



Alzheimer's Prevention

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It is never too early to start thinking about Alzheimer's Prevention with respect to one's quality of life today and in the future.

Alzheimer's disease (AD) is a progressive neurologic disorder that is characterized by 3 clinical findings. 1) Declining memory, especially short term memory, 2) Problems with reasoning and logical thinking, and 3) Behavioral problems (this to varying degrees). The major risk factor for Alzheimer's is advancing age. Other risk factors include a family history (especially with early onset disease), sedentary lifestyle, lower educational status, lack of exercise, the traditional risk factors for cardiovascular disease (high blood pressure, high cholesterol and smoking), and diabetes. In fact, any doctors refer to Alzheimer's diseases and Type III Diabetes, as the long term metabolic effects of elevated blood sugar cause a chronic inflammatory state. Additionally, any long-term inflammatory disease will predispose a person to Alzheimer's dementia (lupus, rheumatoid arthritis and significant psoriasis as examples.)

As the baby boomer generation advances in age, there will be a shortage of caretakers for the millions

Americans who are predicted to develop this progressively debilitating disease. This means family members, (children, spouses, siblings, and other family members) will be required to help take care of their fellow loved ones. Many more people worry about developing and living with Alzheimer's than dying of cancer!! AD robs you of what makes you human: memory, ability for self-care, loss of ability to remember loved ones, progressive physical decline, loss of ability to control bodily functions, and loss of dignity.

So, what can be done to prevent Alzheimer's Disease?

While there is no real prevention, it's believed that the disease can be forestalled by up to 6 to 7 years by following the below recommendations that include lifestyle modifications and supplements.

1. Regular aerobic physical activity, minimum 5 times weekly, with each session lasting 45 minutes. (Exercise has been shown to lower markers of inflammation)
2. Continued use of your mind. People who continue to work have a lower incidence of dementia. So keep mentally active. Read, do puzzles learn a new language learn to play a musical instrument, take continuing education classes. (A major risk factor for Alzheimer's is watching excessive TV.)

3. Supplements are felt to be highly effective as well. Anti-inflammatories are the most effective. These include:

- a. Pharmaceutical grade fish oil (1-2 grams daily) taken with food
- b. An aspirin daily (325 mg), this decreases the production of the Tau protein that is found in the brains people with Alzheimer’s disease, and that’s felt to be one of the causes of the disease.
- c. Turmeric (Curcumin), is a highly effective anti-inflammatory (this is felt to be the reason many people from India had a lower incidence of Alzheimer’s).
- d. Vitamin D – 95% of American’s have deficiency of Vitamin D. It’s deficiency has been clearly shown to increase the risk of Alzheimer’s. An ideal level of vitamin D-25 is between 70-80, so an empiric daily dose of Vitamin D3 of 2000-5000 units is recommended.
- e. There are many other supplements that can be effective, but the above gives the most bang for the buck. Other’s include Co-Q10, Resveratrol vitamin C, and Kaolin garlic, amongst others.

In summary, Alzheimer’s disease affects 25% of Americans at the age of 80, and 50% at the age of 85. So don’t flip a coin. Stay mentally and socially active!! Exercise regularly, maintain an ideal body weight, control medical risk factors. Especially achieving good diabetic control or preventing diabetes altogether. As you begin to age (especially over the age of 50), discuss Alzheimer’s prevention with your doctor.. They can recommend the best medical, dietary, physical and supplemental regimen that works beset for you. A great quick reference is to google “Dr. Daniel Amen Brain Warriors” or to read his book. “Preventing Alzheimer’s Disease.” He’s considered a worldwide expert in prevention and treatment of Alzheimer’s disease and dementia. God’s speed.



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Healthy Corner Recipe



Turmeric Smoothie Bowl

<https://www.bbcgoodfood.com/recipes/turmeric-smoothie-bowl>

Brain healthy food

By Natasha Corrett

Good Food Magazine, January 2015

Service Size 2, Prep 10 minutes, No cooking
Gluten Free and Vegetarian

Ingredients:

- 10cm / 4in fresh turmeric, or 2 tsp ground turmeric
- 3 tbsp. coconut milk yogurt (Co Yo), or the cream skimmed from the top of canned coconut milk
- 50g gluten free oats
- 1 tbsp. cashew butter (or a handful of cashews)
- 2 bananas, peeled and roughly chopped
- ½ tsp ground cinnamon
- 1 tbsp. chia seeds or chopped nuts, to serve

Directions:

1. Peel the turmeric root, if using, and grate
2. Put all ingredients in a blender with 600 ml water and blend until smooth
3. Serve in a bowl with chia seeds or some chopped nuts sprinkled over

Nutrition: per serving

Kcal 291, fat 10g, saturates 4g, carbs 40g, sugars 20g, fiber 5g, protein 7g, & salt 0g





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