

Oregon Physician Brings Breakthrough Alzheimer's Treatment to the Pacific Northwest

Dr. Coby Hanes, DC, IFMCP, Becomes One of First Oregon Doctors Certified in ReCODE 2.0 Protocol - Shown to Improve Cognitive Decline in 84% of Patients.

PRINEVILLE, OR, UNITED STATES, August 14, 2026 /EINPresswire.com/ -- PRINEVILLE, OR - 8-13-26 — She asked the same question three times over dinner. Her daughter noticed. Nobody said anything.



That is how it usually starts — not with a diagnosis, but with a moment a family decides not to talk about. Months pass. The moments stack up. And when the family finally does bring it to a doctor, the answer is often some version of: it's just aging, let's monitor it, come back if it gets worse.

Dr. Coby L. Hanes, DC, IFMCP, of The Center for Functional Medicine in Prineville, has heard that conversation described more times than he can count.

"Monitoring is not a plan," Hanes said. Not while a family is watching someone they love decline month after month, and they are told to sit still and wait for it to get worse.

Dr. Hanes is among the first practitioners in Oregon to complete Dr. Dale Bredesen's ReCODE 2.0 (Reversal of Cognitive Decline) Advanced Clinical Training — bringing a comprehensive, root-cause evaluation of early cognitive decline to Central Oregon, a region where families have historically driven to Portland or left the state entirely for this type of care.

Families who want to know where they stand can take Dr. Hanes' free cognitive health assessment at Center4FunctionalMedicine.com. It takes about three minutes.

What is ReCODE 2.0 (Reversing Cognitive Decline)

Unlike conventional treatments that target a single pathway, ReCODE 2.0 identifies and addresses the dozens of root causes that drive Alzheimer's disease. Dr. Bredesen's research has identified at least 36 risk factors that cause or contribute to cognitive decline, including chronic inflammation, insulin resistance, hormone and nutrient imbalances, vascular changes, toxins, sleep problems and genetic risk such as APOE4 status.

Dr. Hanes evaluates each patient across those domains through comprehensive examination and advanced functional laboratory testing. He then builds an individualized plan targeting whichever factors that patient actually has. The good news? Each one can be identified and addressed.

"It is closer to detective work than anything," he said. "Two people with the same diagnosis can have completely different drivers, and their plan should look completely different too."

The Scientific Evidence

After more than 400 failed drug trials and decades of being told "nothing can be done," families facing Alzheimer's disease finally have reason for hope. Dr. Dale Bredesen's ReCODE 2.0 (Reversal of Cognitive Decline) clinical protocol is the first to actually show improved memory and cognitive function in people with Alzheimer's and dementia.

A groundbreaking study published in 2022 in the Journal of Alzheimer's Disease showed that 84% of patients on the ReCODE protocol experienced measurable cognitive improvement—results unprecedented in Alzheimer's treatment.

Then, in December 2025, Bredesen and colleagues posted the first randomized controlled trial of the approach across six US sites. The group receiving the precision-medicine protocol showed significant cognitive gains. The group receiving standard care declined. The study is currently awaiting peer review.

"This isn't a pill. It's a year or more of changing how someone eats, sleeps, moves, and handles stress," Hanes said. "That's not something a person does alone and if the spouse or an adult child isn't committed alongside them, it doesn't work." So, before accepting any case I have an honest conversation about whether a family is ready for that.

Where to start

The single thing Hanes wants Central Oregon families to do is stop waiting for it to get worse.

"The window that matters most is the one where a person still sounds mostly like themselves," he said. "That is the phone call I wish I got more often — not the one that comes two years later."

Families concerned about their own or a loved one's memory or cognitive health can take the clinic's free three-minute cognitive health assessment at Center4FunctionalMedicine.com. Or learn more about the ReCODE program and request a consultation at the clinic's ReCODE page.

About Dr. Coby L. Hanes, DC, IFMCP

Dr. Coby L. Hanes is a chiropractic physician and Institute for Functional Medicine Certified Practitioner (IFMCP) who has practiced in Prineville since 1995. His clinical focus includes brain and gut health, autoimmune conditions, metabolic dysfunction, and environmental exposures. He has completed extensive post-doctoral programs including ReCODE 2.0, Mastering the Thyroid and Mastering Brain Chemistry, as well as training in functional neurology. He is certified in botanical medicine through the University of Colorado School of Pharmacy, and he is the author of *Going From Surviving to Thriving: Your Functional Medicine Quick Start Guide*.

Dr. Coby L. Hanes

The Center for Functional Medicine

+1 (541) 447-7230

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Facebook](#)

[YouTube](#)

[X](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/934261153>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.