

# Protecting Every Cell: Why Plasmalogens Matter for Longevity

## What Do Plasmalogens Do in the Body?

Plasmalogens support health on multiple levels. Some of their most important roles include:



### Brain & Nervous System

Amplify signals between neurons, fuel myelin, and maintain neuromuscular activity



### Blood

Higher blood plasmalogen levels are linked with 80% lower risk of dementia and longer lifespan



### Heart

Strengthen heart muscle by supporting cell structure and preventing oxidative damage



### Lungs

Stabilize membranes and provide strong antioxidant protection



### Hair & Nails

Support healthier, thicker hair and stronger nail growth



### Eyes

Protect retinal and neuronal membranes, lowering the risk of glaucoma

Simply put, plasmalogens are critical to every cell in your body.

## Plasmalogens: The Unsung Heroes of Brain and Body Health

When most people think about nutrients that support the brain, they think of omega-3s, vitamins, or antioxidants. But there's another group of molecules that play an equally vital role—**plasmalogens**.

Plasmalogens are a unique class of **phospholipids** that help build and protect our cell membranes. They are especially concentrated in the **brain, heart, lungs, eyes, and kidneys**, making up nearly **20% of brain tissue**. Their influence goes far beyond structure—they act as powerful antioxidants, anti-inflammatory agents, and protectors of nerve function.

Without adequate plasmalogens, both the body and mind become more vulnerable to aging, neurodegeneration, and chronic disease.

## What Exactly Are Plasmalogens?

Plasmalogens are phospholipids with a unique chemical bond that gives them protective and stabilizing powers. Think of them as specialized building blocks—but ones with extra shielding properties that defend cells from stress and oxidation.

They are critical for:

- **Brain function** – Supporting neuron communication, memory, and cognitive performance
- **Cellular resilience** – Protecting cell membranes and boosting flexibility
- **Nerve protection** – Building and maintaining myelin, the insulation around nerve fibers
- **Longevity** – Acting as antioxidants that fight damage from free radicals

## Why Low Plasmalogens Are a Problem

Here's the challenge: **you can't get enough plasmalogens from your diet.** Unlike vitamins or minerals, there are no meaningful food sources to restore plasmalogen deficiencies.

Low plasmalogen levels have been associated with:

- Neurodegeneration (e.g., dementia, Parkinson's, Alzheimer's)
- Reduced cognitive performance
- Weakening of the heart, lungs, and immune system
- Accelerated aging

## The Solution: Targeted Plasmalogen Precursors

Recognizing this gap, **Dr. Dayan Goodenowe** pioneered the development of **plasmalogen precursors**—specialized supplements designed to restore these essential lipids throughout the body.

After rigorous preclinical and clinical research, these innovations are now available as:

- **ProdromeNeuro™** – Supports grey matter, synapses, and neuron communication for memory and cognition
- **ProdromeGlia™** – Supports white matter, glial cells, and myelin for fast, reliable brain-body communication

Together, they provide a comprehensive system-level restoration of both brain and body health.

## The Takeaway

Plasmalogens are not optional, they're **essential for every cell.** They protect the nervous system, strengthen the heart, shield the lungs, and defend against aging itself.

With no reliable dietary sources, supplementation with plasmalogen precursors represents one of the most exciting breakthroughs in modern health science.

👉 **Low plasmalogens aren't worth the risk.** Supporting them now means protecting memory, movement, and resilience for years to come.

## Call to Action: Partner with Total Body Health

At **Total Body Health**, under the guidance of **Dr. Kevin Greene**, we take a precision-based approach to health and longevity. By integrating groundbreaking tools like **ProdromeNeuro™** and **ProdromeGlia™**, we help patients protect both grey and white matter, restore plasmalogen levels, and build resilience across the entire nervous system. If you're ready to go beyond surface-level solutions and address brain and body health at the **cellular level**, Confidia Health Institute can help.

👉 **Contact Total Body Health today** to schedule a consultation with **Dr. Kevin Greene** and learn how plasmalogen restoration can help safeguard your cognition, energy, and long-term vitality.

## **Total Body Health**

**(860) 249-6579**

Bristol, CT

Delray Beach, FL