



BRAIN HEALTH & LONGEVITY PATIENT GUIDE

ADVANCED SOLUTIONS
FOR COGNITIVE HEALTH,
NEUROPROTECTION,
AND BRAIN LONGEVITY

RESTORE. REGENERATE. REDEFINE.





ADVANCED THERAPIES FOR BRAIN HEALTH

MILD COGNITIVE IMPAIRMENT (MCI) AND EARLY ALZHEIMER'S DISEASE

A Comprehensive Patient Guide to
Investigational & Supportive Therapies
for Cognitive Vitality



REGENERATE



PROTECT



RENEW



THRIVE

PHONE: 855-735-4333 (855-ReLife)

THE BRAIN: YOUR MOST IMPORTANT ASSET

Your brain controls every aspect of your life—your memories, emotions, movement, decisions, and overall quality of life.

As we age or face chronic stress, inflammation, toxins, and environmental challenges, the brain can become vulnerable—leading to symptoms like brain fog, memory loss, poor focus, fatigue, and cognitive decline.

At ReLife, we take a proactive, science-based approach to protect, restore, and optimize your brain health.

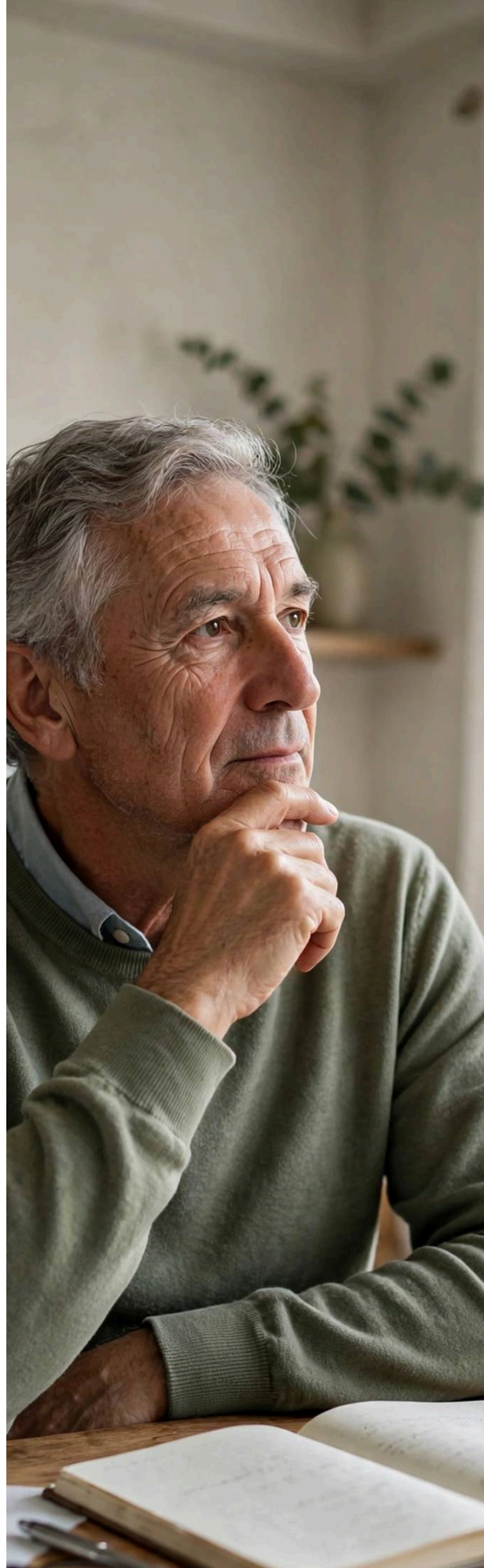


UNDERSTANDING COGNITIVE DECLINE

Cognitive decline doesn't happen overnight. It often develops gradually and can be influenced by many factors.

COMMON CONTRIBUTING FACTORS:

- 1 AGING**
Natural age-related changes in brain structure and neurotransmitter function.
- 2 INFLAMMATION**
Chronic inflammation can damage brain cells and accelerate decline.
- 3 TOXINS & ENVIRONMENT**
Exposure to toxins, heavy metals, and poor air quality can impair brain function.
- 4 STRESS & HORMONAL IMBALANCE**
Chronic stress and hormonal shifts can negatively impact memory and focus.
- 5 GENETICS**
Family history can increase susceptibility to neurodegenerative conditions.



SIGNS & SYMPTOMS TO WATCH FOR

- Memory lapses or forgetfulness
- Difficulty focusing or concentrating
- Brain fog
- Trouble finding words
- Reduced mental clarity
- Poor sleep quality
- Mood changes or irritability
- Fatigue and low energy
- Decreased motivation
- Balance or coordination issues

Early detection and intervention can make a significant difference in outcomes.



GLOSSARY

Cognitive Decline:	A gradual decrease in mental abilities such as memory, attention, and decision-making.
Neuroinflammation:	Inflammation in the brain that can disrupt normal function and contribute to decline.
Neuroprotection:	Strategies that protect brain cells from damage and support their survival.
Peptides:	Short chains of amino acids that signal the body to perform specific functions.
Exosomes:	Tiny vesicles released by cells that carry proteins, lipids, and genetic material to promote healing and communication.
Neuroplasticity:	The brain's ability to adapt and form new connections.
Regenerative Medicine:	An innovative approach focused on repairing, regenerating, and restoring damaged tissues.

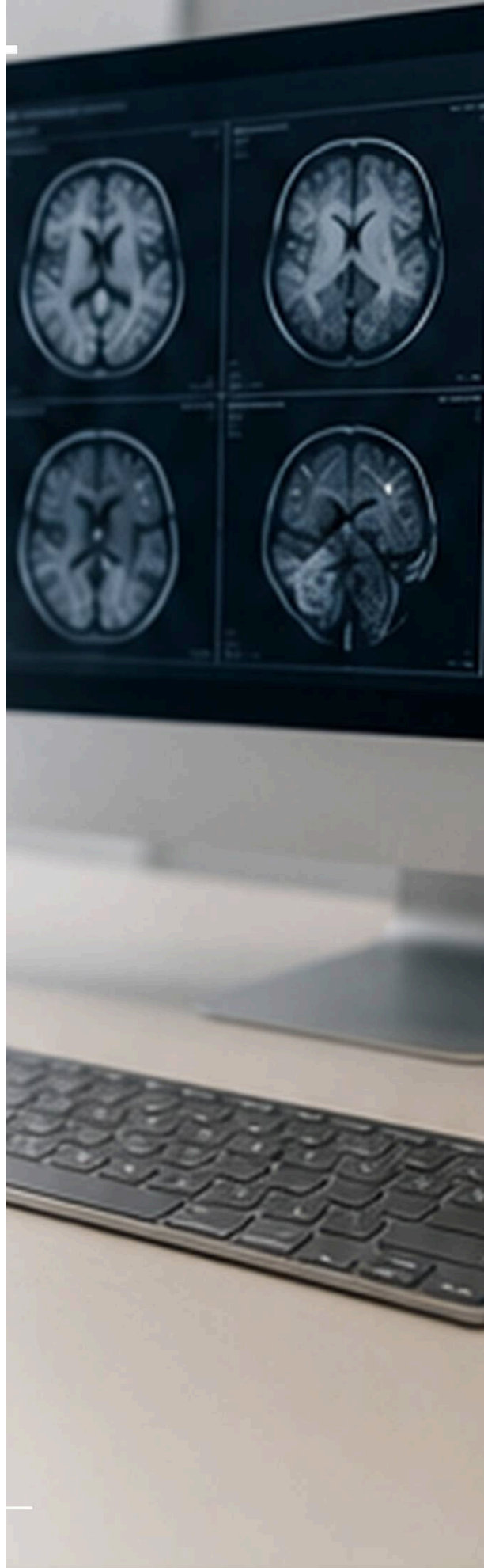
Knowledge empowers you to make informed decisions about your brain health.



OUR COMPREHENSIVE BRAIN HEALTH APPROACH

We offer a personalized, multi-modal approach designed to address the root causes of cognitive decline and support long-term brain function.

- **ADVANCED DIAGNOSTIC EVALUATIONS**
State-of-the-art testing to identify underlying causes and create a customized plan.
- **REGENERATIVE THERAPIES**
Exosomes, peptides, and stem cell support to repair and regenerate brain tissue.
- **NEUROPROTECTION**
Targeted protocols to reduce inflammation, oxidative stress, and neurotoxicity.
- **LIFESTYLE & FUNCTIONAL SUPPORT**
Nutrition, exercise, sleep optimization, and stress management to support brain longevity.



ADVANCED THERAPIES WE OFFER

Our therapies are backed by science and tailored to your unique needs.

- **EXOSOME THERAPY**
Promotes cell communication, reduces inflammation, and supports tissue repair.
- **PEPTIDE THERAPY**
Peptides such as Semax, Selank, Cerebrolysin, and others to enhance neuroprotection, focus, mood, and neuroregeneration.
- **STEM CELL THERAPY**
Supports regeneration of damaged brain and nerve tissue.
- **IV NUTRITION & DETOX**
Delivers vital nutrients and removes toxins that impair brain function.



PEPTIDES: POWERFUL TOOLS FOR BRAIN HEALTH

Peptides are short chains of amino acids that signal your body to heal, protect, and regenerate. Specific peptides can support cognitive function, neuroprotection, and mental clarity.

PEPTIDES WE COMMONLY UTILIZE:

- **SEMAX**
Supports cognitive function, learning, memory, and mood.
- **SELANK**
Promotes calm, reduces anxiety, and supports focus and memory.
- **CEREBROLYSIN**
Supports brain cell survival, neuroplasticity, and recovery.
- **BPC-157**
Supports healing, reduces inflammation, and aids nervous system repair.



EXOSOME THERAPY: THE FUTURE OF REGENERATION

Exosomes are microscopic vesicles that carry powerful signals between cells, promoting communication, reducing inflammation, and stimulating repair. They have shown remarkable potential for brain health and recovery.

EXOSOME THERAPY MAY HELP:

- Reduce neuroinflammation
- Support neuron survival and repair
- Enhance cognitive function
- Improve memory and focus
- Promote overall brain wellness

Exosome therapy is a safe, natural, and cutting-edge option for supporting long-term brain health.





The brain has an extraordinary ability to adapt, repair, and reorganize. By reducing inflammation, supporting energy production, improving blood flow, and stimulating the growth of new connections, we create the optimal environment for cognitive improvement and long-term brain health.

KEY FOUNDATIONS OF BRAIN HEALING



NEUROPLASTICITY

The brain's ability to form new connections and adapt throughout life. This is the basis for learning, memory, and recovery.



SYNAPTOGENESIS

The formation of new synapses between neurons, which strengthens networks and improves communication.



MITOCHONDRIAL FUNCTION

Healthy mitochondria produce the energy (ATP) needed for neurons to function and survive.



CEREBRAL BLOOD FLOW

Adequate blood flow delivers oxygen and nutrients while removing waste products that can harm brain cells.



INFLAMMATION CONTROL

Chronic inflammation is a major driver of cognitive decline. Reducing it protects neurons and supports healing.



NEUROTRANSMITTER BALANCE

Key chemicals like dopamine, serotonin, acetylcholine, and GABA regulate mood, motivation, focus, and memory.

THE BDNF CONNECTION

Brain-Derived Neurotrophic Factor (BDNF) is a protein that acts like “fertilizer” for the brain. BDNF supports the growth and survival of neurons, strengthens synapses, and is essential for learning and memory. Many of the therapies and lifestyle strategies in this guide work in part by increasing BDNF levels.

Therapies
& Healthy
Lifestyle



↑ BDNF



Stronger
Brain
Function

FROM INJURY TO HEALING: HOW RECOVERY HAPPENS

1 INSULT OR STRESS

Aging, toxins, poor diet, inflammation, vascular risk factors, or disease can injure brain cells and connections.



- Oxidative stress
- Inflammation
- Reduced blood flow
- Mitochondrial dysfunction
- Synaptic loss

2 PROTECT & STABILIZE

The first goal is to stop ongoing damage and create a safe environment for healing.



- Reduce inflammation
- Improve blood flow
- Support mitochondria
- Balance neurotransmitters
- Remove toxins

3 REPAIR & REGENERATE

The brain begins to repair itself, form new connections, and restore function.



- Increase BDNF
- Stimulate neurogenesis
- Promote synaptogenesis
- Support remyelination
- Restore cellular energy

4 REORGANIZE & ADAPT

New networks strengthen and the brain learns to work more efficiently.



- Stronger connectivity
- Improved efficiency
- Enhanced cognitive reserve
- Better mood and resilience
- Greater independence

5 OPTIMIZE & MAINTAIN

Ongoing support helps preserve gains and promote long-term cognitive vitality.



- Maintain healthy habits
- Continue therapies
- Monitor and adjust
- Stay mentally and physically active
- Protect for the future



HEALING IS A JOURNEY, NOT A SINGLE EVENT

The brain does not heal overnight. Consistent support over time—through advanced therapies and healthy lifestyle choices—gives your brain the best chance to recover, improve, and thrive.

INVESTIGATIONAL NEUROREGENERATIVE PEPTIDES & BIOLOGIC THERAPIES

TARGETING THE CAUSES OF COGNITIVE DECLINE

These investigational therapies aim to reduce inflammation, protect existing brain cells, stimulate repair, and promote the growth of new connections.

Important: These therapies are not FDA-approved for the treatment of Alzheimer's disease or dementia. Their use is considered investigational and should be part of a comprehensive medical program under the supervision of a qualified physician.

SEMAX
Neuroprotective & Cognitive Enhancer

- Synthetic peptide fragment of ACTH (4-10)
- Enhances memory, attention, and learning
- Reduces inflammation and oxidative stress
- Improves cerebral blood flow and oxygenation
- May increase BDNF levels

Administration: Intranasal
Safety: Excellent - well tolerated

SELANK
Anxiolytic & Cognitive Support Peptide

- Synthetic peptide derived from tuftsin
- Reduces anxiety, stress, and neuroinflammation
- Supports memory, learning, and focus
- Promotes neurogenesis
- May help restore GABA balance

Administration: Intranasal
Safety: Excellent - minimal side effects

DIHEXA
Neurotrophic Peptide (BDNF Mimetic)

- Peptide compound shown to upregulate BDNF and HGF
- Promotes neurogenesis and synaptic plasticity
- Supports memory formation and learning
- Protects neurons from damage

Administration: Injection
Safety: Excellent - investigational use

CEREBROLYSIN
Porcine Brain-Derived Peptide Mixture

- Contains neuropeptides and amino acids
- Enhances neuronal survival and repair
- Improves cognition and activities of daily living
- Reduces neuroinflammation
- Increases synaptic density

Administration: Injection (IV or IM)
Safety: Excellent - very low incidence of side effects

INTRANASAL INSULIN
Metabolic & Cognitive Support

- Insulin receptors in the brain regulate memory and cognition
- Enhances glucose utilization in the brain
- May reduce amyloid and tau pathology
- Improves attention, memory, and processing
- Shown to be safe in long-term studies

Administration: Intranasal
Safety: Excellent - minimal side effects

EXOSOME THERAPY
Advanced Regenerative Biologic

- Exosomes carry proteins, growth factors, RNA, and signaling molecules
- Reduce inflammation and oxidative stress
- Promote tissue repair and angiogenesis
- Support neurogenesis and synaptic repair

Administration: Injection (IV or IM)
Safety: Excellent - very well tolerated

HOW THESE THERAPIES WORK TOGETHER

	INFLAMMATION	NEURONS	BLOOD FLOW	PLASTICITY	NEW CONNECTIONS	COGNITION
SEMAX	•	•	•	•	•	•
SELANK	•	•	•	•	•	•
DIHEXA	•	•	•	•	•	•
CEREBROLYSIN	•	•	•	•	•	•
INTRANASAL INSULIN	•	•	•	•	•	•
EXOSOME THERAPY	•	•	•	•	•	•

SUPPORTING & ADJUNCTIVE THERAPIES

ENHANCING BRAIN FUNCTION, ENERGY, AND HEALING



These therapies support the brain by improving blood flow, reducing inflammation, promoting cellular energy, and stimulating natural repair processes. They are valuable additions to a comprehensive program for cognitive health.



RED LIGHT THERAPY

Photobiomodulation for Brain Health

- Near-infrared light penetrates the scalp and stimulates brain cells
- Increases mitochondrial function and ATP production
- Enhances cerebral blood flow and oxygenation
- Reduces inflammation and oxidative stress
- Supports memory, mood, and mental clarity

Evidence: Clinical studies show improved cognitive function, reaction time, and mood in adults.

Administration: Helmet or panel device

Safety: Excellent – non-invasive, no known side effects



HYPERBARIC OXYGEN THERAPY

More Oxygen. More Healing.

- Increases oxygen delivery to brain tissue
- Stimulates new blood vessel growth (angiogenesis)
- Reduces inflammation and swelling
- Promotes neurogenesis and stem cell activity
- Supports recovery from injury and neurodegeneration

Evidence: Shown to improve memory, attention, and quality of life in multiple studies.

Administration: 60–90 minute sessions

Safety: Excellent – very well tolerated



GLP-1 RECEPTOR AGONISTS

Beyond Blood Sugar

- Reduce inflammation and oxidative stress
- Improve insulin sensitivity in the brain
- Protect neurons and support synaptic plasticity
- May reduce beta-amyloid accumulation
- Linked to slower cognitive decline

Evidence: Large population studies suggest lower risk of Alzheimer's disease and cognitive decline.

Administration: Weekly injection

Safety: Generally safe – GI side effects possible



TRANSCRANIAL MAGNETIC STIMULATION (TMS)

Non-Invasive Brain Stimulation

- Uses magnetic pulses to stimulate brain regions
- Improves mood, attention, and memory
- Enhances neural connectivity and plasticity
- Supports brain networks involved in cognition
- FDA-approved for depression; studied in MCI

Evidence: Clinical trials show improvements in depression and cognitive performance.

Administration: 20–40 minute sessions

Safety: Excellent – mild scalp discomfort possible



PEMF THERAPY

Pulsed Electromagnetic Field Therapy

- Enhances cellular energy and ATP production
- Improves blood flow and microcirculation
- Reduces inflammation and pain
- Supports nerve repair and regeneration
- Enhances sleep and recovery

Evidence: Studies show benefits for cognition, pain, and overall quality of life.

Administration: In-clinic or at-home devices

Safety: Excellent – non-invasive, no known side effects



VAGUS NERVE STIMULATION (VNS)

Harnessing the Brain-Body Connection

- Stimulates the vagus nerve to improve brain function
- Enhances mood, memory, and attention
- Reduces inflammation and promotes neuroprotection
- Supports neurotransmitter balance
- Studied in depression, epilepsy, and Alzheimer's

Evidence: Clinical studies show improved mood and cognitive outcomes.

Administration: Implantable device

Safety: Well tolerated – surgical procedure required

OTHER EMERGING THERAPIES



FOCUSED ULTRASOUND (FUS)

Non-invasive technique that may enhance blood-brain barrier opening and stimulate repair.



CRYOTHERAPY

Whole-body cold exposure may reduce inflammation and improve mood and cognitive performance.



OMEGA-3 FATTY ACIDS

Essential for brain cell membrane health and reduces inflammation. Supports memory and mood.



MINDFULNESS & MEDITATION

Reduces stress and inflammation. Improves attention, memory, and overall brain resilience.



MUSIC & ART THERAPY

Stimulates multiple areas of the brain. Supports memory, mood, and cognitive engagement.



A MULTIMODAL APPROACH WORKS BEST

No single therapy is a cure for cognitive decline. Combining multiple supportive and adjunctive therapies with lifestyle strategies gives your brain the best chance to recover and thrive.

LIFESTYLE & NUTRITION: FOUNDATIONS FOR BRAIN HEALTH

Daily habits play a critical role in protecting your brain and optimizing cognitive function.

KEY RECOMMENDATIONS:

- **NUTRITION**

Eat a brain-healthy diet rich in omega-3s, antioxidants, and whole foods.

- **EXERCISE**

Regular physical activity boosts blood flow and supports brain cell growth.

- **SLEEP**

Prioritize 7–9 hours of quality sleep each night.

- **STRESS MANAGEMENT**

Chronic stress can harm the brain. Practice mindfulness, meditation, and relaxation techniques.

- **MENTAL STIMULATION**

Stay mentally active with learning, puzzles, reading, and social engagement.



YOUR WELLNESS JOURNEY STARTS HERE

At ReLife, we believe in treating the whole person. Our goal is to help you achieve optimal brain health, improved quality of life, and a brighter future.

WE ARE COMMITTED TO:

- ☐ Personalized, patient-centered care
- ☐ Evidence-based, innovative therapies
- ☐ Compassionate, ongoing support
- ☐ Long-term partnerships in your wellness journey

**Your brain has incredible potential.
We are here to help you unlock it.**



SAFETY & QUALITY YOU CAN TRUST

Your safety is our top priority. All therapies at ReLife are carefully selected and administered by experienced medical professionals in a safe, controlled environment.

OUR COMMITMENT:

- Rigorous screening and evaluation
- Highly trained medical team
- Advanced protocols and quality standards
- Ongoing monitoring and follow-up care
- Patient education and informed decisions

We combine science, experience, and compassion to deliver the highest standard of care.



TAKE THE NEXT STEP TOWARD A HEALTHIER BRAIN

If you are ready to improve your memory, focus, and overall brain health, we are here to help.

SCHEDULE YOUR CONSULTATION TODAY.

855-735-4333 (855-ReLife)

www.reliferegen.com

Let ReLife be your partner in restoring, regenerating, and redefining your brain health.



RESTORE. REGENERATE. REDEFINE.



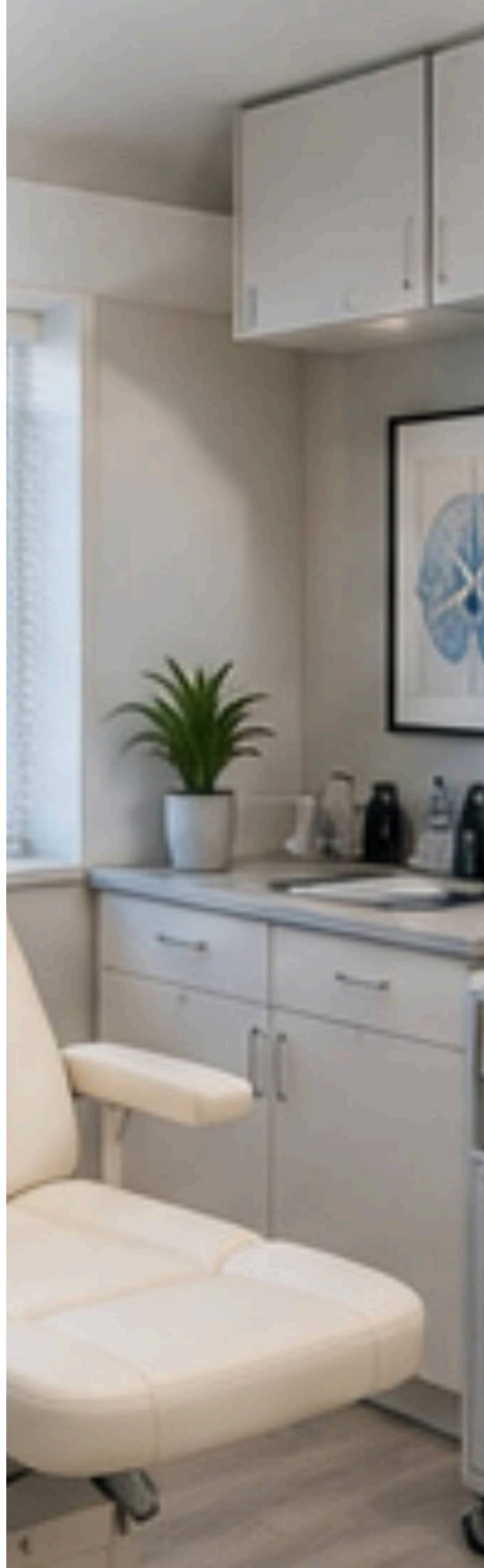
THE ReLife PATIENT EXPERIENCE

At ReLife, we are redefining what it means to experience healthcare.

From your first consultation to long-term wellness support, every step of your journey is designed to help you look, feel, and perform at your highest potential.

- **COMPREHENSIVE EVALUATION**
In-depth assessment to identify root causes and create your personalized protocol.
- **PERSONALIZED PROTOCOLS**
Tailored plans using the most advanced regenerative therapies, peptides, and supportive modalities.
- **MINIMALLY INVASIVE & SAFE**
Procedures performed in a state-of-the-art environment with the highest safety standards.
- **MEASURABLE RESULTS**
We track progress and optimize your plan for maximum, long-lasting outcomes.
- **ONGOING SUPPORT**
Our team is with you every step of the way to ensure continued results and lifelong wellness.

"Our mission is simple: to help you reclaim your health, restore your vitality, and redefine what's possible."



UNDERSTANDING YOUR BRAIN

The brain is a complex network of billions of cells that communicate through electrical and chemical signals. When this communication is disrupted, brain function can decline, affecting memory, focus, mood, and overall quality of life.

The good news is that the brain has an incredible ability to heal, adapt, and regenerate when provided with the right support.

With the right approach, you can protect your brain, restore function, and optimize your future.



WHO CAN BENEFIT?

Our brain health programs are designed for individuals experiencing:

- **EARLY COGNITIVE CHANGES**
Memory lapses, slower thinking, or reduced mental clarity.
- **FOCUS & PERFORMANCE ISSUES**
Difficulty concentrating, mental fatigue, or decreased productivity.
- **MOOD & EMOTIONAL CHALLENGES**
Anxiety, depression, irritability, or mood swings.
- **POOR SLEEP & FATIGUE**
Trouble sleeping, low energy, or constant tiredness.

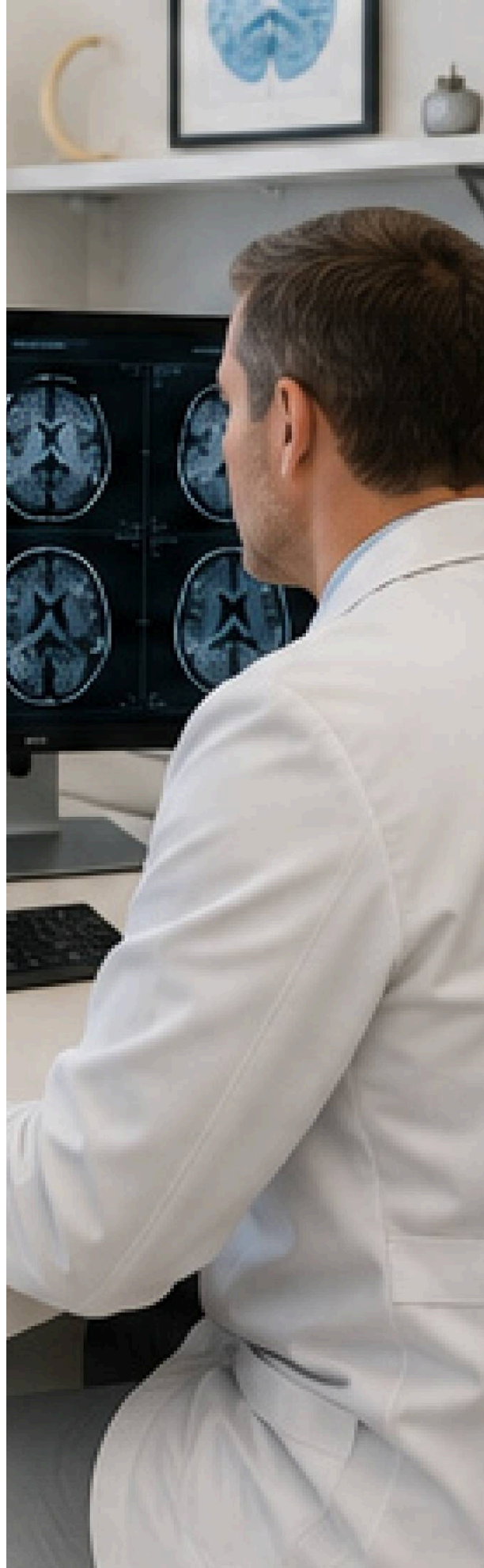


OUR BRAIN HEALTH EVALUATION

A comprehensive evaluation allows us to identify the underlying factors impacting your brain health and

- **MEDICAL HISTORY REVIEW**
In-depth discussion of your health history and current concerns.
- **ADVANCED BRAIN IMAGING**
State-of-the-art imaging to assess brain structure and function.
- **LABORATORY TESTING**
Comprehensive blood and biomarker testing to identify imbalances.
- **COGNITIVE ASSESSMENT**
Cognitive testing to evaluate memory, focus, attention, and processing speed.
- **PERSONALIZED PLAN**
A custom protocol designed specifically for your unique needs and goals.

The more we understand, the better we can help your brain heal.



SCIENCE-BACKED THERAPIES FOR BRAIN HEALTH

ReLife utilizes cutting-edge, evidence-based therapies to support brain repair, reduce inflammation, and optimize cognitive function.

- **EXOSOME THERAPY**
Supports cell communication, reduces inflammation, and promotes tissue repair.
- **PEPTIDE THERAPY**
Peptides like Semax, Selank, Cerebrolysin, and others help enhance neuroprotection, focus, mood, and neuroregeneration.
- **STEM CELL THERAPY**
Supports regeneration of damaged brain and nerve tissue.
- **IV NUTRITION & DETOX**
Delivers vital nutrients and removes toxins that impair brain function.
- **NEUROPROTECTION SUPPORT**
Nutrients and compounds that protect against oxidative stress and support long-term brain health.

Every therapy is selected based on science, safety, and your unique needs.



SAFETY YOU CAN TRUST

Your safety is our highest priority. All therapies at ReLife are carefully selected and administered by experienced medical professionals.



MEDICAL EXCELLENCE

Board-certified providers with extensive experience in regenerative medicine.



RIGOROUS STANDARDS

Strict screening, quality control, and safety protocols for every therapy.



CONTINUOUS MONITORING

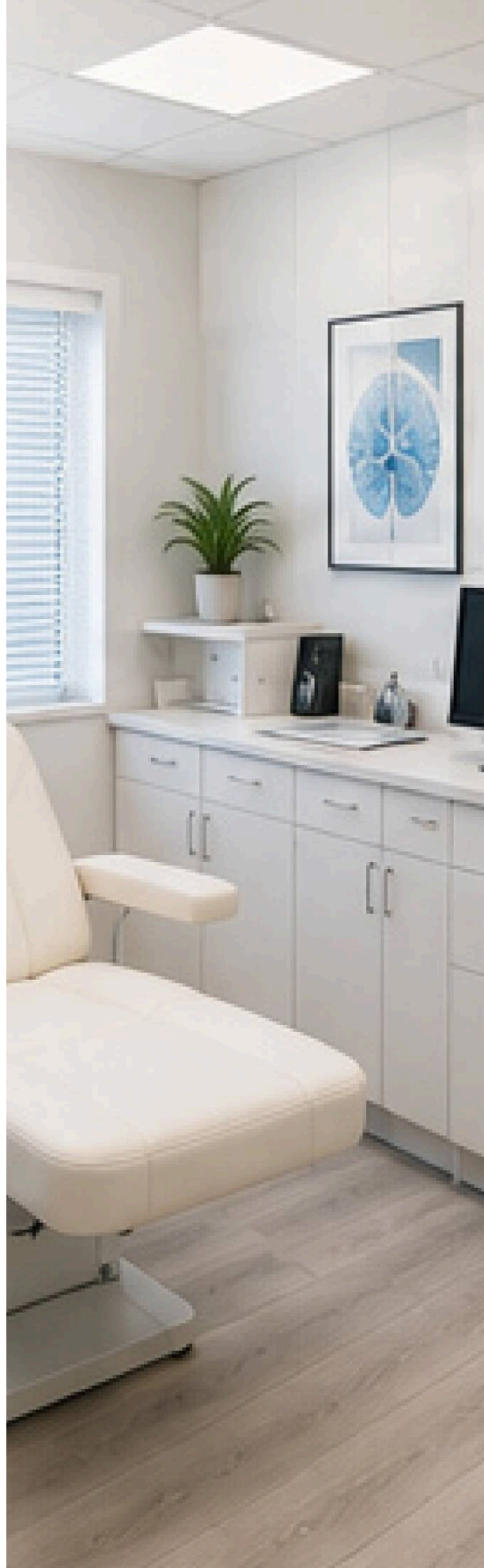
Ongoing assessment to ensure optimal safety and results.



PATIENT EDUCATION

We empower you with knowledge to make informed decisions about your care.

Safe. Proven. Personal. That's the ReLife difference.



LIFESTYLE & NUTRITION: FUEL YOUR BRAIN

Healthy daily habits are powerful tools for protecting your brain and supporting cognitive performance.

- **NUTRITION**

Eat a brain-healthy diet rich in omega-3s, antioxidants, whole foods, and adequate hydration.

- **EXERCISE**

Regular physical activity increases blood flow to the brain and supports neuroplasticity.

- **SLEEP**

Aim for 7-9 hours of quality sleep each night to support memory consolidation and recovery.

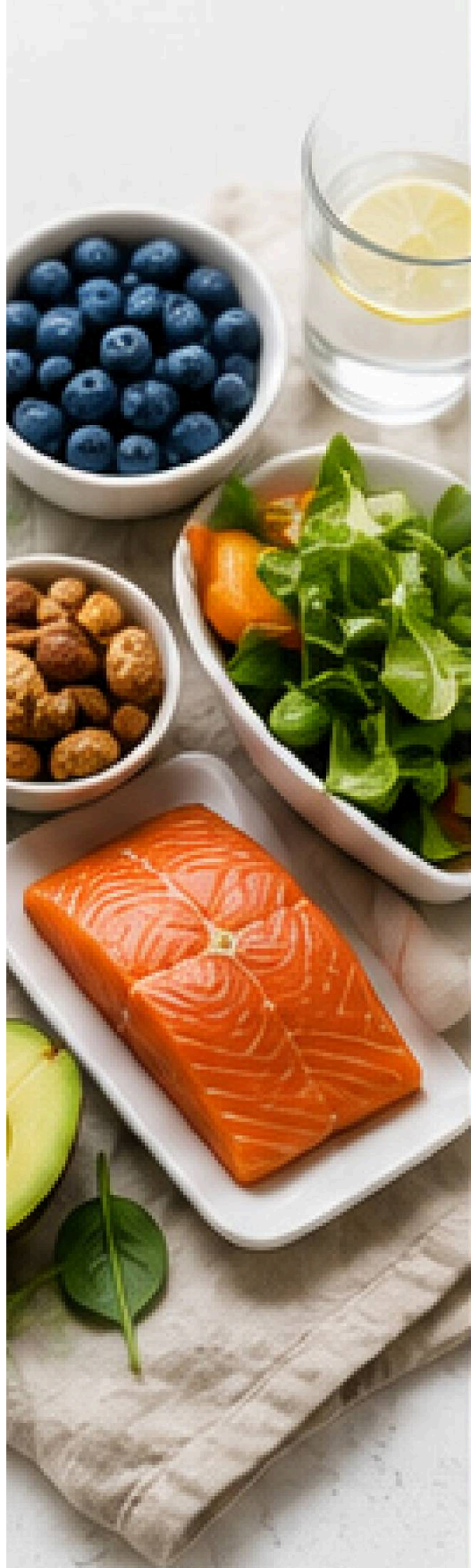
- **STRESS MANAGEMENT**

Chronic stress can harm the brain. Practice mindfulness, meditation, and relaxation techniques.

- **MENTAL STIMULATION**

Keep your mind active with learning, puzzles, reading, and engaging social activities.

Small daily choices can lead to long-term cognitive benefits.



UNDERSTANDING PEPTIDES: TARGETED SUPPORT

Peptides are short chains of amino acids that signal your body to heal, protect, and regenerate. Specific peptides can support cognitive function, neuroprotection, and mental clarity.

PEPTIDES WE COMMONLY UTILIZE:

- **SEMAX**
Supports cognitive function, learning, memory, and mood.
- **SELANK**
Promotes calm, reduces anxiety, and supports focus and memory.
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Supports healing, reduces inflammation, and aids nervous system repair.

Peptide therapy is personalized based on your unique needs and health goals.



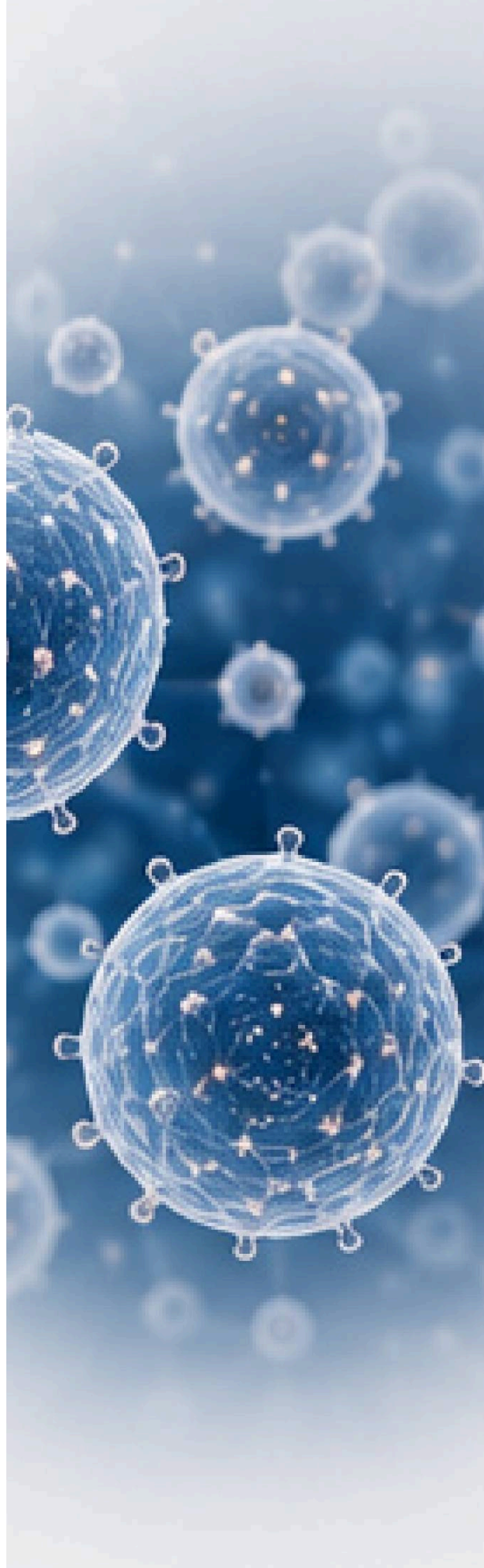
EXOSOME THERAPY: THE NEXT GENERATION

Exosomes are microscopic vesicles that carry powerful signals between cells, promoting communication, reducing inflammation, and stimulating repair.

EXOSOME THERAPY MAY HELP:

- Reduce neuroinflammation
- Support neuron survival and repair
- Enhance cognitive function
- Improve memory and focus
- Promote overall brain wellness

Exosome therapy is a safe, natural, and cutting-edge option for supporting long-term brain health.



YOUR WELLNESS JOURNEY STARTS HERE

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WE ARE COMMITTED TO:

- ☐ Personalized, patient-centered care
- ☐ Evidence-based, innovative therapies
- ☐ Compassionate, ongoing support
- ☐ Long-term partnerships in your wellness journey

Your brain has incredible potential.
We are here to help you unlock it.



FREQUENTLY ASKED QUESTIONS

Q. Are these therapies safe?

A. Yes. All therapies at ReLife are carefully selected and administered by experienced medical professionals in a safe, controlled environment.

Q. How soon will I see results?

A. Results vary by individual and therapy. Some patients notice improvements in focus, energy, and mood within weeks, while others experience gradual benefits over time.

Q. How many treatments will I need?

A. Your personalized plan will be based on your health goals and response to therapy. We will recommend the optimal frequency and duration for you.

Q. Are these therapies FDA approved?

A. Peptide and exosome therapies are not FDA approved for the treatment of cognitive decline. They are used in clinical practice based on emerging science and physician experience.

Q. Do you accept insurance?

A. We do not bill insurance for these advanced therapies. Our team can provide detailed information on pricing and payment options.

ADDITIONAL THERAPIES TO CONSIDER

Several additional approaches discussed earlier in this guide are being studied for possible roles in cognitive support, neuroprotection, brain metabolism, neuroplasticity, or recovery. Evidence varies considerably by therapy.

Intranasal Insulin

Early clinical studies suggest potential support for memory and brain glucose utilization; results have been mixed and it remains investigational for cognitive decline.

GLP-1 Receptor Agonists

Diabetes/weight-management drugs are under active study for possible neuroprotective and anti-inflammatory effects relevant to Alzheimer's disease.

Cerebrolysin

A peptide mixture studied in multiple human trials, with evidence suggesting possible cognitive and functional benefits in some neurological conditions.

Transcranial Magnetic Stimulation (TMS)

Noninvasive magnetic stimulation can modulate brain networks and is being investigated for cognitive symptoms and neuroplasticity.

Dihexa

An experimental small molecule with preclinical evidence for synapse formation and neuroplasticity; human efficacy and safety data remain very limited.

Focused Ultrasound

An emerging technology being studied for targeted brain treatment, including temporary blood-brain-barrier opening to facilitate therapeutic delivery.

P21 Peptide

An experimental neurotrophic peptide studied mainly in preclinical models for neurogenesis, synaptic plasticity, and cognitive support.

Plasma Exchange

Investigational approaches aim to alter circulating proteins and inflammatory factors; clinical research in Alzheimer's disease remains preliminary.

Photobiomodulation / Red Light

Red and near-infrared light are being studied for effects on mitochondrial function, cerebral blood flow, inflammation, and neuronal energy production.

Neural / Mesenchymal Stem-Cell Research

Experimental cell-based strategies are being studied for neurotrophic, anti-inflammatory, and regenerative signaling effects; they are not established dementia treatments.

Hyperbaric Oxygen Therapy (HBOT)

May increase tissue oxygen delivery and influence inflammation and neuroplasticity; research for cognitive decline is still evolving.

Advanced Neuroregenerative Research

Other emerging approaches continue to investigate mitochondrial support, neurotrophic signaling, inflammation control, and methods to enhance neuronal resilience and repair.

IMPORTANT These approaches vary in evidence, regulatory status, and suitability. Many are investigational and are not FDA-approved treatments for Alzheimer's disease or dementia. Treatment decisions should be individualized and physician-guided.

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IMPORTANT DISCLAIMER

The information in this guide is for educational purposes only and is not a substitute for professional medical advice. Individual results may vary. All therapies should be discussed with a qualified healthcare professional to determine the most appropriate approach for your individual needs.

THANK YOU FOR TRUSTING ReLife WITH YOUR BRAIN HEALTH

We are honored to be part of your journey toward a healthier brain and a better quality of life.

SCIENCE. INNOVATION. COMPASSION.

Our evidence-based therapies and compassionate care are designed to help you achieve the best possible outcomes.

YOU ARE NOT ALONE.

We are here to guide, support, and empower you every step of the way.

TOGETHER, WE CAN REDEFINE WHAT'S POSSIBLE.

With the right approach, your brain has incredible potential—and we are here to help you unlock it.

SCHEDULE YOUR CONSULTATION TODAY

Take the first step toward protecting your memory, improving your focus, and enhancing your future.

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