

The Bredesen Protocol™



MERRITT
WELLNESS
CENTER

A photograph of an elderly couple dancing joyfully in a community center. The woman is wearing glasses and a light green top, and the man is wearing a blue and white patterned shirt. They are both smiling and clapping their hands. In the background, other people are visible, some also dancing, in a well-lit room with wooden floors and bookshelves.

**Overcome Cognitive Decline
and Find Peace of Mind**

The Bredesen Protocol™

Merritt Wellness Center was among the first practices in the country to be certified in the Bredesen Protocol™. **We are dedicated to getting the root of health issues for our patients**, and we have applied intense efforts to the organization of our program. You can rest assured that you are getting the highest level of expert health guidance when you choose to do the Bredesen Protocol™ at Merritt Wellness Center.



Certified Nutritionists

Our practitioners have expertise in the exact kinds of nutrition recommended by Dr. Bredesen for cognitive decline patients. We have been counseling people on making necessary diet changes for years: reversing diabetes, reversing thyroid issues, helping with skin issues, food intolerance, and solving hosts of other problems for patients.



Functional Medicine

Most of the time going to the doctor for a complex problem is a dead end because they are only trained in addressing symptoms and not in getting to the root of health issues. We are dedicated to getting our patients to a truly healthy state; that's why our practitioners have been specializing in Functional Medicine for years and now have certification from the prestigious Institute for Functional Medicine.



Complete Program

We are deeply committed to making a difference for our patients, so we have invested an extraordinary amount of time and money to create the most effective program possible. Most practitioners will give you a battery of tests, sell you a cache of supplements, and then let you work through the program yourself. Our experience has taught us that is a very ineffective way of treating a very complex problem. So our program includes dedicated staff support, health coaching, and monitoring your progress throughout the year.

Call (512) 495-9015

to learn how we can help
you find peace of mind

Learn More at
merrittwellness.com

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Supplement Experts

Drs. Will Mitchell and Marlene Merritt have backgrounds in biochemistry and lecture nationally on supplement quality. They know that the right supplements can make all the difference, and have spent countless hours researching companies so you can trust that the supplements you are taking are nourishing your body for healing.



The Cost of Prevention

Our full Bredesen Protocol™ program costs \$7200 for a robust program of treatment that covers a year. There are additional expenses that vary so they are not included in the program: the cost of getting an MRI, the costs of certain tests, other associated treatments, etc. We have found that our patients are paying approximately \$15,000 in a year, including our program. It seems costly, but it's easy to see that it is less costly than living out your days in a memory care unit.

What's the difference between me doing the AHNP version and your program?

The ReCODE Report that you get from AHNP is an abbreviated version of the report that you will get from us. It does not include all of the lab tests and assessments that we do.

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The Difference Between AHNP and Merritt Wellness Center

Essential Components	Merritt Wellness Center	AHNP
Bredesen Certified Practitioner	✓	
Full Set of Labs for ReCODE Report	✓	
Limited Set of Labs for ReCODE Report		✓
Expert Nutritional Guidance	✓	
Pharmaceutical Grade Supplements	✓	
CIRS Treatment	✓	
Volumetric Analysis of MRI	✓	
Dedicated Health Coach	✓	
Neurocognitive Testing	✓	
Functional Medicine Approach	✓	

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What's In Our Program

NeuroCheck - We administer a neurocognitive assessment, and order your MRI (self-pay). Then we perform a volumetric analysis of your MRI and generate a Neuroreader™ Report. We go over the results of these tests in a consultation with a Bredesen Protocol™ certified practitioner.

A 2-hour Medical Intake Visit – The doctor will run several different cognition measurements, as well as other physical testing, and an extensive functional medicine health survey. He will analyze your prior testing, discuss your goals, describe the different lab testing, and get you set up on your program. This is an opportunity to share with the doctor any information you have in regards to your medical history and have any questions answered. First installment of the program is due at this time.

First Set of Lab Tests – The initial 52 lab assays are ordered at your Medical Intake visit.

Four Quarterly Specialized Neurocognitive Assessments – The first assessment is completed as a part of NeuroCheck for the purpose of establishing a baseline; the other three assessments are spaced throughout the year.

ReCODE Report – A 2-hour Report-of-Findings visit to discuss the ReCODE Report generated from your lab results. The practitioner will discuss the report, and personalize the protocol for you at this visit. Your supplement prescription and lifestyle modifications are customized for you based on the findings of this report. The final installment for the program is due at this visit.

Six 1-hour Consultations over the year with your The Bredesen Protocol™-certified practitioner.

Six 1-hour Sessions with our certified Health and Lifestyle Coach – As your patient advocate, your Health Coach will support you in the changes required for this program to work. This person is your go-to person for ideas about what to eat, lifestyle changes and suggestions, when you get stuck, or when you don't know what to do. We've been helping people make effective lifestyle and food changes for years and we are applying this experience to you and your program.

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