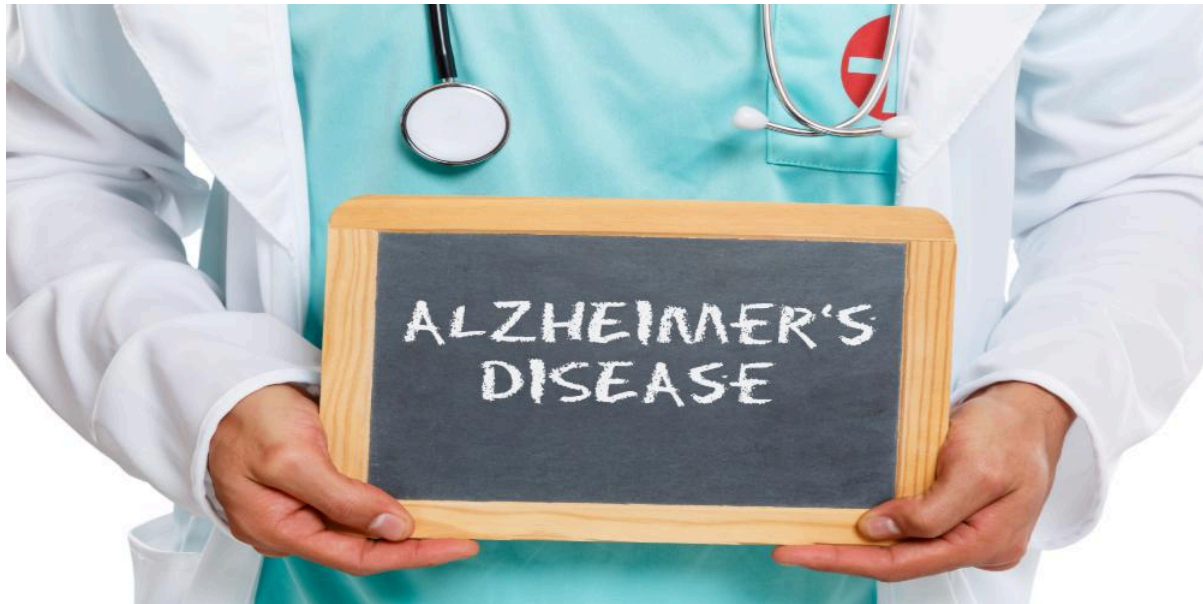


How to Prevent Alzheimer's Disease



Alzheimer's Disease is an epidemic. More than 6 million people are diagnosed with Alzheimer's in the United States. Over 55 million people are estimated to be affected worldwide.

Throughout the years, the FDA has approved drugs to treat Alzheimer's, but most treatments have come and gone or have done little to slow down the disease.

Many have had to watch their loved ones mentally slip away as Alzheimer's takes control of their lives.

The Time is Now

Although most people diagnosed with Alzheimer's are 65 and older, research has proven **that the deterioration involved with Alzheimer's can start around middle age, and in some cases, even younger.**

It's never too early, or too late, to protect yourself.

Although there's no cure yet, many **health professionals agree that you can significantly reduce your risk of developing Alzheimer's by living a healthy, stimulating lifestyle.**

Here are six lifestyle habits you can improve on to give you the best chance of preventing Alzheimer's Disease.

1. Maintain a Healthy Diet

[Vegetables, fruits, and organic meats give your brain the nutrients it needs to protect itself against Alzheimer's Disease.](#)

Starchy, sugary, and processed foods give your brain inflammatory responses and make it vulnerable to Alzheimer's. ¹

Doctors recommend [The Mind Diet](#), the legacy of [Dr. Martha Claire Morris](#) and her colleagues. It's a meal plan specifically designed to give your brain the nutrients to defend against Alzheimer's Disease.

[Watch this short video on the MIND diet.](#)

2. Exercise Often

[Exercising is one of the best things you can do to reduce your risk of developing Alzheimer's Disease.](#) ²

A sedentary lifestyle hinders blood flow. Your brain wouldn't function at its best. Consistent inactivity leaves you at risk of developing Alzheimer's.

Aerobic exercises get the blood pumping through your brain, providing the energy to ward off degeneration.

It doesn't take much, but you must be consistent. Easy 15-minute workouts 3-5 days a week can go a long way.

Some popular workouts include:

¹ An unhealthy diet may lead to Insulin Resistance, limiting your body's ability to use fats to build energy and distribute it to your brain, which would leave it more vulnerable to develop Alzheimer's or other neurodegenerative illnesses.

²developing The excessive buildup of beta-amyloid plaques in the brain is one of the main biomarkers of Alzheimer's, next to the development of tau tangles. **Exercise stimulates the Glymphatic System, a waste management process that regulates Beta-Amyloid proteins.**

- Power Walking / Jogging / Running
- Jump Roping
- Cycling
- Swimming
- Dancing (I.E. Zumba)

[Try these at-home workouts](#)

3. Get Enough Sleep

[Sleeping well reduces your risk of developing Alzheimer's Disease.](#)

Inadequate sleep limits your brain's abilities. If this continues for too long, it increases your risk of developing Alzheimer's.

When you get enough sleep, your brain can complete processes that help maintain your neurons.³ That's why experts recommend that you get 7-8 hours of sleep per day.

Here are tips on how to practice good sleep hygiene.

- Set a sleep schedule
- Follow a nightly routine
- Practice daily healthy habits
- Optimize your sleep environment

[Watch this short video on how to improve your sleep.](#)

4. Keep Learning

[Stimulating mental activity throughout your life significantly reduces your risk of developing Alzheimer's Disease.](#)

A stagnate mind can lead to cognitive decline and neurodegenerative diseases like Alzheimer's.

³ When you're sleeping, your brain can flush out Beta-Amyloid proteins and limit the development of Tau Tangles.

Online resources offer many opportunities to acquire skills and learn new things. Obtaining a mentally stimulating, fulfilling career is highly beneficial to your brain's health.

Frequently performing activities that require comprehension, critical thinking, memorization, and creativity strengthens your brain, building its defenses against cognitive decline and Alzheimer's.

See your brain as a muscle. If you don't use it, you lose it. The more you use it properly, the stronger it will be.

Here are some activities recommended by health experts:

- Reading and Writing
- Drawing and Painting
- Learning a language
- Playing an instrument
- Solving puzzles (I.E. crosswords)

5. Manage Stress

You likely go through stressful situations from time to time, stemming either from your professional or personal life. Moderate stress does not lead to Alzheimer's Disease.

[Consistent, severe stress, however, leads to depression, anxiety, and other disorders, increasing the risk of Alzheimer's and other forms of cognitive decline.](#)

Handling stress effectively is vital for your brain to maintain itself.

[Mindfulness-Based Stress Reduction \(MBSR\)](#) is a modern meditation technique that has roots in ancient Buddhist practices. Meditation Specialist [Jon Kabat-Zinn](#) created it in the 1970s, and this method has helped millions of people worldwide.

6. Build Healthy Relationships

[Maintaining fruitful social relationships reduces your risk of developing Alzheimer's Disease.](#)

Prolonged social isolation, however, [increases your risk of dementia by nearly 60%](#).

Here are some tips on maintaining social connections:

- Stay in touch with family and friends
- Join a club or volunteer with a group
- Participate in a community event
- Connect with people at work, school, or church
- Establish a bond with your neighbors

There are numerous online resources to help you to stay socially active. By exploring, you're likely to connect with others who share your interests and goals.

The Cognitive Reserve Theory

Living by these six habits is believed to develop your immunity to Alzheimer's Disease, aligning with a theory called [Cognitive Reserve](#).

Think of it as providing insurance for your brain. When you live a healthy, stimulating, balanced lifestyle, you're sowing seeds of health that you will get back in spades as you age.

End Alzheimer's

Alzheimer's Disease has devastated millions of people for too long. The first step to ending it by educating yourself.

You can visit these websites to learn more.

- alz.org (Alzheimer's Association)
- alzint.org (Alzheimer's Disease International)
- alzheimers.org.uk (Alzheimer's Society)

Sources:

Bredesen, D. (2020). The End of Alzheimer's Program: The First Protocol to Enhance Cognition and Reverse Decline at Any Age

Braun, M. (2020). High Octane Brain: 5 Science-Based Steps to Sharpen Your Memory and Reduce Your Risk of Alzheimer's

Written By [Toire Fisher](#)