

DEMYSTIFYING DEMENTIA



Alzheimer's and dementia are not foregone conclusions with age. There are practical things you can do now to reduce your risk or reverse early signs.



EAT RIGHT

- Eliminate all simple carbs, processed foods, and gluten.
- Up your fruits and veggies.
- Eat only wild fish. If you eat meat, try only occasional consumption of grass-fed beef and organic chicken.
- Add healthy fats.

FIND YOUR TARGET

- Key is identifying your risk factors and the areas in your life that would benefit from improvement.
- Age 45 or older? Get a medical check up for information you can act on.



STRESS LESS

- Relaxation & stress reduction heal body and mind.
- Strike a pose with yoga.
- Deep breathing exercises or alternate-nostril breathing will put you in a relaxed state.
- Begin a daily meditation practice.

REST IS BEST

- Burning the midnight oil compromises brain health.
- Aim for 7-9 hours of sleep.
- Consider melatonin if falling and staying asleep are struggles -- high cortisol might be to blame.
- Avoid bright light and electronics at night.

MOVE IT OR LOSE IT

- If you're able, get physical with strenuous aerobic and weight-bearing exercises 3-4 x/week.
- Your brain needs exercise too! Try cognitive games, puzzles, and great conversation with friends.

MIND THE GAPS

- Watch for deficiencies in vitamins B12, D, and zinc.
- Consider fish oil, CoQ10.
- Brush up on oral hygiene.
- Environmental and chemical toxins can also drain the brain. Eliminate what you can.
- Optimize hormones and insulin sensitivity.

