?* I refined the ingredient, invented a new process called **Ultra Chill Milled™,** and took it myself for nine months. My stage 3 Parkinson's improved dramatically to stage 1. Tremors eased. My memory came back. How is this different than what vitamin C did for the sailors? Will this work as fast as it did with me? It tastes like probably not; it may take a year or more, so be prepared for that. Again, you and I aren't the same. My point was: what was my alternative?

Just like vitamin C is now found in tablets instead of rotting lemons on old ships, **My Brain Restore®** delivers this seed in a powdered, shelf-stable form, easy to mix into yogurt, pudding, shakes, or instant breakfast—mild taste. Powerful results.

And like those sailors who finally made it around the world with citrus on board, you might make it through your own neurological storm with the right supplement.

Sometimes, the answer is more straightforward than we think. You must be willing to try it and, importantly, stick with it. Those sailors had to take those limes throughout their yearlong voyage to keep from getting scurvy.

No one ever tested the mice by discontinuing the key ingredient. So, the big question becomes: would they revert? I'm thinking probably so; I certainly don't want any neurological disease coming back, nor does anyone else. So, it's a commitment like many other things. If you want to stay better, you have got to continue doing what makes you better, as simple as that. That's why most people buy the My Brain Restore® Active 2X subscription.

Why This Book Matters

This book isn’t just about **My Brain Restore®**, although it plays a starring role. This is about the power of intervention. Of fighting back. Refuse to let your body and your mind become a casualty of slow-moving bureaucracy, outdated science, or corporate neglect.

And you might think I'm a little crazy following the mice. Still, all medicines usually start with mouse experiments, but then take 10 to 15 years to make it to market, and sometimes cost 10s of thousands of dollars a month for you to purchase, with horrible side effects. Crazy.

I'm thinking to myself, why wait? This is something people have used for 2,000 years, although it's been made completely different; the base ingredient is the same. I wouldn't buy any powder from Chinese merchants; that's why we buy the raw seed and make it here in the USA. Be careful with that; you never know what's in the Chinese versions. Ours is a USA version made from an internationally sourced, unique version of Ziziphus. Never buy extracts or cooked versions; never put them in hot water or anything hot, as the Japanese proved; that destroys their ability to work.

I understand what Big Pharma wants, but why wait? I'll be dead by then or won't remember my name!

If you're curious about my ongoing journey, visit www.MyBrainRestore.com to follow my progress as I continue testing and tracking results. Who knows—maybe I'll stop the neurological decay entirely, or even pull a complete "mouse miracle." Either way, I'm okay

with that. You can also pick up **My Brain Restore®** there. It's a subscription for a reason; results take time. It took me a year to feel a lot of change, and I wouldn't trade it for anything. And if you ever need to stop your subscription or even delay it, maybe you're on a trip- go to the top of our page; our phone number is right there, and call us or log in to our website. We'll take care of you. No AI picks up the phone; you only get humans, or it'll take a voice message, and we'll get back to you. Hey, I'm old school.

Most importantly, this is about community. If you're on a similar path, reach out to **Mark@MyBrainRestore.com** and share your story. Your experience might help someone else. We're also setting up a Facebook group chat for our buyers. With millions living with neurological conditions, it's time we learn from each other, support each other, and fight back together.

We are also on Amazon with what's called brand protection. But so far, it's still cheaper to buy directly at our website, and Amazon only carries the preventive version at this time of publication. I use the 2 X 100% version, so it's different than what's on **Amazon**, but we still get 5-star reviews on the preventive. We're proud we made it to **Amazon**, and others are purchasing from there.

We have also had to upgrade www.MyBrainRestore.com because people from multiple countries around the world are now buying our product, so we've upgraded our shipping system to handle overseas shipping. We hadn't planned on that, but you know it's a good thing that people around the world are getting involved because the same problems exist everywhere. You can use the QR code below to use your camera to jump to our site. If your camera on your phone sees it, it will give you a yellow bar that you just simply click with your finger, and it'll jump to the site.



CHAPTER 03

THE SCIENCE BEHIND MY BRAIN RESTORE®

CHAPTER 3: THE SCIENCE BEHIND MY BRAIN RESTORE®

The Accidental Discovery That Changed Everything

Scientists did not test 100 different varieties of Ziziphus; they only picked one variety. Why did they pick this specific variety? That's a good question, but it was one of the oldest, not a hybrid or a modified one that tries to make the fruit sweeter.

In the United States, this plant has also grown, but it is modified chiefly; therefore, it is not helpful for neurological conditions. So be extremely careful here if someone says Oh, I can get you Ziziphus. With all the varieties, will you find the right one? I can tell you it's tricky. And then, in the United States, there's no way to grow it in any quantity; it's complicated to extract that many seeds: 1,800 seeds for one 2 oz jar... and 2X, I use 3,600 for a 30-day supply.

But it had something that those little prescription pill bottles didn't:

- **No reported significant side effects**
- **No toxicity at tested doses**
- **Neuroprotective and regenerative properties to the extreme (in mice and me)**

Now don't stop taking your prescribed medicine without your doctor's OK. Keep in mind, I did extensive research and was very careful. Personally, I didn't have a whole lot of faith in many things my doctor wanted me to do, whether it was the DAT scan, which was only 85% effective, or Levodopa, which not only came with a lot of side effects, but it was simply a patch on a horrible wound in my opinion.

Everything I read said that, over time, L-DOPA eventually didn't work. For many people like me, that's not a solution. **But I'm saying this in bold letters: do not stop taking your medicine without consulting your doctor, and even then, you may have to get off it slowly, whatever your doctor recommends!!!**

The mice tested were 15 months old; I'm telling you, that's old for a mouse. So, their point was to see if the old mice could recover. And if you really want to read the deep science, go to our website www.MyBrainRestore.com, click FAQ, then click Health Provider. There, you can read the pure science FAQ with all the deep Science. Your head will hurt afterwards, but you'll get an idea of what they did with the mice and the astonishing recovery they had. Literally all the tendrils in their brain that caused all these problems were gone. Make your doctor read it! Or have your doctor call me, even better. Or get a new

Doctor. Seriously, my doctor hated everything I did, but now they love it.

I had to read the original scientific research paper 4 times to absorb it all; every step of the way was amazing. How could this be so life-changing? And yet, as simple as fixing scurvy and a bunch of sailors. Literally that simple, at least for mice, and so far for me. And now many others are joining me, and we will all share our data on www.MyBrainRestore.com . But here's the skinny for the mice and me.

Tremors? *Gone*.

Stable? *Walk without tripping*

Dopamine levels? *Stabilized*. Cognitive decline? *Improved*.

That could mean a lot more research and money spent. I'm thinking to myself, why do we already have that vitamin C moment? Just eat the lime; you don't need a doctor's prescription for vitamin C when you can get the natural version.



In my case, take what the mice took. I mean, they eat cheese, and so do I. So that's why I self-experimented first. **Become a mouse!** It's practically our theme. We don't have time to wait, and the ingredient in **My Brain Restore®** is **Ziziphus**. It was only when it

was realized that simply milling in a very special way did it not destroy its hidden neurological effects. By using the ultra-chill milled method, which was invented in the United States, it was realized that it was key to unlocking nature's secret without destroying its hidden properties. This probably isn't much different than boiling limes used by the British; if they had done that, the vitamin C would have been destroyed. Only in its natural form did it save all the British sailors.

So why wasn't **My Brain Restore®** in every neurologist's toolkit?

Simple: It wasn't patentable in its natural form. Which means Big Pharma had zero incentive to fund the clinical trials needed to push it forward to become an expensive drug. And I'm sure they'll figure it out at some point. According to the Michael J. Fox Parkinson's Foundation, it takes $2.5 billion in US dollars and 10 to 15 years to complete all FDA testing to bring a new drug to market. I don't know about you, but I don't have one year, let alone 10 to 15. FDA rules allow supplements like **My Brain Restore®** to be sold immediately, and of course, it's especially nice if they're natural. And not turned into a drug, which tends to have enormous side effects, whereas natural products typically do not.

Not to mention the ungodly amount of cost this is

going to be, because I haven't seen any new drugs come out recently that are cheap or even reasonably priced. The median annual list price for a new drug launched in the U.S. reached over $370,000 in 2024, more than doubling since 2021. Almost all new drugs are so expensive that people can't afford them, and anyway, they would have to mortgage the house, and there's no guarantee it's going to work. But a natural supplement does not require that time or cost. As a matter of fact, your doctor will recommend taking vitamins or minerals, and none of those are FDA-approved because they're supplements or a nutraceutical, just like **My Brain Restore®.**

This all leads to the most logical conclusion: why wait? Why torture yourself or watch others suffer? It only worked 100% on mice, okay, and me, and the people already ordering. Well, you get the idea, and I'm not saying it's because of FDA regulations: **"These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease."** But don't tell that to the mice or me.

And besides, this is a book about freedom of the press. It's about my story, the mice's story, and essentially your decision about what you believe and your options.

Plow forward and do the testing. My neurologist hated that I went around them and got the advanced Parkinson's test... even my Alzheimer's test I had to order directly to the lab, but both these tests provided a baseline to better understand how My Brain Restore® could be taken and its effectiveness.

They had never seen it before, but keep in mind that doctors only have 7 minutes with you; that's the national average. But before I forced them to get further testing for me, they fought me tooth and nail. So, when you bring them something new, typically, Doctors go, “Yeah, whatever,” and take what I'm giving you. I've got two other rooms full of patients. It's an unfortunate situation in our medical world today. But most of them have no time to think outside the box. But for me, that wasn't the best medical decision. I was deeply in the box and wanted to get out. But when my neurologist saw how well I had gotten, they actually put it in the medical records that I was taking My Brain Restore®

But I understand it; Doctors don't have time to learn new things; they only go by the pharmaceutical company coming in and giving them some free samples and some form of promotion. One of my doctors just blew it off and said I don't have time to read all the medical journals, which is true. And trust me, if I had cancer or something like that, I'd be

listening to my doctor, my oncologist.

But in this case, no one's looking at the obvious: what about the mice? What about me? What about all the people buying this product and being on the subscription for over a year? But I'm interested in the one that affects me and my neurological disease. And I would assume so are you.

There's a reason in the US that there's a massive movement towards nutraceuticals/nootropics and supplements. And I'm going to agree with one thing: a lot of these supplements suck —they're just regurgitations of a bunch of different supplements thrown together, sometimes using such minute quantities that they do nothing. There's a reason supplement companies do that, which you may not understand, and that is to make it sound like it has everything in it, which is like just little grains of sand of each ingredient, and it sounds good, but you don't get enough to do anything. But how does that lead to it working?

I mean, let's go back to the people with scurvy for a moment, so let's say once a month, we gave everyone just one little slice of that lime on those ships that had scurvy. Do you think they would have gotten better?

No, of course not. It took a certain amount, and the mouse experiments were no different. It was pretty

clear that getting better was what scientists call dose-dependent. Which basically meant that too little didn't work. On the other hand, too much is not necessarily a good thing. Except maybe money; that's a good thing. So, you must find the happy medium. And that's why we offer different dosage levels of **My Brain Restore® (MBR™)**.

We make two versions: Preventive and Active 2X. It's the same ingredient, the same jars — just different dosages. With 2X, you get two jars that last 30 days. The preventive version is one jar, but it lasts 30 days. In all these cases, the dosage is different. I take the 2X every day. And the majority of people ordered the 2X. The people do order the preventive, or typically those that have family members or are genetically predisposed to the issues they don't want to turn into bigger problems, so the idea is to support that system early

I would point out that drugs like Ozempic do the same thing. Because I have diabetes, I was on long-acting insulin. And it wasn't repairing anything; it was simply replacing the insulin, just like L-DOPA replaces the dopamine. And both are tricky to regulate because your body does not naturally regulate them.

But Ozempic changed that by waking up those cells in the pancreas that everyone thought were dead and

could never be restored. I remember reading in medical journals many years ago that pancreatic cells were dead and could never be recovered. **Well, that turned out not to be true.** And I think we're going to find the same case with the brain. One of the doctors who took my product and did not know me personally before he spoke with me said the brain has a fantastic way of repairing itself, given the chance. And he was a neurosurgeon before he retired and got Parkinson's.

But guess what: Ozempic proved them wrong —those cells do wake up and/or repair themselves. And even when I switched to Ozempic from insulin, my doctor didn't bother to tell me to stop taking the insulin or wean myself off it. Fortunately, I was wearing a very sophisticated insulin sensor that attached to my phone, and it would literally wake me up at 3:00 in the morning and say your sugar is way too low. It was screaming like under 50…. Wake up and eat a candy bar.

Insulin and Dopamine: A Striking Parallel

At one point, I realized something profound: I was essentially double-dosing myself. My pancreatic cells were awake again on Ozempic, but they were confused by the artificial insulin being poured in. They weren't dead, just dormant. Maybe overwhelmed. Maybe on strike. Years of sugar abuse had worn them down, but with the right stimulus, they began working again. I

believe this same situation happens with drugs like L-Dopa. Ozempic enhances the pancreas's ability to produce insulin in response to glucose, but when people over-rely on it, the body's natural feedback systems get disrupted.

It made me wonder: what if the same is true for dopamine?

What if the brain's dopamine-producing cells and other cells in Parkinson's, Alzheimer's, and dementia patients aren't all dead, just dormant or blocked, choked off by the very "tendrils" of disease the Japanese research talked about? What if the real problem isn't that dopamine is gone forever, but that the system to support the glymphatic system™ has jammed? You can see this at www.glymphatic.com. Additional scientists have been studying that system and finding it affects many different neurological issues, as that site points out scientifically, things like CTE, Traumatic Brain Injuries, MS, ALS. Too many to list here; go to the website and see the additional 20; it's huge.

But I would point out this is not much different than Ozempic. We now know that the GLP-1 drugs like Ozempic and its cousins. GLP-1 receptor agonists (such as *semaglutide*, sold as Ozempic and Wegovy, and *tirzepatide*, sold as Mounjaro and Zepbound)

were developed for type 2 diabetes, but researchers have found they affect many organs beyond the pancreas. Some benefits are now well established, while others are still under investigation.

Proven benefits

1. Weight loss
2. Heart disease
3. Kidney disease CKD
4. Fatty liver disease (MASLD/MASH)
5. Sleep apnea

Tirzepatide has been approved in the U.S. for certain adults with obesity and moderate-to-severe obstructive sleep apnea.

In Conditions that often improve, researchers have also observed improvements in:

- High blood pressure
- High triglycerides
- Cholesterol profiles
- Insulin resistance
- Inflammation (reduced inflammatory markers in many studies)
- Mobility and joint pain due to weight loss
- Polycystic ovary syndrome (PCOS), primarily through weight loss and improved insulin sensitivity

Addictions and compulsive behaviors:

- Alcohol cravings
- Nicotine cravings
- Compulsive overeating
- Food "noise" (constant thoughts about food)

Researchers are investigating potential benefits for:

- Heart failure with preserved ejection fraction (HFpEF), where benefits have already been demonstrated in some patients with obesity
- Chronic inflammation
- Osteoarthritis symptoms
- Certain fertility issues related to obesity
- Chronic pain
- Some immune-mediated diseases

GLP-1 receptors are found throughout the body, including the:

- Brain
- Pancreas
- Stomach
- Intestines
- Heart
- Kidneys
- Blood vessels
- Immune cells

Because these drugs influence appetite, insulin

secretion, inflammation, metabolism, gastric emptying, and possibly brain signaling, they can have wide-ranging effects beyond blood sugar control. Research into neurodegenerative diseases, addiction, and other conditions is promising, but those uses remain investigational until larger clinical trials are completed.

This is why we look at My Brain Restore® and when we combine it with its support of the glymphatic system that's when the research and naming of that system has triggered additional research and now show a total of 25 neurological issues that are controlled by that one system (the glymphatic) in the brain its similarity to Ozempic and in a sense them finding out how many other things it supports other than its primary purpose are huge

That's precisely what happened in the mice. They only tested the mice on Parkinson's, Alzheimer's, and dementia. And that's what I believe happened to me. I'm not taking synthetic dopamine. I'm not on carbidopa-levodopa. Yet my tremors have gone away, my balance returned, and my cognition improved dramatically. That form of dementia called Alzheimer's is all but gone. In mice, it cleared all the neurological diseases they threw at them, even some tough ones like dementia with Lewy bodies. So now, as we look at all these glymphatic-system-related

findings and other scientists jump in, realizing it affects 25 different conditions, the similarities are astonishing.

But all of this makes sense when you realize that whether it's GLP-1 receptors or the glymphatic system, both of these affect multiple problems that we face every day. But it makes sense: solving one major organ's problem can lead to multiple positive results.

And for those taking Ozempic as an example, or GLP-1 drugs, may see even more changes in recovery when also taken with My Brain Restore®. The nice thing is both these products get along fine with each other, one being a drug and the other one being a nutraceutical.

This could only mean one thing: my brain started self-regulating dopamine again, on its own. The tangles were clearing, the synapses reconnecting, and the neurons restoring function. The machinery was waking up. The brain's dishwasher (glymphatic system) was back up and working; it's the only explanation.

To me, the analogy between insulin and dopamine is clear. Neither the pancreas nor the brain needed a crutch. They needed the right building block to reset. The mice received it. I received it. And the results

speak for themselves.

Eventually, I weaned myself off the long, persistent insulin. Then I stopped taking it altogether, and for over 2 years now, have never taken insulin, just the Ozempic, but even then, I cut myself back on Ozempic to only once every two weeks. Once again, I was not listening to my doctor, but I realized by self-monitoring that the pancreas was still producing insulin when I skipped a week on Ozempic. This is where people get in a lot of trouble and take way too much Ozempic. By using a continuous monitor and starting Ozempic in August of 2023, you can see the results on the next page. It was a considerable difference from taking insulin, and I went from 220 lbs. to 180 lbs. with no exercise.

Ozempic works well, but a two-year study by Ozempic's manufacturer **found it did not help Alzheimer's patience**. They were hoping the non-inflammatory component would fix Alzheimer's, but it did nothing for those taking Ozempic in trials. But it also shows that the Glymphatic system is a significant issue; otherwise, if it weren't an inflammatory issue, where sugar is reduced, then Ozempic should have helped people with Alzheimer's, but it just didn't.

However, they are continuing to research that concept. But not everyone can take Ozempic or those

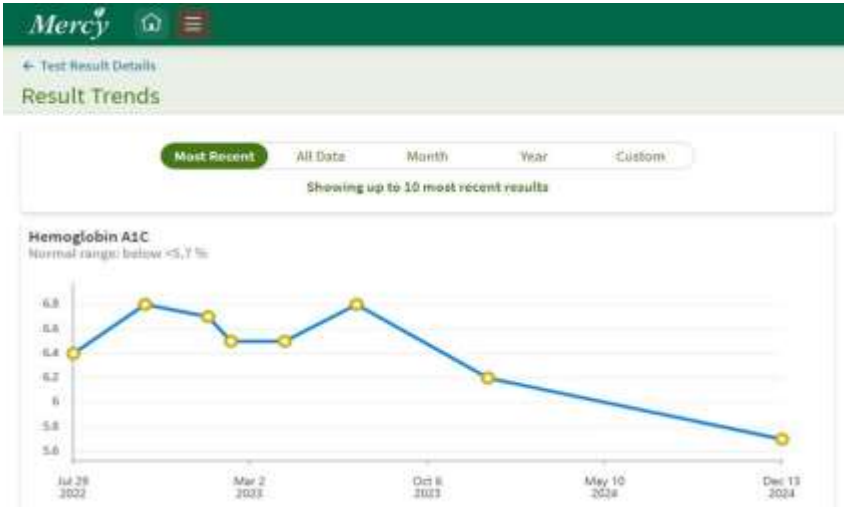
types of drugs; everyone can take My Brain Restore® without a prescription because it's a nutraceutical. Interestingly, many of our subscribers have told their doctors they're taking My Brain Restore®, and the doctors give them a thumbs up. It would seem the main reason the doctors, specifically the neurologist, just don't have anything else to give them.

The only people who should be highly careful taking My Brain Restore® are those people allergic to raw apples or Birch tree pollen. This was actually noted by one of my sons who does have an allergy to raw apples; cooked apples are no problem. Again, the difference between cooking and not cooking is that boiling, as the ancient Chinese did, changes the way the product functions. This is further proof because my son can eat apple pie, applesauce, anything processed, but not raw apples. This only happened after he got older.

This allergy is extremely rare, but it should be noted: dip your finger in the jar and put it on your tongue to see if you have any reaction. Most people just notice a slight bitterness, which is normal in our product, but when it's mixed in with yogurt and things like that, it dissipates and is very palatable. But if you have any itchiness or reaction, you shouldn't take the product. So far, we have not run into anyone else with this issue, but it's important to note.

If you're overweight and diabetic, seriously consider talking to your doctor about taking Ozempic. There are about 590,000,000 adults around the world living with diabetes, with 90% of them having type 2 diabetes. Studies have found that people with diabetes have a higher risk of developing dementia and Alzheimer's. So, if you're taking it in combination with **My Brain Restore® (MBR),** it's helping you fight the battle even more. Keep in mind that, with this, you can lose weight while sitting on the couch, because few people stick to exercise and diet.

Started taking the same pic in June of 2023, you can see the dynamic shift downward in A1C, which shows the trends in glucose.



Because the insulin cells in the pancreas were back to

work like they should be, I ate ice cream and drank cherry Coke, ate apple pie —whatever I wanted, no dietary restrictions. My pancreas knows what to do; it turned back into an 18-year-old again. My last blood sugar was 5.7, keeping in mind that an A1C of 5.6 is nondiabetic...

And I believe that's what happened to the mice. The research suggests that their brain began producing dopamine again because the tangles that caused the issue were cleared.

So, in theory, that's why your doctor should know. Still, they might not understand that your body can produce its own dopamine, so taking additional dopamine might eventually cause problems. And again, most doctors don't keep up with scientific journals, and even some I've talked to weren't even familiar with the glymphatic system, even though it was discovered back in 2015 and considered one of the most important discoveries of its time

Please make sure your doctor understands that it will take time, but you may still see the exact parallels. Unfortunately, unlike insulin, where we can put a monitor that updates you every 60 seconds on your phone, there isn't one for dopamine or Alzheimer's that I'm aware of. But tests are being done to predict Parkinson's from the tears from your eyes.

Understanding What's Really Going on in the Brain

Let's get a little nerdy for a moment, OK, nerdier, because knowledge is power when your brain is on the line. I've talked a lot about Parkinson's; let me cover Alzheimer's and dementia a little more in detail.

Now, here's something most doctors never mention, yet it may be the real key to all of this: the brain's own cleaning system, called the **glymphatic system** —or, as I like to call it, **the brain dishwasher™.** Think of it as your brain's **plumbing and detox network**, the part that **flushes out toxic waste** that builds up while you're awake, proteins like **beta-amyloid** and **alpha-synuclein**, the same ones linked to **Alzheimer's** and **Parkinson's**. It does its best work while you're in **deep sleep**, when **cerebrospinal fluid** moves through the brain like waves, clearing debris and restoring balance.

When this system slows down, which happens with **age**, **chemical exposure**, or **poor sleep**, your brain literally can't take out the trash. The toxins pile up, **inflammation builds**, and those same proteins start killing neurons. Environmental toxins like **TCE** and **benzene** damage the **glial cells** that keep these pathways open. Once those cells are compromised, the brain's waste removal shuts down, and

neurological decline begins long before symptoms ever appear.

That's where **My Brain Restore® (MBR)** comes in. One of its key ingredients is designed to **support glial cell health** and **help maintain optimal glymphatic flow**, encouraging the brain's natural ability to clear itself, or, as I like to say, to keep the **Brain's Dishwasher™** running smoothly. In early laboratory and animal studies, this kind of cellular support has been associated with **improved memory performance** and **mental focus**, even in healthy subjects.

That could explain why people taking MBR (My Brain Restore®), me included, report **deeper sleep**, **better focus**, and a **clearer mental state (less brain fog)**. When your glymphatic system, your **Brain's Dishwasher™**, is supported and functioning efficiently, your brain feels lighter, faster, and more precise. Supporting that system is about **helping your brain do what it's naturally built to do**.

As I like to say: *"Your brain already knows how to heal; it just needs the pathways clear enough to remember how."*

Daniel O. Claassen, M.D., M.S., Vanderbilt University Medical Center, July 11, 2023, Congressionally Directed Medical Research Programs (CDMRP). Their work moves the field forward by providing clear evidence of **glymphatic system dysfunction in Parkinson's disease** and a method to stimulate glymphatic function to mitigate cognitive impairment. The outcomes of this research will provide a framework for developing novel PD treatments, both pharmacological and non-pharmacological. However, My Brain Restore® already supports the glymphatic system.

Parkinson's, Alzheimer's, and dementia share some similarities but are distinct neurological conditions with different causes, symptoms, and areas of the brain affected. **But the one thing they seem to have in common is a dysfunctional glymphatic system.**

Neurodegenerative: All involve progressive damage to brain cells.

Cognitive Decline: Each can eventually impair memory, judgment, and thinking.

Aging-Associated: Risk increases significantly with age.

Overlap: A person can have more than one (e.g., Parkinson's with dementia, or mixed dementia).

But also, different

Alzheimer's: Memory loss, confusion, language problems. Hippocampus, cortex, Buildup of amyloid plaques and tau tangles. Alzheimer's is the most common cause of dementia, making up ~60–80% of all dementia cases.

Parkinson's: Tremors, stiffness, slowness, balance issues, Substantia nigra (basal ganglia), and Loss of dopamine-producing neurons. Parkinson's disease can lead to Parkinson's disease dementia (PDD) in later stages, but not everyone with Parkinson's develops dementia.

Dementia (umbrella term) varies: memory loss, poor reasoning, and personality changes. Depends on type (e.g., frontal lobe, temporal lobe). Varies: Alzheimer's, vascular damage, Lewy bodies, etc. Dementia is not a disease itself, but a syndrome, a collection of symptoms caused by other diseases (like Alzheimer's, Parkinson's, or Lewy body disease).

They are connected by their effects on the brain but are not the same. Treatments, progression, and prognosis differ significantly, which is why accurate diagnosis is essential. And why any therapy or supplement claiming broad neurological benefit (like

My Brain Restore® (MBR) is especially notable if it shows efficacy across multiple conditions, as it did in all the mice and in me.

Why? Because it supports the brain's glymphatic system — the natural "cleaning network", The Brain's Dishwasher™. It uses cerebrospinal fluid to flush out toxins and waste products that accumulate while awake, which is crucial for brain health and helps prevent neurological diseases. I only care if it works! And it may work with other neurological diseases because it seems to cross the boundaries, unlike anything seen before. We also know that control mice, who had no disease, improved their memory by 20%, making it a smart nootropic and a preventive for people with genes for Alzheimer's, or relatives with Parkinson's or dementia, and possibly the other 20 neurological diseases the glymphatic system controls.

There is no doubt that in 2026, drug companies and scientists are paying attention to the brain's glymphatic system and experimenting with new technologies, such as nanoparticle therapies, to provide essentially the same support that **My Brain Restore®**, already offers. Since most of these drugs are probably 10 years out from being on the market, and that would assume they passed the trials, which most don't, and with unknown side effects, it becomes a question of how to support what you have now, and

that's why I use **My Brain Restore®**.

Parkinson's is primarily caused by the **degeneration of dopamine-producing neurons** in a part of the brain called the **substantia nigra**. Think of dopamine as the brain's smooth operator; it helps you move, think, and even feel joy. When those neurons "die" off, so does your ease of movement, your clarity of thought, and your sense of self.

That damage often begins with toxic environmental exposures, including **trichloroethylene (TCE), benzene, heavy metals, pesticides,** and other environmental disruptors. These toxins are surprisingly common in everyday life. Whether it's through our jobs, tending to our lawns, or working on our cars, we regularly encounter harmful chemicals. Even the air we breathe, polluted and saturated with industrial byproducts, has been increasingly linked to neurodegenerative diseases like Parkinson's. Avoiding exposure is nearly impossible.

A new report from researchers at the **University of Rochester**, led by Dr. Ray Dorsey and published in the Journal of Parkinson's Disease, highlights just how dangerous one of these chemicals, TCE, can be. Though suspected as a trigger for Parkinson's since 1969, their study provides strong evidence confirming TCE's role. The chemical is alarmingly widespread;

it’s found in soil, water, indoor air, and even in underground water systems. That means people may be exposed unknowingly in offices, schools, or even their own homes. Billions of people worldwide have been unknowingly put at risk for developing neurological conditions. TCE is actually in things like brake cleaner fluid, correction fluid for paper, and wig glue. And the worst part is you probably have some of this in your garage or your house. Then there's just air pollution and the finding that Parkinson's is at higher rates around golf courses, crops that are sprayed with things like paraquat and other types of weed killers, and even surrounding industrial areas where this chemical can stay in the ground for years, and digging it up can certainly disturb it and aerosolize it.

Adding to the growing concern over neurological health, another recent study published on July 15, 2025, in **Frontiers in Microbiology**, found a shocking link between COVID-19 and Alzheimer’s disease. The research suggests that viral infections, like SARS-CoV-2, can cause inflammation in the brain, which in some individuals may escalate and contribute to the onset of Alzheimer’s. This discovery underscores how both environmental toxins and viral pathogens can play a role in triggering long-term neurodegenerative conditions.

In addition, long-term COVID was studied by the National Institutes of Health, and we found that COVID itself and possibly even the immunizations from it can cause irritation in the glymphatic system and could explain why long-term COVID is, in fact, long-term.

What the NIH RECOVER program has emphasized is that Long COVID likely involves multiple interacting mechanisms, including:

- Persistent inflammation and immune dysregulation.
- Autonomic nervous system dysfunction.
- Endothelial and vascular abnormalities.
- Viral persistence or persistent viral antigens in some patients.
- Metabolic and mitochondrial dysfunction.
- Neurological dysfunction underlying symptoms such as brain fog.

That said, **glymphatic dysfunction has become an active area of research** because it is biologically plausible. Researchers have hypothesized that impaired cerebrospinal fluid flow and reduced brain waste clearance could contribute to symptoms such as:

- Brain fog
- Cognitive impairment
- Fatigue

- Headaches

However, this remains a research hypothesis, not an NIH RECOVER conclusion. Separately from RECOVER, NIH has highlighted the importance of the glymphatic system, noting that impaired brain waste clearance may contribute to neurological diseases and that improving understanding of this system is an important research goal. National Institutes of Health

I was in the NIH recovery study. I was a control "mouse" for long-term COVID because I didn't get COVID at that time; I was in the control group. Only two years later did I get COVID during the study. So, I've been involved in medical research, and actually they pointed out I never passed the smell test but didn't have COVID. I never developed long-term COVID and was over it rapidly.

Loss of smell (hyposmia or anosmia) is one of the earliest and most common non-motor symptoms of Parkinson's disease. For many people, it appears years, sometimes even a decade or more, before the characteristic movement symptoms such as tremor, stiffness, or slowed movement.

Given these alarming developments, the need for preventive strategies or even therapies capable of

halting or reversing neurological damage has never been more urgent.

That's the blueprint behind MY BRAIN RESTORE®

At the heart of this formula is a powerful, natural seed, used for 2,000 years, but never like this: U**ltra Chill Milled™** to unlock its full neurological potential.

As we know, *even the healthy mice* saw a 20% increase in memory performance. That means this **formula doesn't just reverse damage; it can optimize and protect your brain before symptoms ever show up. So, if you have neurological diseases, your siblings might benefit from this as a preventive.**

What's Actually in This Stuff?

100% Ziziphus Ultra Chill Milled™. The examples below include **My Brain Restore®**:

The Core Compound is a plant-derived seed from a fruit you've probably never heard of, and you've certainly never bought the supplement before, because nobody makes it the way we do. Ziziphus, OK,

I tried to warn you; you saw it before, never heard of it? But **that's a good thing**, because it means you haven't tried it either, since I couldn't find it in any supplement. Sometimes it's found in some Chinese medicines, but they mix in the actual fruit, which doesn't do any good at all, so you really must know how to make it and how the scientists made it, and that's quite complicated. But the Ziziphus we use is only one species (There are over 100 different varieties, and some of them are even hybrids, which do not work at all), and we only use the actual tiny seed of this fruit. It has anti-neurodegenerative properties. In lab studies, it gets to where it's needed. This is how the mice cleared the tangles in their brains. The picture below is of one of our seeds that has sprouted. We are conducting several tests to assess their purity and confirm their viability.

Besides, the central plant, the fruit of a slightly different species, is pictured, and it's extremely difficult to get the actual fruit in the US from the species we need.

The fruit only bears one small seed, which is Surrounded by a stone (pit) in the center, like a Peach pit, but you must dry it, then crack the pit open before you get to the seed inside. Ever try to crack a Peach pit? Very labor-intensive. 1,800 seeds of the fruit that you're seeing on the next page are what are required

to make one 2-ounce jar of Restore®. 3,600 seeds are used in our 2x version. Don't worry, we buy seeds in bulk.

It's Clean: 100% plant-based. No GMOs. Manufactured Ultra Chill Milled™ in the USA after we inspect the seeds we purchase. We even test growing batches to make sure they're alive and well, as you can see.

The variety we use is rarely found in the United States. The varieties in the US are hybrids and lack neurological capabilities. Some hybrid versions are seedless; there's a pit but no seed inside. So be extremely careful of counterfeits or wrong versions; you probably have 100 to choose from, so it's best not to. Not to mention, when you get a milled product from other suppliers, you don't know what's in it because it's kind of like brown flour. That's why we never buy a pre-milled version. We know how to spot fake versions of seed, and they are out there. But our suppliers understand our demands, and we've never gotten a phony version. This is because the seed is somewhat expensive, because we don't add fillers like other supplement companies to My Brain Restore®. We also use our Ultra Chill Milled™ method, combining milling and burst milling, which is more time-consuming but retains the raw product's full nutraceutical benefits. In addition, we use a foam

blind resealable lid to further preserve its freshness and strength.

It's science, just not the kind that comes with a slick TV ad and three minutes of legal disclaimers. You know, may cause blah blah blah and death… yeah, I'll pass on that one.



We randomly test Ziziphus seeds to ensure they will sprout. The plant in the middle comes from one of our seeds, the two fruits on the side are Ziziphus, but a different species, not the one we use. Very difficult to find the species we need in the USA as a Mature fruit.

What Makes MY BRAIN RESTORE® Different?

You've seen the supplement aisle. It's a jungle out there. So why is this different? Let's break it down:

- **Careful selection, staying with what the scientist tested, but with significant improvement.** The compound fully reversed symptoms in mice. That's not just hopeful; that's unheard of—a unique ingredient, Ziziphus.

- **Novel Formulation + Delivery.** This isn’t a generic herbal blend. It’s a precisely engineered system designed for maximum absorption and brain access—a patentable formulation and technique. Although it wasn't used in the scientific test, it was noted that heat during processing always destroyed the effect in mice. The scientist tested the traditional method of making it into hot tea, but it did not work on the mice. In addition, they tried making an extract, but it also did not work in mice. Only the raw seed produced 100% cured results in mice. So, understanding that heat is the enemy in manufacturing. In the USA, we invented Ultra Chill Milled™ and burst milling to prevent heat during processing. The scientists did not use our advanced technique to protect from heat. Someone trying to duplicate it will not go to that level of effort; they'll grind it and use what's called cold milling, which can get over 120° and destroy 100% of the neurological benefits. We use advanced techniques to protect from heat. But you won't know that. Hey, I take this stuff; I want it to be as effective and pure as possible.

- **Root-Cause Focus**. Unlike traditional meds that just “patch” symptoms, this Nutraceutical formula targets the underlying damage. Think about repair, not just relief. As a matter of fact, I don't know of any mouse study on any

supplement on the market that even achieves a 25% improvement in mouse models, let alone cures 100% of mice.

- **Created by a Patient, Not a Boardroom.** This wasn’t made for mass profit; it was made for my survival. But profit isn't a bad thing. I'm not complaining; we need that to continue producing; it's for our customers. I vetted every ingredient, every test result, and every decision. If I hadn’t taken it myself and gotten better, it wouldn’t have made it to market. I know how I feel; I know how much better I'm doing, and that's the only reason I brought it out. Will we make money doing it? Indeed, if we didn't, we wouldn't be here for you. We need to stay in business to help others. But I will share something my banker told me when I was setting up the company. He said, “Look, if you can just get people 10% better, they'll take it. What other choices do they have?” And he works at a bank where a lot of older people live, and he says he's constantly helping them if they make mistakes or forget things, and he hates seeing these good people with bad neurological conditions. He's right.

- **Early Success Stories.** I’m not the only one who saw the results. Within 12 months, my

tremors improved considerably. Others who have tried it are now reporting clearer speech, better gait, better strength and balance, and a return to functions they thought were gone for good. But I'm serious, it does take time; you must give yourself a year or two. I feel lucky that, in 1 ½ years, it turned around quickly, but I also think that if I stop, it's going to come back. So, it's essential to understand that it's a commitment. That's why we offer this subscription version, which you can cancel anytime. I would point out that balance and strength can come on; 1st tremors can take an incredibly long time and may never completely disappear. With Alzheimer's, it's a little different. The blood work I do on Alzheimer's has shown a 20% improvement, and so it's only 7% away from being in the green, and I plan to accomplish that, so keep an eye on my journey on the www.mybrainrestore.com website.

- **Become part of our community.** It's crucial whether you're a caretaker of someone or the person with Parkinson's, Alzheimer's, or dementia. Or in my case, two of those nasty neurological diseases. Our phone number is clearly displayed on our website. We do our best to answer it seven days a week. And you can always email us. Everything is at www.MybrainRestore.com . We would also like

to set up Zoom meetings or a Podcast where we can bring everyone together; they don't have to see each other, and we would handle moderation so people can ask questions. We'll repeat the questions to the group, then answer as best we can, reread what others answered, or you can just read the chat. We feel this will help us, as a company, improve our product, understand what other people are mixing it with, and how quickly it works for them—or doesn't. And even other neurological diseases it might work with.

We've already identified some that are very similar but are also much rarer. We really want a group focused on the issue they face. We're not a nonprofit; we're not looking for donations for research that's already done. However, we are setting up the Glymphatic Foundation in the future, which will be at glymphaticfoundation.com

We're looking for people who are trying to change their destiny and are willing to share some of that if they want; if you wish to stay more private, don't join the Zoom meetings, but make sure you get better. And don't forget you can always e-mail us with your thoughts, suggestions, or feedback. Our e-mail is at the bottom of the page on our website.

As for podcasts, I am on a podcast as a guest, sometimes twice a day. At the time of writing this book on our website, there are links to over 50 podcasts I have been in, talking about My Brain Restore®. I'm usually booked six months in advance and rank number six as the top guest on the podcast. I'm in the top ten guest list for the podcast.



Ziziphus fruit to make one jar, AI-generated

This image, you can see on the left, represents (using AI) the massive amount of 1,800 Ziziphus fruits required to make just one 2-ounce jar of our Ultra Chill Milled™ My BRAIN RESTORE® powder. That's 60 fruit seeds per day, finely milled into one precision-formulated teaspoon. We couldn't realistically photograph someone beside that many fruits, so we let AI visualize it for us. For those using the 2X formula (two teaspoons daily), that equals 120 fruits per day, 3,600 fruits per month. We're not cutting corners. Just delivering nature's full potency in every dose. The seed is the size of this: **O.** As you can see, it's tiny and only one per fruit.

Why You Haven't Heard About This (Yet)

Because it's simply too new. Even the glymphatic system, discovered in 2012, is still a very recent

discovery in medical science. Researchers are only beginning to understand how it functions and the role it may play in health and disease. As a result, research is rapidly expanding, with scientists around the world now investigating its potential connections to numerous neurological and other medical conditions. The science report behind **MY BRAIN RESTORE®** only emerged in late 2024, and big pharma hasn't figured out how to synthesize it or sell it for thousands of dollars a month. That's not speculation. That's how industry works.

And while the core ingredient, Ziziphus seed, has been used in Traditional Chinese Medicine for 2,000 years, it was always roasted, boiled, or fried into tea. We now know **those methods destroyed the very compounds that support neurological repair.** That's likely why its real power was never discovered… until now. Be extremely careful, and all we can say is it's best to buy from us because we've actually picked up product labeled "uncooked" with an English label stuck on the package, but when we translate the Chinese writing, it says "cooked." So, buyer beware.

Compare that to the plant (Velvet Bean -Mucuna Pruriens) that gives us L-Dopa, still used today to treat Parkinson's, which was first observed in India nearly 1,000 years ago, when locals noticed it helped

reduce tremors. But European medicine didn't recognize it until the last 100 years, meaning almost 900 years passed with only locals noticing it through **observation**. But no one ever saw that effect in Ziziphus because **they were cooking it to death or just eating the fruit.**
MY BRAIN RESTORE® changes that.

We use an advanced Ultra Chill Milled™ process that preserves the delicate, neuroactive compounds that have always been there, but were never activated until now. And no, it doesn't make you sleepy like the old hot tea preparations. Not when it's raw, clean, and appropriately milled. We also use resealing foam caps on our jars.

But we do offer a word of caution when you first start taking it: Even though I personally experienced no sleepiness, and neither did the mice in the university studies, it's wise to take it in the evening for the first two weeks. If it does make you sleepy, great; some people with Neurological issues would welcome sleep at night. If not, and it doesn't bother you, that's good too.

So no, you won't find **MY BRAIN RESTORE®** at a hospital pharmacy. You'll find it in the hands of people ready to take action rather than simply "manage" their decline. It's available directly through

our website, Amazon, and eventually Walmart Marketplace, but our website offers the lowest price. We ship directly from our facilities to ensure the freshest product, with free Priority Mail shipping anywhere in the U.S., whether you have Amazon Prime or not.

CHAPTER 04

DOCTORS MISS WHAT TOXINS LEAVE BEHIND®

CHAPTER 4: DOCTORS MISS WHAT TOXINS LEAVE BEHIND

Here's something most neurologists don't tell you (or even ask): "What were you exposed to before your symptoms started?"

The truth is **Alzheimer's, Parkinson's, and dementia aren't just about age or genes.** Increasing research is now pointing to environmental triggers, specifically industrial solvents, pesticides, air pollution, and heavy metals, as major players in the onset of neurological diseases. And yet, almost **none of the standard treatments address that.**

It's also why I named the company APDI, Inc. (Alzheimer's, Parkinson's, and Dementia Impaired) www.APDI.com

What If One Ingredient Targeted the Core of Every Major Neurological Disease?

Think about it.

Doctors will often say these are all different diseases. Different symptoms. Different mechanisms.

But here's the question no one seems to be asking:

Then why did 100% of the mice with Parkinson's… Alzheimer's… and dementia… all fully recover with the same single natural compound?

And for me, it's healing both Parkinson's and Alzheimer's at the same time, more bang for my buck, and I don't have to take anything or do anything different.

Maybe we've been looking at these diseases too narrowly. Perhaps they're more connected than we thought, like symptoms of a larger neurological breakdown. Of that dishwasher, the brain, the glymphatic system fits into this like a jigsaw puzzle, missing one piece. And what if **MY BRAIN RESTORE®** doesn't just target one, but goes after the shared root cause?

That's precisely what happened in the mouse study. It didn't just improve symptoms. It reversed them. Not just for one disease, **but all three.**

That's like discovering one compound that fights **every type of cancer**. That's the scale we're talking about.

And they didn't even test it on other neurological

diseases, like **ALS, MS, MSA, PAF, long-term COVID, brain fog from Lyme disease, or Huntington's**. But we now know at www.glymphatic.com that 22 other diseases exist that are controlled by the glymphatic system.

Here's what I believe:

If you or someone you love has **any neurodegenerative condition**, known or emerging, **MY BRAIN RESTORE®** may be worth trying. It will take a considerable amount of time; it's slow because your brain probably took 15 or 20 years developing these symptoms, and they can't be fixed overnight. I encourage everyone to stay on it at least a year, if not longer. I have talked to subscribers directly who have improved, and they said they will never stop taking it because they don't want any of this stuff back. I won't either

Because I did try it, and it worked. But you must make your own decision. But it's very important to try to take it every day if you skip a dose that's fine but I have people calling me saying can you hold up on my subscription I've got four or six jars left it doesn't seem to be working... no kidding just like any medicine or supplement if it's in the jar it's not going to help you have to be committed to taking it and sticking with it in the case of our product it's better to take it in the afternoon or near evening since the

brain's glymphatic system works at night when you sleep.

So yes, this should raise questions. How was this missed for 2,000 years?

Why did the scientists choose to test this one seed cultivator, and not others?

I don’t have all the answers yet. But I do know this:

They tested it. It worked. I used it. It worked. We're getting great feedback from people now in their third and 4th months, and they're all experiencing improvement, but each person is different, and their improvements are different in different ways.

If chemicals damage your brain, doesn’t it make sense that real recovery starts with removing the damage and repairing what they broke?

That’s precisely the philosophy behind MY BRAIN RESTORE®.

It was built not just to support dopamine, but to:

- Detox harmful compounds
- Reduce neuroinflammation
- Promote regeneration
- And protect what’s not working by supporting the glymphatic system

Because If the Problem Is Poison…
Then the Solution Has to Clean Up the Mess

Let's be blunt: if neurological diseases are caused, or worsened, by chemical exposure, then no solution is complete unless it helps the brain **clean up the damage.**

After the mice all got better, they could run the mazes and didn't have symptoms anymore, like Parkinson's, Alzheimer's, or dementia. They had to dissect the mice. (Sorry, mice.) But by doing so, the scientists saw something shocking:

- **Neurons restored**.
- **Toxic tangles cleared.**
- **Synaptic markers returned to normal.**

But let's be honest, **I don't have time for clinical trials.**

And chances are, neither do you. Besides, clinical trials don't like to support natural products because there's no money in it. Even if I could *join* one, I'd have to wonder: Would I get the real treatment… or the placebo?

And by the time they figure it out, **I might not be around to find out. I'd rather take a safe bet now.**

Start Slow. Stay Consistent.

If you try **MY BRAIN RESTORE®**, don't expect overnight miracles.

This is not a pill. It's not synthetic. It's a real, nutrient-dense, fiber-rich milled seed that takes consistency. When you look at neurological diseases, you notice that everyone gets them slightly differently.

For example, in Parkinson's, some people have tremors; others don't, but they have severe falls or other disabilities. People with Alzheimer's and dementia may come on very slowly, and the fact that people sometimes look at it as a parent who doesn't remember things well- it's just old age- when it's an underlying serious neurological problem.

With My Brain Restore®, what we do know is consistent; that's why we have a subscription basis: you must take it every day, and you must stick with it. But changes may be incredibly subtle at first; sometimes you don't notice them as normal, and for each person, those changes will be different. They won't necessarily fix things like when you first had the neurological problem; they may fix other things first. A lot of people with Parkinson's, as an example, show more strength, endurance, and balance control first, before tremors slow.

In Alzheimer's, for me, it was more about just being able to remember my keys or where I put my wallet; it

seemed normal, but before that, I couldn't remember at all. Then, when I pushed myself to do memory tests and other things, I saw that I could do much better. Alzheimer's became the fastest and easiest to fix for me; Parkinson's took more time

We ship each jar with a ½ teaspoon scoop to help you start slowly and measure precisely. Here's the protocol we recommend:

- The first few days: ½ teaspoon daily, then increase to 1 teaspoon (2 scoops)
- Week 2: Increase to 2 teaspoons (4 scoops) for 2X active; one teaspoon (2 scoops for Preventive
- Preventive won't fix active situations; it's just to prevent genetically predisposed issues from hopefully forming. 2x is best for active issues.

Our 2X version includes two jars, a 30-day supply at full dose. This is the one I personally take every day, and I believe this made it possible for me to run the marathon.

We also have a preventive: 1 jar lasts 30 days. This is aimed at people who are predisposed to neurological diseases, such as when it runs in the family, or if one of your parents has gotten a neurological disease, would be a good example. Yeah, probably don't want to get any neurological condition, so stop it before it starts. It's believed that 15% of Americans carry the

genes that can cause neurological problems. It only requires A slight shift in environmental conditions to trigger, and it's getting worse every year. It's been said that an ounce of prevention is worth a pound of cure. OK, in our case, it's a jar that's 2 ounces for prevention, not active

Also, in mice, giving those **without neurological problems improved** their **maze-running performance by 20%**. In humans, that could mean remembering things on a test or being sharper in business meetings. Or run mazes. So, **Preventive** would be better for someone who doesn't have anything yet. Or once to use it as a **brain booster**. That's also why we're developing MBR Gamer (www.MBRGamer.com), aimed at a younger audience who get brain fog and memory issues when playing advanced games or studying for college exams. It's formulated the same but labeled more for that audience

It’s also worth noting: **This is fiber.**

Like any high-fiber product (think Metamucil), your digestive system needs time to adjust. Start slowly. Let your body get used to it. And drink plenty of water. Flatulence can happen during the first month or so. Probably doesn't bother you, but it might bother your partner; that typically goes away.

We have noticed in males that numerous have reported that they are friskier in the morning, more aroused, and have more visual dreams that they find pleasing. This makes sense because if the body's producing its own natural dopamine during nighttime when you sleep using My Brain Restore®, then it makes perfect sense that desire is there. It has also been suggested that it helps with menopause in women.

But above all, **take it.** So, if you're ready to fight back, to clean house in your brain, one day at a time, join us.

Take the first scoop. Be consistent. And maybe… just maybe… you'll feel something you haven't felt in a long time.

In the United States and its territories, we ship USPS Priority Mail small box. This typically gives a 1 to 3-day shipment time at no cost to you. We pay for priority mail shipping. If you want faster shipping or shipping overseas, fill out the 'where to ship' section on our checkout page. It should bring up additional options if you need the product overnight in the USA. (Currently, overseas shipping is on hold, as so many different tariffs and counter-tariffs from other countries are affecting our product delivery and the customer's cost. If we restart international shipping,

you'll see that on the checkout page.

If you select a country other than the USA, it will calculate the tariffs, customs, and all the other good fun stuff. But because those things change, unfortunately, constantly, it could still get stuck in customs overseas and require an additional fee to get it released. We do our best, but every country is different, and they change rapidly.

But in the USA, we've always been committed **to free shipping,** including territories like **Guam and Puerto Rico, as well as Hawaii and Alaska. FREE**

So, if you're serious about improving memory, focus, balance, and neurological health, the best approach is to start with My Brain Restore®. Most people just order the 2X subscription. But you need to take the 2X for a year or two; that's why the subscription saves you money. You should notice some changes in six months to a year, hopefully some significant help.

Turning Pain into Purpose

You're not alone. You're not broken. And you're not done. This is not where your story ends.

It might just be where it finally begins.

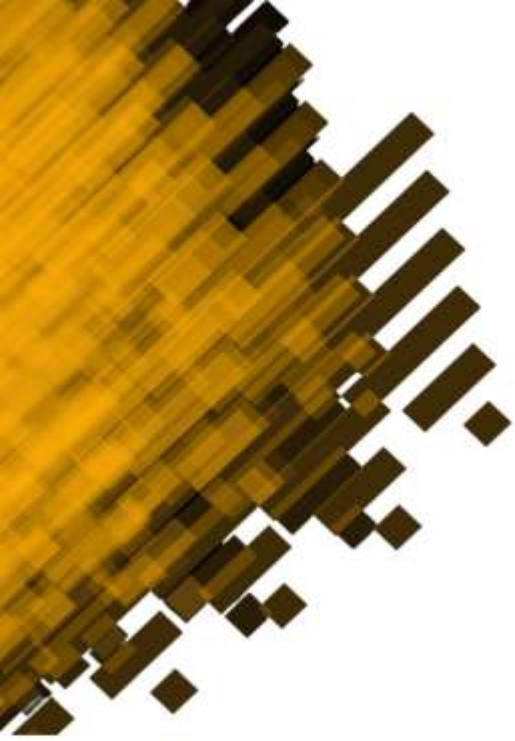
Are you Ready to get started?

If you're feeling ready, go to www.MyBrainRestore.com and place your order (subscriptions are best. Whether you're going with the preventive or the more potent 2X formula, we've kept it simple.



But before you do, we'd love for you to stick around for the next chapter. That's where we show you how to track your progress with **My Brain Restore®.** Because it's not just about taking something; it's about really noticing the small wins, the better days, and those moments that remind you you're heading in the right direction. We're here with you every step of the way.





CHAPTER 05

TRACKING YOUR PROGRESS



CHAPTER 5: TRACKING YOUR PROGRESS

Tracking Your Recovery, One Small Victory at a Time

When you're living with Parkinson's, Alzheimer's, or Dementia, change doesn't always come with fireworks. Sometimes it's subtle. Quiet. A moment you almost miss: tying your shoes without fumbling, waking up without stiffness, handwriting that doesn't look like a spider on caffeine.

But these little changes are everything.

Because while conventional medicine often teaches us to "manage decline," **this chapter is about measuring progress**. Honest, tangible, trackable progress, so you know if what you're doing is working.

Why Track Progress?

Let me be honest: when I first started this journey, I didn't think I needed a checklist. I thought I'd feel better, and that would be proof enough. But Parkinson's, Alzheimer's, and dementia are sneaky. It plays tricks on your mind and memory. One day, you feel like you're walking better; the next day, your hand

is shaking, and you start doubting everything. You forget the neighbor's name, you talk to the mirror, etc… Did the formula stop working? Was it ever working?

And for me, when I started not tripping, not bumping into things, I didn't even notice it; I just acted normal. But because I was used to normal for 65 years, I didn't see its subtle positive effects. Only for about 6 months, continually taking **MY BRAIN RESTORE®** did I have that moment where I said, gosh, I haven't banged into one thing. I haven't fallen. I didn't trip upstairs. And it's extremely fun tripping downstairs!



When things change back to normal, you don't notice them. It's a weird thing I didn't. You expect to be normal, so you're not really processing it when you go from your pinky shaking or feeling off-balance, banging into things, and then it gradually stops. Because that's the way you've been all your life. And at first, I did not notice these subtle changes that were indications. MY BRAIN RESTORE® was working, and that's why we came up with a sort of spreadsheet. You can put maybe numbers on how bad you are that week, and if your numbers start to go down, are you getting normal, because I'll tell you personally, I didn't notice it until it became incredibly evident, and

I didn’t have any more bruises. I didn’t bust my toes again. I wasn’t ricocheting off the walls. It was only then that I realized Wow, I’m one of the mice.
That's when I realized it was working, but I should have made a schedule, some way to check off boxes, because those changes are as subtle as things started. You probably started getting Parkinson's 20 years ago and didn't know it. But little things might have been happening in between that time. The reverse is also true.

That’s when I realized: feeling isn’t enough; you need facts. Here’s what tracking your symptoms does:

✅ Keeps your hope grounded in reality

✅ Helps you identify patterns and triggers

✅ Allows you to celebrate wins (even the small ones)

✅ Builds confidence in the path you’re on

✅ Gives you data to share with caregivers, doctors, or skeptical family members (you know the ones)

Progress might be slow. It might even zig-zag. But when you start writing it down, you begin to see the story your body is telling, and it may be so subtle you don't notice. You can also ask your partner or caregiver to help rate you each week. Don't be embarrassed; this is about getting better, and it may take 6 months or more for it to kick in.

And whatever you do, don't buy the version that's probably made in China. I've had people call me at the office and say I was taking this Ziziphus extract. I stopped them right there and told them that the Japanese scientists said the extract, or when made into hot tea or any way other than the special, milled, raw, not cooked, way they made it, and we improved upon it, doesn't work. Also, we mill it in the United States for quality control because you have no idea what's in the powder from China- not a clue. And I've even seen where the English label says 'uncooked,' but when you read the Chinese label and translate it, it says 'cooked'! Worthless. We've also seen it labeled as the right cultivar, but when we examine the seed, it is not. We do quality controls at many levels, and again, I'll remind you: I take the identical batches you get. We work with the warehouses that supply us with the right product and are highly consistent.

For the Next 12 months

I'll continue taking **My Brain Restore®** every day. I've been getting sharper and more balanced, and I don't want to stop and risk sliding backward; those were not good times. If you're not seeing progress after a year, don't jump to conclusions. First, consider removing or re-evaluating other factors, like dieting. (I've admitted I drink Cherry Coke and sit on the couch, though most of the time I'm on the computer.)

If you're not seeing improvement, it might be time to clean up the diet or adjust those habits. You can always talk to your doctor about weight loss problems. I took Ozempic, lost a considerable amount of weight, and balanced my A1C score. But Ozempic also acts as an anti-inflammatory, so it may help. But on its own, Ozempic does not work for conditions like Alzheimer's, according to a 2-year trial by its manufacturer.

One important thing to consider is dosage. If you're only taking the **1X**, that might be too low for you. You may need **2X.** I've been taking 2X for the last year, and it's made a noticeable difference. Remember, scientists have found that the effects are **dose-dependent**. Some people might be stuck on 1X and not realize that their results are limited simply because the dose is too low. It's worth thinking about.

Honestly, for some, six months may not be enough. Give it a year. Everyone's journey is different. Whether it's Parkinson's, Alzheimer's, or dementia, the levels, symptoms, and rate of improvement vary. Check your improvement chart. If your numbers have moved closer to zero compared to when you started, that's still progress.

It may not be fast, but it's your **pace**, your ability to get better, and that will always look different than

someone else's.

Then the next question is: if you start feeling better, do you stop?

For me, the answer is NO. I'm going to keep taking My Brain Restore® because I continue to notice improvements, and I don't want to risk sliding backward. Maintaining momentum matters, especially when it comes to long-term brain wellness.

The mouse research that inspired this product showed something exciting: even healthy mice, those with no neurological challenges, experienced a 20% improvement in memory performance. That suggests the formulation may continue supporting clarity, focus, and healthy glymphatic function even after someone reaches their personal goals.

It's also important to understand that in conditions such as Parkinson's, and likely in many neurological issues, the underlying changes begin long before symptoms appear. Research highlighted by Joy Milne ("the woman who can smell Parkinson's") suggests that a substantial amount of dopamine-producing function is already affected by the time symptoms show up. And scientists have stated that sometimes 50% of the brain is already damaged before symptoms show up. In simple terms, a person may feel better, but the brain may still have a long way to go in

supporting its natural repair and maintenance processes.

That's why I personally choose to continue using it daily. I've come too far to take unnecessary risks, and brain support is not something I take lightly.

Everyone must make their own decisions, of course, but for me, consistency is key.

Memory Game for Real-Life Improvement

There's one little game that can say a lot about your progress with all neurological diseases. It's technically a children's memory game, but trust us, it's no joke when you're rebuilding brain function.

We recommend for Alzheimer's and Parkinson's:
My First Memory Game – Animal Match,
Available on Amazon (Hebayy 108 PCS Matching Game)
This card-flipping game uses animal pictures. You turn over cards to find matches, but the real power comes from what this shows you:

- Can you remember where images are placed?
- Can you stay focused long enough to finish a round?
- Are your hands steady enough to flip each card?

- Are your hands steady enough to flip each card? Does your steadiness improve?



Start with just **5 pairs of animal cards**. If you're a caregiver, **make sure you lay the cards out far enough apart;** this helps reduce visual clutter and makes it easier to focus. The goal isn't to "win." This game is a **tool**, not a test.

Only use animals in color. Avoid the silhouette versions; they're much harder to recognize and can cause unnecessary frustration, especially in the early stages.

Keep it simple at the beginning. If the person with cognitive impairment becomes frustrated, **cut it down to just 2 pairs of animals.** That's perfectly fine. The key is to **make it as simple as possible first**, then slowly increase as confidence and engagement grow. The key is to let them win the challenge, then make the challenge harder. But don't make it the same day, and add very slowly; change the animals around

You'll be surprised; even the **person playing will pat themselves on the back when they get it right**. That sense of accomplishment is meaningful. Keep in mind, they'll have good days and bad days, but the main thing is this: **Are they progressing?**

Also, don't forget the foundation: Are they taking **My Brain Restore®** daily? Consistency with that can make a significant difference.

And finally, for Spanish-speaking individuals or families, there's also a Spanish version of this game available.

After six months of taking **My Brain Restore®**, I played this game against my wife with 36 pairs of animals. Now she is 15 years younger than I am, and she has no neurological condition. So just from that perspective, she should've beaten me. But I beat her, and by a considerable margin, so badly she won't play anymore. I felt pretty good about that.

Just don't start too hard. Start slowly. Improvement is the goal. And if you start getting sharper by six months to a year, then **My Brain Restore®** is working. Just remember to retry the game once a week, but keep it simple until you can master it with five matches, then move to 10 and so forth. The person can play by themselves. This is also a good

test for caregivers to implement.

Another thing for people with dementia and Alzheimer's, especially. Many caregivers make the mistake of asking the person with these neurological diseases Is my name Sally? " Or is the person on the TV 'Bob', the actor? People with these types of neurological issues will typically say yes, giving you not only false hope but also false information.

Always ask questions in the form of What is my name? The people in this picture, what are their names? The person on TV, what is their name? Typically, a person with Alzheimer's or dementia may not be able to answer any of these questions, and that's the key: they are questions formatted to force the correct answer, not just agreement with whatever you say. Everyone wants to help the person, but that's not the way you help the person. If, after taking My Brain Restore® over many months, they're suddenly able to remember people in a picture or even remember your name or family members, then that's an enormous improvement; even recognizing one person is huge.

Be sure to follow us on **YouTube** at **My Brain Restore!** Just type in YouTube.com/@mybrainrestore

I'll show you different ways to play the game and

other unique things that we'll update on our YouTube channel. We'll also answer questions people send in.

Your Recovery is Real

No matter how far along your Parkinson's, Alzheimer's, or Dementia journey, or a combination of those as I have, **you are not powerless.**

The real work, the fundamental transformation, happens inside you:

- When you choose to hope instead of despair.
- When you pay attention to your body's signals.
- When you decide that your story isn't over yet.

And if one day, your handshakes are a little less, or you remember a name you would've forgotten a month ago, that's worth writing down.

Because that's not just a "symptom improvement." That's you… coming back to yourself.

CHAPTER 06

FAQS & HOW TO KEEP GOING

CHAPTER 6: FAQS & HOW TO KEEP GOING

When you get diagnosed with a neurodegenerative condition like Parkinson's, Alzheimer's, or Dementia, it doesn't just affect your body; it impacts your identity, your relationships, your routines, your confidence, and yes, your future. This chapter is all about taking back control, not just with **My Brain Restore®**, but with *everything else that matters in daily life*.

We'll cover the real-world support tips and the frequently asked questions I've received from people walking the same uncertain, often frustrating, but ultimately hopeful path I'm on.

Let's break it down.

Real-World Support (Because You Can't Do This Alone)

These Neurological conditions can feel isolating. It shrinks your world if you let it, from your social circle to your calendar to your sense of independence.

But here's the truth:

You need a support system. And you deserve one.

Parkinson's, Alzheimer's, or Dementia doesn't just affect the person diagnosed; it touches everyone

around them. That's not a reason to pull away. It's a reason to pull together.

Key Ways to Building Your Support System:



- Join a local or online Parkinson's support group. Remember, they need help too. You'll find people who get it. People you don't have to explain things to. And people with practical advice you won't hear in a neurologist's office, like our help group on Facebook. Just use your phone's camera and point it at the QR code to the left. Then click on the Facebook link to the My Brain Restore Team: Living well with w/Parkinson's, Alzheimer's, and dementia facebook.com page.

- Talk to a neuro-specialized physical therapist.
- They're more than movement coaches; they're often lifelines for staying mobile, stable, and confident.
- Let your partner or family in on the journey.
- Don't protect them from the truth. Don't mask the hard days. Let them show up for you.
- Ask for help without guilt.

- With driving. With meals. Organizing your meds. With navigating insurance. Even with emotional check-ins, just having someone ask, "*How's today really going?"* can make all the difference.

Courage is not doing it alone. Courage is letting people walk with you.

The Caregiver Playbook

For spouses, kids, friends, and partners walking this path together. Supporting someone with Parkinson's, Alzheimer's, or Dementia is a role no one asks for, but many rise to. This part is for you.

Your job isn't to fix everything. It's to help them keep showing up for life.

Here's what that can look like:

1. **Learn their new normal.**
   - Understand the basics of Parkinson's, Alzheimer's, or dementia; each condition has unique symptoms, progression, and challenges.
   - Know the difference between "on" and "off" periods in Parkinson's, and good days vs. foggy days in dementia or Alzheimer's.
   - Don't take changes in mood, behavior, or memory personally; they're often part of the

condition, not a reflection of how they feel about you.

- Track medication schedules and side effects; even a simple daily log can provide clarity and help guide medical decisions.
- In Alzheimer's and dementia, memory is the key issue. People may recall events from 20 years ago in vivid detail but not recognize who's in the room. Pay attention to whether they begin recalling more recent events, and listen for specifics, not just general answers. In other words, don't say "Do you see Betty in the room?" You just gave them the answer; of course, they will say yes, even if they don't know who Betty is. Say, do you recognize who's in the room? What's their name? Do you recognize who's on TV?
- Maybe an actor they typically always know. But never give them the name or the clues. I've seen so many people make that mistake. And therefore, they don't get a true answer.

2. Keep Communication Open & Honest

- Ask what kind of help they want, not just what you think they need
- Listen more than you talk
- Make room for their frustrations, but remind them of their strengths

3. **Help Them Stay Independent (as safely possible)**
    - It's tempting to do everything for them. But empowerment matters.
    - Let them take the lead when they can
    - Adapt, don't replace (e.g., install grab bars instead of forbidding solo showers)
    - Encourage decisions, even if they're small (What should we eat? What route to walk today?)
    - Wandering can be dangerous. People with Alzheimer's or dementia may walk off and get lost, even far from home. A simple, affordable solution: use an Apple AirTag (around $29, sometimes less). Glue it onto the back of a small watch or hide it in a wallet or shirt. Use the "Find My" app on any iPhone to track them with precision.
    - The battery lasts about a year and is easy to replace. Samsung offers a similar option. It's a small step that can prevent major emergencies, and surprisingly, many caregivers and even doctors overlook it. Yet how many people get lost there on the news every day with dementia or Alzheimer's?

4. **Take Care of You, Too**
    - Burnout is real. You can't pour from an empty cup.

- Set boundaries where needed
- Taking breaks, respite care is not a weakness
- Talk to someone: a counselor, a support group, or a trusted friend
- Remember: *you are part of the healing environment. When you're well, they do better, too.*

5. Celebrate the Little Wins

- Did they button their shirt? Celebrate.
- They walked to the mailbox. Applaud.
- Do they have a good morning? Say it out loud.
- Small wins are the heartbeat of long-term progress. Don't overlook them.

To every caregiver reading this: you are seen. You are appreciated. And you are not alone.

Frequently Asked Questions about My Brain Restore®

Because when your brain's involved, you're allowed to ask twice.

Q1: How is this different from every other supplement I've seen?

A: Great question, and a fair one. Most supplements

are built on known ingredients, modest goals, and often zero personal testing. My Brain Restore® (MBR) is based on a Ziziphus seed that was virtually unused neurologically, because heat destroyed its active compounds. Our Ultra Chill Milled™ process preserves those fragile bioactive.

This is the only nutraceutical/nootropic supplement to reverse neurological diseases in 100% of the mice. Nothing on this earth has done that before. And yes, I used myself as the first human test subject for six months before releasing it publicly.

Q2: What's in the supplement? What's not in it?

A:

- 100% Ultra Chill Milled™ Ziziphus (A unique cultivator) seed:

What's not in it?

- No worthless supplements everybody sells. There are over 100 varieties of Ziziphus, but we use only one type: a unique cultivar version.
- No snake oil (unless we discover a neurologically gifted snake someday), but keep in mind that Ozempic came from a lizard called a Gila monster.

Q3: Can I take this with my current medications (like Levodopa)?

A: In most cases, yes, but always consult your doctor first. **My Brain Restore®** is a nutraceutical/nootropic, not a pharmaceutical. It doesn't replace meds; it's designed to work alongside them, especially if your goal is long-term recovery, not just symptom suppression. But in 100% of the mice, it repaired the cells that made dopamine. And I believe the same situation happened with me.

But consult your doctor, because if you're starting to get better and noticing it, you need to talk to your doctor about it. Because it could mean your brain is producing dopamine, and your doctor is giving you dopamine. So, your doctor may want to cut that back on L-depo slowly, but that's your doctor's decision. Also, let your doctor know they can visit our website and check the FAQ section for health providers, or they can call us at 202-536-5000. Keeping in mind, I told my doctor I wasn't taking dopamine anymore, and I had switched to a nutraceutical/nootropic supplement. Because my clinical observations came back extremely positive, the doctor said, "Just keep taking what you're taking, it seems to be working," because the doctor didn't have anything else to give me, no magic bullet, just maintenance. And who can argue with the fact that I improved?

Q4: Is this covered by Medicare or insurance?

A: No. Nutraceuticals, even if they show real promise

(or results), aren't covered by insurance. That said, Medicare covers the diagnostic Syn-One (P-Syn) test, and it's one of the most accurate Parkinson's tests available today. That's how I confirmed my diagnosis with 100% certainty—still pushing for broader coverage in the future.

For Alzheimer's, the gold standard test is the Aβ42 (Beta-Amyloid 42/40) blood test. Many companies are jumping into this test and even more advanced ones, as they see it as the best way to detect Alzheimer's early. It has been said that once the numbers go bad, no one improves them, including my doctors, and if you look it up on Google, you'll find the same answer. However, taking **My Brain Restore®** helped me increase my score by 10%. Technically, that should be impossible. Share that with your doctor. My actual blood work is posted and updated on my journey on www.mybrainrestore.com. This indicates that the brain's dishwasher™ I was talking about is working, because amyloid is now moving out of the brain, showing up in the blood, and changing the ratios. In other words, it's getting out of your brain where it's causing the trouble.

Q5: How long does it take to see the results?

A: It varies. I began noticing small changes around **month 5**, and bigger improvements by **a year** of using the **2X Active dose**. By **month 10**, my **beta-amyloid levels improved by about 10%; by 1 ½**

years, levels improved by 20%, suggesting that my brain dishwasher™ (glymphatic system), the brain's natural cleaning system, was working better.

That said, proper neurological support isn't an overnight process. Based on both my experience and the research, I believe it may take **a year or longer** for your brain to reach its new normal. The key is **consistency**, steady use, and patience. Mice recovered faster; they always do (pesky little overachievers). It's essential to understand that these types of diseases can start causing damage 15 years or more before you see symptoms. So, it's logical that it takes quite a bit of time to get better.

Q6: Is the formula safe? Any side effects?

A: In my personal use and with early adopters, we've seen no serious side effects. Ziziphus has a 2,000-year history of safe use in Traditional Chinese Medicine, and we're just using it in a never-before-seen cold-milled, concentrated, brain-targeted form. That said, if you're allergic to fruits or seeds, double-check with your physician.

- This is made from the **seed** of the Ziziphus fruit (**not the fruit itself**), and it's made using by ultra chilling the mill to preserve its brain benefits. So, if you've ever **had allergies to seeds like sunflowers or pumpkin, or to raw apples or birch trees, you'll want to**

be cautious.

- My son has an apple allergy and is also allergic to Birch trees. He tried it and had a mild allergic reaction. His lips swelled a little bit. But no one else has reported that issue. But it does show that people with apple allergies might have a problem; that's rare. I'm allergic to raw pineapple, but this doesn't affect me at all.
- The product may contain sulfites, specifically sulfur dioxide, used during the handling of Ziziphus. Sulfites are found in many everyday items (dried fruits, raisins, wine, juice, apple cider, soft drinks). They're harmless for most, but can trigger asthma or reactions in sensitive individuals, especially younger people. We do test for sulfates and have never had a positive test. We still list them as there.
- Not every doctor will be familiar with this kind of formula, so be sure to check our website's FAQs www.MyBrainRestore.com for **health providers** to learn more.

Q7: What if I don't have neurological diseases? Can I still take it? Would it improve my memory?

A: Absolutely. Some early users without neurological diseases have reported better memory, focus, and overall cognitive function. In the mouse study, even

healthy mice improved their maze navigation by 20%. That suggests potential brain protection and enhancement, not just repair. Then **My Brain Restore®** is a TRUE nutraceutical/nootropic. A bit of history: Nootropics noh-ə-TROHP-iks or colloquially, brain supplements, smart drugs, cognitive enhancers, memory enhancers, or brain boosters, are chemical or natural substances that improve cognitive functions, such as attention, memory, wakefulness, and self-control.

The first documented use of "nootropic" in reference to substances purported to increase cognitive functions was by Corneliu E. Giurgea in 1972, leading to his proposal of a new category and the concept of the term nootropic. Giurgea stated that nootropic drugs should have the following characteristics: They should enhance learning and memory. They should enhance the resistance of learned behaviors or memories to conditions that tend to disrupt them, and they should protect the brain against various physical or chemical injuries. They should increase the efficacy of the tonic cortical control mechanisms. They should lack the usual pharmacology of other psychotropic drugs (e.g., sedation, motor stimulation) and possess few adverse effects and low toxicity.

My Brain Restore® fits into all three categories: it's a nutraceutical, a nootropic, and of course, a

supplement. It's unusual to have a supplement that fits all 3 categories.

Surprisingly, Caffeine from the Coffea arabica plant is the world's most consumed nootropic, and **My Brain Restore®** might be moving up that ladder rather quickly.

Q8: Why does this come in powder form?

A: It only comes in a powder form. We chose chilled milled powder because it's simply more convenient and more practical for most people. Taking enough capsules to get the full dose would mean swallowing a lot of pills every day. With powder, you can mix a teaspoon (or two for the 2X dose (4 of our included scoops) into yogurt, pudding, a smoothie, or anything cold. It's especially helpful for people with Parkinson's who may struggle to swallow pills, or for those with Alzheimer's or Dementia who often resist taking capsules altogether. Caregivers tell us it's much easier to mix it into something familiar and enjoyable. Our jar comes with a gold side seal that we'll show once the jar has been opened, and we use a foam inner top beneath the cap to reseal the product and maintain its freshness. We do this instead of a one-time pull-off seal, which obviously doesn't reseal and can also be very difficult for older people to remove.

Q9: Is this just a placebo effect?

A: It doesn't move someone from Stage 3 to Stage 1 Parkinson's if it was a placebo. And no placebo would cure 100% of the mice of Alzheimer's, Parkinson's, and dementia. That said, belief does help healing, so let's call it hope plus a lot of science. Besides, mice don't know what placebo effect even means- the idea that you're taking something, and because you're taking it, you feel better without it really doing anything. The mice are pure; they eat, run mazes, and make more mice. So no, not a placebo. What we're seeing here is an effect that is, oh, very real and scientifically based.

Q10: How do I track my results?

A: Here's how I did it:

- Keep a weekly symptom log (tremors, balance, cognition)
- Use video if you can; your phone is your new neurologist.
- Take the Syn-One Test or Alzheimer's Aβ42 test every 6–12 months, if possible, but only if your doctor approves and your insurance covers the cost of a retake.
- Talk to your neurologist (even if they roll their eyes at first, mine did too)

Q11: What if it doesn't work for me?

A: Every brain is different. Some may see fast progress. Some may take much longer. **My Brain Restore®** is not a one-pill miracle, but it is built on real science, real testing, and real hope. If, after 12 months, you feel no improvement, we want to know.

Q12: Where do I get My Brain Restore®?

A: From **us**, directly, and we are on Amazon. But you can only use the discount code on our website. We control the sourcing, milling, packaging, and purity. You'll always know what you're getting. No middlemen. No counterfeits. Just the real stuff. Ask questions and share your experience. Even though you order from Amazon, we ship the product. That way, you're always getting the freshest product.

We are planning to expand into online marketplaces like eBay and Walmart. But keep in mind: you'll always get free shipping via priority mail within the continental U.S., personal support, and the same great deal when you order from our website, www.MyBrainRestore.com. We have also just begun doing international orders because of growing demand for our product around the world.

Also, if you subscribe, you get priority supply shipping, which means your order gets packed and sent before one-time buyers. That really matters if there's ever a shortage. Subscriptions are the best way

to save money and make sure you don't miss a dose.

Final Thoughts:

Making it this far into the FAQ means you're serious about your brain. And that means we're in this together. Whether you're dealing with Parkinson's, Alzheimer's, or Dementia, or you're just worried about what's next, I hope **My Brain Restore®** gives you not just support… but **momentum**.



CHAPTER 07

STEP INTO THE NEXT PHASE



CHAPTER 7: STEP INTO THE NEXT PHASE

Your Next Step in the Journey Toward Better Brain Health Starts Here

If you've made it this far into the book, first let me say: **thank you.**

Whether you're living with Parkinson's, Alzheimer's, or dementia, caring for someone who is, or simply beginning your search for answers, this book was written with you in mind.

My story is personal, but it is also a mission to share information, encourage people to learn more about brain health, and help connect people with resources that may support their journey.

Now that you've learned about the science, the experience, and the ideas behind **MY BRAIN RESTORE®**, there are several ways you can continue learning, using the product, and becoming part of this mission.

CHOOSING THE RIGHT SUBSCRIPTION

If you decide to use **MY BRAIN RESTORE®**, the one-month supply depends on whether you choose the **Preventive** or **Active 2X** option.

Start by considering your current needs. The **Active 2X** option provides a higher daily support dose and ships automatically each month. If you or your loved one is already experiencing significant memory concerns or other neurological challenges, discuss your options with your healthcare provider and consider whether this higher-dose option is appropriate for you. As recommended, begin gradually.

For those who are using MY BRAIN RESTORE® preventively or are simply looking for nutritional support for focus and mental clarity, the **Preventive** subscription is a lower-dose monthly option.

Subscriptions can be cancelled at any time. If your needs change, you can also switch between subscription options by contacting us.

Need help with your subscription? Call or email us anytime. Our team is available seven days a week and can help you make changes quickly and easily.

JOIN THE APDI AFFILIATE TEAM

There are more ways to benefit from APDI products than simply using them. If you believe others may be interested in what you've learned, you can become an **APDI Affiliate** and share the products with friends, family, social media followers, and others who may be interested.

Earn 20% Commission

APDI Affiliates can earn a **20% commission on qualifying sales for up to one year**. Depending on your sales, your commissions may help offset the cost of your own products and potentially provide additional income.

You can also build your own affiliate team. By bringing in sub-affiliates, you can earn **10% on their qualifying sales**, while they earn their own 20% commission. For subscriptions, commissions are paid for one year.

You don't have to worry about stocking, packaging, or shipping products. **APDI handles the orders and shipping—you concentrate on sharing your affiliate link.**

Getting Started Is Simple

1. Visit **www.MyBrainRestore.com**
2. Click **Affiliate**
3. Complete the free registration
4. Enter your PayPal email for commission payments
5. Start sharing your affiliate link



WANT MORE TIPS, UPDATES, AND HOW-TO VIDEOS?

Stay connected with **MY BRAIN RESTORE™** on YouTube by searching for **My Brain Restore** or visiting the YouTube channel, https://www.youtube.com/@MyBrainRestore

When you visit **www.MyBrainRestore.com**, you'll also find videos and a link to additional content on our YouTube channel.

You'll find helpful videos showing different ways to mix MY BRAIN RESTORE® into foods and drinks, along with updates, tips for tracking progress, and other information for caregivers and users.

You can also find videos about activities such as the memory game, along with new educational resources and updates as they become available.

These resources are designed to help you stay connected, learn more, and make the most of your brain-health support journey.

KEEP LEARNING AND SHARING

Your journey doesn't have to end with this book.

APDI also provides educational resources through **Glymphatic.com**, including Tech Talk, which covers more than 20 neurological issues and discusses the

brain's waste-clearance pathway known as the glymphatic system.

As APDI introduces additional products, affiliates may also have opportunities to share products across its expanding line. APDI provides videos showing simple ways to promote from home using a computer or smartphone.

TAKE THE NEXT STEP

If this book has helped you learn something new, consider sharing what you've learned with someone else.

You can become part of the APDI Affiliate Team and help spread the word while earning commissions on qualifying sales.

Visit **www.MyBrainRestore.com**, click **Affiliate**, and complete the free registration to get started.

Your next step doesn't have to be the end of the journey. **It can be the beginning of helping someone else take theirs.**

MEDICAL & LEGAL DISCLAIMER

MY BRAIN RESTORE® and this book are not intended to diagnose, treat, cure, or prevent any disease. Always consult your physician or another qualified healthcare provider before starting any new supplement, especially if you are pregnant,

nursing, taking medications, or have a medical condition.

The statements in this book have not been evaluated by the U.S. Food and Drug Administration. Results may vary. **MY BRAIN RESTORE® is intended as nutritional support for overall brain health and should not replace medical treatment or therapies prescribed by a licensed healthcare professional.**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Dear Reader,

If you've made it to the end of this book, congratulations! Not just for turning the pages, but for showing up. For facing the hard questions. For refusing to let Parkinson's be the only thing that defines you.
I wrote this not just as a researcher or advocate, but as someone walking the same road, with the same bruised hope and shaky courage. Parkinson's isn't easy. But it is possible to live well with it.

Let me say that again: **It is possible to live well with Parkinson's.**

You're allowed to laugh. To ask for help. To rest when you need it. You're allowed to cry in the car, then show up to dinner anyway. This disease doesn't get to steal your spark unless you hand it over, and I don't think you're the type to give up that easily.
Also, if no one's told you today, your bravery is showing. (It looks good on you.)
Now go out there, move your body, feed your brain, call your support squad, and keep doing the things that light you up.
And if some days you need to shake your fist and say, *"Really, Parkinson's? Really??"* that's allowed too.

With gratitude, stubborn hope, and a wink,

Mark Burnett
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ISBN 979-890214409-0

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