## **Scientific References**

1) Low Vitamin B12 Levels: An Underestimated Cause Of Minimal Cognitive Impairment And Dementia

https://www.cureus.com/articles/23152-low-vitamin-b12-levels-an-underestimated-cause-of-minimal-cognitive-impairment-and-dementia#!/

2) Centenarians who avoid dementia

https://www.cell.com/trends/neurosciences/abstract/S0166-2236(04)00240-1?\_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS0166223604002401%3Fshowall%3Dtrue

**3)** Experience-Based Mitigation of Age-Related Performance Declines: Evidence From Air Traffic Control

https://pmc.ncbi.nlm.nih.gov/articles/PMC2853479/

4) If the FDA approves Biogen's Alzheimer's treatment, I won't prescribe it

https://www.statnews.com/2021/05/30/if-the-fda-approves-biogens-alzheimers-treatment-i-wont-prescribe-it/

5) Aging without Dementia is Achievable: Current Evidence from Epidemiological Research

https://content.iospress.com/download/journal-of-alzheimers-disease/jad171037?id=journal-of-alzheimers-disease%2Fjad171037

6) Elderly discovered with superior memory and Alzheimer's pathology

https://news.northwestern.edu/stories/2016/11/elderly-discovered-with-superior-memory-and-alzheimers-pathology

7) Older brains can be better, smarter brains

https://www.health.harvard.edu/press\_releases/older-brains-can-be-better-smarter-brains

8) Neuropathological background of twenty-seven centenarian brains

https://www.jns-journal.com/article/0022-510X(92)90047-O/abstract