

# SLASH YOUR RISK OF *Alzheimer's*

BEST FOODS, HERBS AND SUPPLEMENTS FOR BRAIN HEALTH



Jonathan Landsman





NaturalHealth365.com presents

## **Slash Your Risk of Alzheimer's**

By: Jonathan Landsman

All information contained in this book is copyright © 2018 by NaturalHealth365.com. All rights reserved. All information contained in this publication may not be copied, published, distributed, broadcast, posted on the internet, or otherwise used for any purpose whatsoever without the prior written consent of NaturalHealth365.com. All persons doing so will be prosecuted within the fullest extent of the law.

For additional information regarding this health report or any other NaturalHealth365.com publication, please contact NaturalHealth365.com, via email at: [support@naturalhealth365.com](mailto:support@naturalhealth365.com)

**Disclaimer:** This health report is for educational purposes only. It is not intended as a substitute for the diagnosis, treatment and advice of a qualified licensed medical professional. The author, publisher and distributors of this health report assume no responsibility for how this material will be used. To be clear – the author, publisher and distributors of this health report - do not recommend any particular nutritional supplement or treatment protocol for any medical health condition or disease. Ultimately, it is up to you to work with a qualified, healthcare professional and make an informed decision.

“Slash Your Risk of Alzheimer's”

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.



Once considered to be rare over 100 years ago, today Alzheimer's disease is quite common. Shockingly, over 5 million Americans currently have this debilitating form of dementia. And, even though conventional medicine offers no “cure”, there are many natural therapies that can prevent, even reverse this degenerative disease.

**So what occurs when a person has Alzheimer's?** Nerve cells die in the brain causing a variety of symptoms, which can include everything from confusion, irritability and mood swings to long-term memory loss. Depending on the individual it can progress in various ways until death is the final outcome in its most advanced stages. The typical life expectancy after a diagnosis is 7 – 10 years.

Clearly, Alzheimer's disease has a shocking and devastating impact on individuals and their families. Not only do its sufferers lose their mental grasp on their day to day world, they gradually lose their ability to function on their own. Many people with Alzheimer's disease end up being cared for round the clock by a loved one; others end up abandoned and alone.

Although this disease is quite prevalent, it's still not well understood by the scientific and medical communities. While studies have revealed the brain tissue of Alzheimer's patients contains plaques, tangles and fewer nerve cells and synapses, the basis of Alzheimer's isn't completely known. Researchers have found that there is some rate of genetic predisposition, so we do know that there are certain family history factors that can increase the risk of the disease.

**Studies have shown** that there are certain factors that are closely linked to reduced rates of Alzheimer's disease. Let's be perfectly clear, you can dramatically reduce your risk for Alzheimer's disease with a healthy diet, supplements and brain-boosting lifestyle activities. On the other hand, various habits are linked to an increased risk of Alzheimer's, such as smoking, eating processed foods and environmental factors like

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.

repeated exposure to toxic chemicals. So, the good news is that there is a clear path to slashing your risk of this illness – naturally.

## **Foods that Can Reduce Your Risk of Alzheimer's disease**

### **Extra Virgin Olive Oil**



Extra virgin olive oil is a food many healthy eaters are already consuming, and research has conclusively shown that olive oil can prevent Alzheimer's. One influential study out of University of Louisiana's College of Pharmacy and St. Louis University showed that olive oil helps the aging brain, because it stops the amyloid beta plaque from accumulating. Amyloid is considered to be a memory robbing protein.

According to the Alzheimer's Association, pieces of beta-amyloid may be the most dangerous to the brain. They explain, "The small clumps may block cell-to-cell signaling at synapses. They may also activate immune system cells that trigger inflammation and devour disabled cells."

In general, people on the Mediterranean diet are less likely to get Alzheimer's. In fact, those who live in the Mediterranean region are less likely to get Alzheimer's and heart disease altogether. Olive oil has a protective agent called oleocanthal, which researchers believe protects nerve cells.

When olive oil is consumed twice a day, it seems that the oleocanthal produces proteins and enzymes that remove amyloid from the brain.

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.



This information was published in the ACS Chemical Neuroscience journal.

In addition, it's best to consume olive oil – raw and unheated. For best results, be sure to buy your olive oil from small farms and domestic companies that produce and package their own brand. Otherwise, there are issues that have been shown to be quite common, such as companies adding chlorophyll to sunflower and soybean oil and then marketing it as olive oil. As with everything in your diet, know the source of your food!



### **Coconut Oil**

Coconut oil has been shown to actually reverse Alzheimer's. Those with the disease have an issue where brain cells can't effectively use glucose from carbohydrates. Glucose is

the main source of energy for the brain, and the neurons can die without it.

Coconut oil provides the brain with an alternative source of fuel called ketones. This unique oil is comprised of medium-chain triglycerides (MCT) which can be converted into ketones by the liver. Some scientific data suggests that Alzheimer's can be reversed during this energy conversion process.

In one highly publicized incident, a physician named Mary Newport gave coconut oil to her husband Steve who was suffering from Alzheimer's. While drugs for Alzheimer's disease seemed to make no difference to his condition, he immediately started improving after consuming coconut oil.

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.

Steve is still alive and functioning today, while Dr. Newport believes he would have otherwise passed away years ago.

Keep in mind, no two people are alike and some people may require more or less coconut oil until you achieve desired results. For best results, work with a qualified, medical professional – who understands the value of coconut oil.

### **Omega 3 Fatty Acids**

Those who regularly consume omega-3 fatty acids also have lower levels of dementia and Alzheimer's. The DHA and EPA are known to reduce inflammation, and are crucial for creating essential brain cell membranes. However, keep in mind, if the disease has significantly progressed – consuming omega-3s (alone) may not be enough to reverse the condition.

Obviously, the importance of consuming enough omega-3 fatty acids prior to any disease diagnosis can't be stressed enough to avoid serious brain health problems.

So what are the best foods that contain omega-3 fatty acids? Be sure to regularly eat organic walnuts, flax and hemp seeds. Additionally, wild caught Alaskan salmon, sardines and “100% grass-fed” beef are great sources of omega-3. Again, always be sure to know the source of your food.

### **Green Tea**

Researchers from the University of Michigan Life Sciences Institute, suggest that the extracts from green tea may block the formation of plaques – which have been linked to the onset of Alzheimer's disease and other neurodegenerative conditions.

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.



You see it's "EGCG", which is the name of the polyphenols in green tea that have been shown to block beta-amyloid proteins from coming together and forming brain plaque.

A wealth of scientific evidence suggests that drinking three to five cups of green or white tea every day will support cardiovascular health and prevent protein aggregates in the brain that significantly increase Alzheimer's disease risk.

## **Blueberries**

Most people love blueberries, and so incorporating them into your diet should be a pleasure. The reason that these tiny blue fruits fight



Alzheimer's is due to the fact that they have polyphenols, which impact how genes are expressed. The anti-oxidants in blueberries also protect the brain's neurons against the proteins in beta-amyloid.

Don't forget to eat other berries as well, as they all contain polyphenols, which will improve cell function and counteract inflammation. Studies have shown that those who regularly eat everything from strawberries and cranberries to blackberries have an enhanced ability to process information.

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.



## Leafy Greens and Cruciferous Vegetables

Due to the high levels of antioxidants and fiber in leafy greens like spinach and kale, everyone should be eating them on a daily basis. Research has shown that seniors who ate leafy greens and cruciferous vegetables consistently did better on memory and verbal tests.

One landmark study looked at more than 13,000 nurses who were examined in their 60's and then again in their 70's. Those who ate 5 servings of cruciferous vegetables per week did better than those who ate only twice per week.

## Curcumin

Curcumin is the compound that gives the Indian spice turmeric its orange-yellow color. If you've ever eaten curry, you've had turmeric.



Similarly to blueberries, curcumin can protect the cells of the brain from toxic conditions caused by the beta-amyloid proteins. Abnormal proteins are less likely to form if you are consistently eating turmeric.

Plus, curcumin can destabilize the plaque in the brain even after it has formed. The body's cleanup cells called macrophages can then clear and clean the fragments of the beta-amyloid.

But that's not all that curcumin is capable of, as this spice can also boost mitochondrial health. Some researchers believe that aging mitochondria causes the death of brain cells in which patients with Alzheimer's disease often experience. So, be sure to consistently eat foods flavored

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.

with turmeric. If you don't like the taste of turmeric, you can also get curcumin in a supplement form.

## **Herbs to help improve your memory and brain function**

### **Ginkgo**

You may have heard ginkgo referred to as a "brain herb." This ingredient can boost blood flow to the cerebral region and, in the process, improve memory and cognition. Some experts believe that the reason that ginkgo increases blood flow is due to the fact that it widens the blood vessels, thanks to its terpenoids and flavonoids including quercetin.



Ginkgo's high levels of antioxidants also fight oxidative damage in the brain. It can also prevent beta-amyloid plaque from forming.

Naturopathic physicians Joseph E. Pizzorno Jr., ND, Michael T. Murray, ND and Herb Joiner-Bey, ND wrote the book "The Clinician's Handbook of Natural Medicine," and they recommend taking ginkgo biloba extract in the early stages of onset at a dose of 240mg per day.

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.

## Rosemary



Dating as far back as medieval times, rosemary represented remembrance. It is a culinary herb that is quite commonly available in grocery stores. Rosemary can also be found as a dried herb in capsules or even tinctures.

In terms of its benefit in treating Alzheimer's disease, this herb can be used to enhance memory and also increase blood circulation.

Rosemary contains powerful phytochemicals that work to both treat and prevent Alzheimer's by supporting acetylcholine. Acetylcholine is a neurotransmitter that transmits nerve signals, and is essential for the activation and storage of memories. Researchers believe the acetylcholine levels are too low among those with Alzheimer's disease. As a result, the nerves can't effectively transmit information.

Interestingly, the chemical actions caused by rosemary mirror the goal of many Alzheimer's drugs that work to correct acetylcholine. Since rosemary is a natural compound, it is side-effect free and, of course, healthier in general than drugs. Water mint is another herb related to rosemary that also shows tremendous ability to prevent the breakdown of acetylcholine in the brain.

## Lemon Balm

Lemon balm (or *Melissa Officinalis*) is a member of the mint family. It is well-known among herbalists for its restorative abilities in calming the

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.



nerves. Many herbal medicine practitioners specifically use it to treat Alzheimer's disease.

Similar to rosemary and water mint, researchers believe that it acts on acetylcholine in the brain. Studies have shown that taking lemon balm can almost immediately improve cognition and memory. Lemon balm is available in a dried form, a tea, capsules, oils and extracts.

## **Huperzia**

There are a variety of traditional Chinese herbs that have been purported to fight Alzheimer's disease. One of the most widely used is called *Huperzia serrata*. This moss produces an extract called huperzine A, which is believed to have a stronger impact than the Alzheimer's drug galantamine and function without negative side effects.

One study, in a Chinese hospital, treated 800 patients and found that huperzine A led to substantial improvements. Of course, before taking Chinese herbs, it is best to consult with an experienced herbalist.

## **Bacopa**

*Bacopa monnieri* (or Brahmi) is an herb that has been taken for hundreds of years to help boost the memory. It's also commonly taken for health conditions including hypothyroidism, anxiety, irritable bowel syndrome, and stress. A study in 1995 revealed it can also fight cancer cells, so many people take it for its cancer preventative abilities too. Brahmi is also well-known, within ayurvedic medicine, for its ability to improve memory and cognition.

According to the article "Bacopa for Alzheimer's Disease", published in the National Standard, bacopa can reduce beta-amyloid levels. Two important chemicals in bacopa, bacosides A and B, help to better transmit impulses between brain nerve cells. This process supports optimal brain function.

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.

This herb is considered to be free of most side effects, but it's always best to work with a qualified health professional and do not think of Bacopa as a "cure all". Studies suggest taking 300 milligrams per day.

## **Ashwaghandha**

Ashwaghandha (also referred to as *Withania somnifera*, winter cherry and Indian ginseng) is another herb that is popular in ayurvedic medicine. It is widely taken for a variety of issues that range from everything including stress, fatigue and anxiety to diabetes, chronic pain, and digestive issues.

One of the reasons that ashwagandha is an extremely powerful way to fight Alzheimer's disease is that it can potentially reconstruct the network between brain cells. Studies have revealed that compounds derived from ashwaghandha, called withanolides, can restructure and fix brain cells of Alzheimer's patients. They can protect cells from the harmful impact of beta-amyloids.

Further, the withanolides, in Ashwaghandha, are packed with powerful antioxidants. These natural antioxidants are essential when trying to prevent brain cell damage.

## **Don't Skip the Supplements**

Regardless of whether you want to ward off Alzheimer's disease or just be healthy in general, there are a wide variety of supplements you shouldn't overlook. The supplement superstars that seem to have the most pronounced abilities to fight Alzheimer's are Co-Q10, magnesium, resveratrol, Grape seed extract, folate, lipoic acid, vitamin D, ginseng, vitamin E, fish oil, and ALC.

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.

## **Coenzyme Q10, commonly referred to as “Co-Q10”**

Co-Q10 is only found in a limited amount of foods including organ meats and some fish, such as sardines. However, this antioxidant is vital for energy production, immunity and muscle formation. It is also used to treat Alzheimer's disease, as researchers believe that it effectively slows the progression of this condition.

Researchers at Johns Hopkins studied the impact of Co-Q10 on animals with a condition similar to Alzheimer's disease. They found that those that didn't receive Co-Q10 lost their ability to perform more rapidly. On the other hand, those that took Co-Q10 daily did not show reduced level of cognitive performance.

Important to note, this supplement reduces oxidative stress. At the same time, it improves levels of ATP, or adenosine triphosphate, which regulates the production of energy in the mitochondria. Co-Q10 has also been shown to help greatly with Parkinson's disease.

## **Resveratrol**

You've likely heard about the wide variety of health benefits that accompany resveratrol, which is found in grapes, peanuts, blueberries and wine. This antioxidant can improve health and vitality. Many people regularly take resveratrol and Grape seed oil for its renowned anti-aging effects.

A landmark study from 2008 published in "Cell Metabolism" revealed that when old mice were given resveratrol, their coordination and balance improved. One of the benefits of resveratrol is that it can protect the neurons in the brain. Scientists also believe that it can increase the ability of an enzyme called heme oxygenase – which protects neurons. Resveratrol neutralizes the damage done by free radicals, and this can go a long way towards preventing Alzheimer's disease.

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.



## **Folate**

Folate, or folic acid, helps the brain to properly synthesize its DNA and RNA. Evidence has suggested that those who consume ample levels of folate are less likely to develop Alzheimer's disease. One study that was reported in "Journal of Neuroscience" revealed that when mice were deficient in folate, more nerve cells in their brain were affected by Alzheimer's. As a result, scientists believe that taking folic acid can protect the nerve cells from damage.

Statistics have also revealed that when elderly individuals take ample amounts of folate, they lower their risk for disease. Folic acid can also lower your risk for heart disease and depression. You can find folate in most high-quality, multi-vitamin supplements.

## **Fish Oil**



We discussed the benefits of omega-3 fatty acid in our previous section about food. But, due to the toxicity issue in most seafood, you may not want to eat a lot of fish. So, it may be easier to simply take a high-quality, supplement.

The Alzheimer's Association does suggest that people take fish oil and has concluded that a healthy daily dose of fish oil will reduce the risk of Alzheimer's disease and dementia.

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.

## **Acetyl-L-Carnitine**

Taking Acetyl-L-Carnitine, or ALC, supplements is critical for those seeking to combat Alzheimer's disease, as they decrease beta-amyloid and the corresponding protein build-up. At the same time, ALC increases the antioxidant levels in cells. People have observed noticeable results when taking ALC – which can help improve your memory and brain power.

Studies have specifically looked at Alzheimer's patients who took ALC; those who took 2-3 grams a day had a less rapid decline in cognitive function. In addition, they had less attention deficit symptoms and ALC has been shown to increase energy to the cells.

Of course, most pharmaceutical drugs for Alzheimer's disease are merely designed to treat the symptoms of this disease. By incorporating these supplements and eating primary organic, plant-based nutrition – you will increase your likelihood for better brain function.

## **Magnesium**

At least half of seniors are deficient in magnesium. This essential mineral is necessary for optimal learning and memory. There are enzymes involved in the production of beta-amyloid, and magnesium modulates those enzymes. When the body receives magnesium in high enough amounts, it can start to breakdown beta-amyloid.

An article published on NaturalHealth365 entitled, *Cognitive Functions Improve with Vitamins and Minerals* states that magnesium "plays a role in protecting the brain's structure and function. The absorbable form of magnesium called magnesium-L-threonate has been shown to rebuild ruptured synapses and restore neuron connections."

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.



## **Ginseng**

Ginseng is a traditional Chinese herb for memory, concentration and immune function. Various clinical trials have shown this herb can have a major impact on Alzheimer's disease patients. Ginseng reduces beta-amyloid plaque and clears it from the

brain. Research has also shown that ginseng reduces the death rate of brain cells among those who already have the disease.

## **Vitamin D – the “sunshine vitamin” is actually a hormone**

Vitamin D is a neurohormone that greatly influences brain cells. Unfortunately, due to a lack of sunshine exposure, most Alzheimer's disease patients have dangerously low vitamin D levels. Vitamin D regulates brain cell calcium channels, nerve growth and changes how the body synthesizes nitric oxide. This powerful antioxidant and anti-inflammatory also clears beta-amyloid plaque buildup.

Clearly, this has been confirmed by a number of scientific studies, vitamin D deficiency is strongly linked to a higher risk of cognitive impairment. A simple blood test will tell you if you're low (or not) and the recommended “optimal level” is around 50 – 80 Ng/ml – based upon what most natural healthcare professionals will suggest.

## **Vitamin E**

As a person ages, the damaging effects of free radicals can increase. As a powerful antioxidant, vitamin E will reduce free radicals and prevent cell damage. And, yes, researchers strongly believe that vitamin E can help you to prevent Alzheimer's disease.

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.



Vitamin E is an interesting supplement, as it has been shown to increase the amount of years an Alzheimer's patient will live after a diagnosis. In a study from Baylor College of Medicine, scientists showed that those who took 2000 IU of vitamin E daily were 26% less likely to pass away compared to those who didn't.

While you can find vitamin E in foods including peanuts, leafy greens, kiwi, tomatoes and vegetable oil, it is easier to get the recommended dose through a high-quality supplement.

## **Lipoic Acid**

Lipoic Acid boosts mitochondrial energy production, and it also helps with the antioxidant systems in cells. Additionally, this supplement protects brain cells by reducing beta-amyloid, and it binds to toxic metal ions. Studies have been done on aging animal aging brains that reveal lipoic acid slows development of memory loss and helps stabilize brain cells.

## **B Vitamins**

A study published in the *Proceedings of the National Academy of Science* showed that vitamins B6 and B12 combined with folic acid slowed brain atrophy that occurs with Alzheimer's disease. Older adults are usually deficient in vitamin B12 and this may account for their memory problems.

## **Other Lifestyle Suggestions Critical for Brain Health**

If you read any publication on what to do to prevent Alzheimer's disease, you will quickly find that there is a great deal of discussion about changing one's lifestyle to boost brain function. Unlike many health issues, the medical community has observed so many ties to lifestyle that it is impossible to ignore the direct correlation.

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.

Let's take a look at some of the best activities to can do to reduce your risk of Alzheimer's disease.

## **Meditation**

Meditation has been highly touted for its ability to lower blood pressure, reduce stress and ease the pain associated with conditions like, fibromyalgia and arthritis. The Alzheimer's Research and Prevention Foundation (ARPF) in collaboration with the University of Pennsylvania studied the role of meditation on memory loss. "The study found that Kirtan Kriya, a meditation from the Kundalini yoga tradition, performed 12 minutes a day for eight weeks, increased brain activity in areas central to memory and improved cognition and well-being in patients with memory loss."

In this study, the group that meditated was compared to another one that listened to Mozart violin for 12 minutes each day. Among meditators, cerebral blood flow was increased in the front lobe region and right superior parietal lobe. After meditation, there were improvements in neuropsychological tests, as well as others that examined memory, attention and cognition.

This study represents just one of the many that reveal that meditation can keep the brain young and healthy. In the process, you'll also improve your immune system, lower stress and reduce cortisol levels.

## **The Remarkable Benefits of Exercise**

Like meditation, exercise has a staggering number of health benefits including stress reduction, strengthening bones, and reducing the risk of heart disease. Aerobic exercise and strength training has also been shown to improve brain function.

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.



All forms of exercise are believed to create new connections in the brain. The key is to choose an activity that you enjoy and will continue to perform – on a regular basis.

In a landmark study from the 1990's, researchers at the Salk Institute found that exercise can improve the brain. In one experiment, mice in running wheels were found to have more cells in the part of the brain that controlled memory. These animals performed better on various cognition and memory related tests.

Even moderate levels of aerobic activity, like walking, will double or triple new neurons in the memory center of the brain. However, be sure to do some form of strength training to maintain balance and mobility.

A study of rats at Psychobiology and Exercise Research Center, CEPE, in São Paulo, Brazil showed that those training with weights had a higher level of a brain protein than those that were sedentary or just running.

The rats who weight trained had a higher level of a protein in their brains and blood; this was an insulin-like growth factor which promoted cell division and growth. Those who ran had another protein known as BDNF, or brain-derived neurotrophic factor.

Alzheimer's disease specialist Ronald Petersen, M.D says, "(Exercise) also increases chemicals that protect the brain and tends to counter some of the natural reduction in brain connections that occurs with aging."

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.



Even after some moderate amounts of exercise, you are likely to observe that your reasoning and learning skills have increased and your memory has improved. For ample benefits, be sure to exercise 3 - 5 times a week for 30-60 minutes per day.

### **Learn something new – every day**

Learning a new skill can protect you from the disease. Naturally, by challenging your brain to think, you will greatly improve your cognitive function.

Doctors recommend everything from learning a new language, musical instrument or going back to school to simply regularly doing crossword puzzles to keep the brain functioning well.

People who are bilingual or who have a job that's intellectually challenging have a lowered risk of Alzheimer's disease. Studies have shown that those who have been bilingual for life have better cognitive control when they age.

Reading, writing, board games, talking, and listening to music have all been shown to delay a decline in brain function. Additionally, people with higher levels of education have been shown to be less likely to get Alzheimer's disease. So if you've been sitting around doing the same activities year after year, get out there and learn something new.



## **Minimize Your Exposure to Toxic Chemicals**

Sure, it's virtually impossible to avoid all toxins in day to day life. However, to combat Alzheimer's disease, it only makes sense to avoid exposure to pesticides and chemicals as much as possible. Studies have shown conclusively that chemicals can destroy brain cells.

The amount of pesticides in the environment seems to be increasing each and every year. It is a bit staggering when you contemplate the fact that there are more than 80,000 chemicals used in the United States alone. Some researchers believe that these toxins impact a chemical in the brain connected to memory called acetylcholine.

For example, those who are exposed to a high level of toxins at the workplace are more likely to get Alzheimer's. One study that tracked more than 4,000 seniors, in Utah, showed that those who worked with pesticides had a 53% higher change of getting the disease.

### **Get the Lead Out**

Lead is a highly toxic heavy metal which has been connected to Alzheimer's and Parkinson's disease. While lead is widely known for its negative affect on children's brains, it has also been connected to aging issues and problems with the brain as people get older.

### **PCBs**

PCBs, or polychlorinated biphenyls, also present a risk factor tied to Alzheimer's disease. They are still found throughout the environment even though they were banned in the 70's. PCBs aren't easily broken down and are clustered in certain areas where they impact people. Scientists say that even low-level exposure to PCBs can harm the brain.

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.



## **Avoid Processed Foods and Alcohol**

For people of any age, it is essential to eat a high-quality, organic whole foods diet rich in fruits, vegetables, nuts and seeds to keep the body healthy and strong.

The Karolinska Institutet's Alzheimer's Disease Research Center in Sweden published findings which revealed that fast food causes the types of chemical changes and abnormal brain structures that we see in Alzheimer's disease.

The American typical diet that includes processed foods has caused a dramatic rise in issues like type-2 diabetes, and studies have shown that those with Alzheimer's have abnormalities with their insulin like diabetics. That means that foods that effectively manage insulin levels could help with diabetes. It is possible to control your blood sugar levels through a diet that is full of antioxidants and low in processed foods, sugar and alcohol.

Nitrates, found in fried food, cheese and beer, have also been linked to Alzheimer's disease. People can also get exposed to nitrates through rubber, latex, fertilizers and pesticides. There are other potential issues with fast food too, as it is full of aspartame and neurotoxins like MSG that damage brain function.

While an occasional drink may be o.k., doctors have concluded that even small amounts of alcohol can harm cognitive abilities and equilibrium in the brain. Long-term drinking can shrink the brain and cause memory loss. For best results, it only makes sense to avoid alcohol.

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.

## **Remove Chronic Stress, Anxiety and Depression from Your Life**

While thinking about all these harmful elements in the world can undoubtedly provoke feelings of stress and depression, research has also shown that stress can lead to Alzheimer's. For example, one study looked at mice chronically stressed out and found they had inferior memory capacities. They also had more beta-amyloid proteins in their brains.

Another study, from 2010, showed that those who are stressed in middle age are more likely to develop Alzheimer's. This Swedish study followed women for 35 years, and then published the findings in the *Brain* science journal. They found that dementia was 65% higher among those who were repeatedly stressed out in middle age.

Depression can raise your risk of Alzheimer's disease. In fact, research has revealed that it can raise the risk by 50%. Some scientists believe that depression actually changes the brain on a structural level, leaving it vulnerable to Alzheimer's. Experts believe that it weakens defenses against Alzheimer's by reducing the blood supply to the brain.

By changing the way you look at life – you can avoid getting anxious when stressful situations occur. Obviously, many of the lifestyle suggestions we mentioned can be useful in this regard. For example, socializing, meditating and exercising can all do their part to successfully reduce anxiety, depression and chronic stress.

The brain craves the right nutrition. When you give your body the optimal nutrition it desires, it will reward you by keeping your brain young and healthy. Your lifestyle does make a difference, as it can delay or stop Alzheimer's disease. Old mice that were given quality vitamin supplements quickly had the ability to learn as effectively as young mice!

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.

Sadly, Alzheimer's disease is one of the most costly diseases for the entire Western world. Research has conclusively shown that what you do or don't do - in your middle years - can greatly impact your risk of Alzheimer's. Make the simple changes discussed in this report and dramatically reduce the chance that you will end up with this devastating issue. You owe it to yourself and your family.

For more information about natural health and living, please be sure to visit: [www.NaturalHealth365.com](http://www.NaturalHealth365.com)

And, share this information with your family and friends.

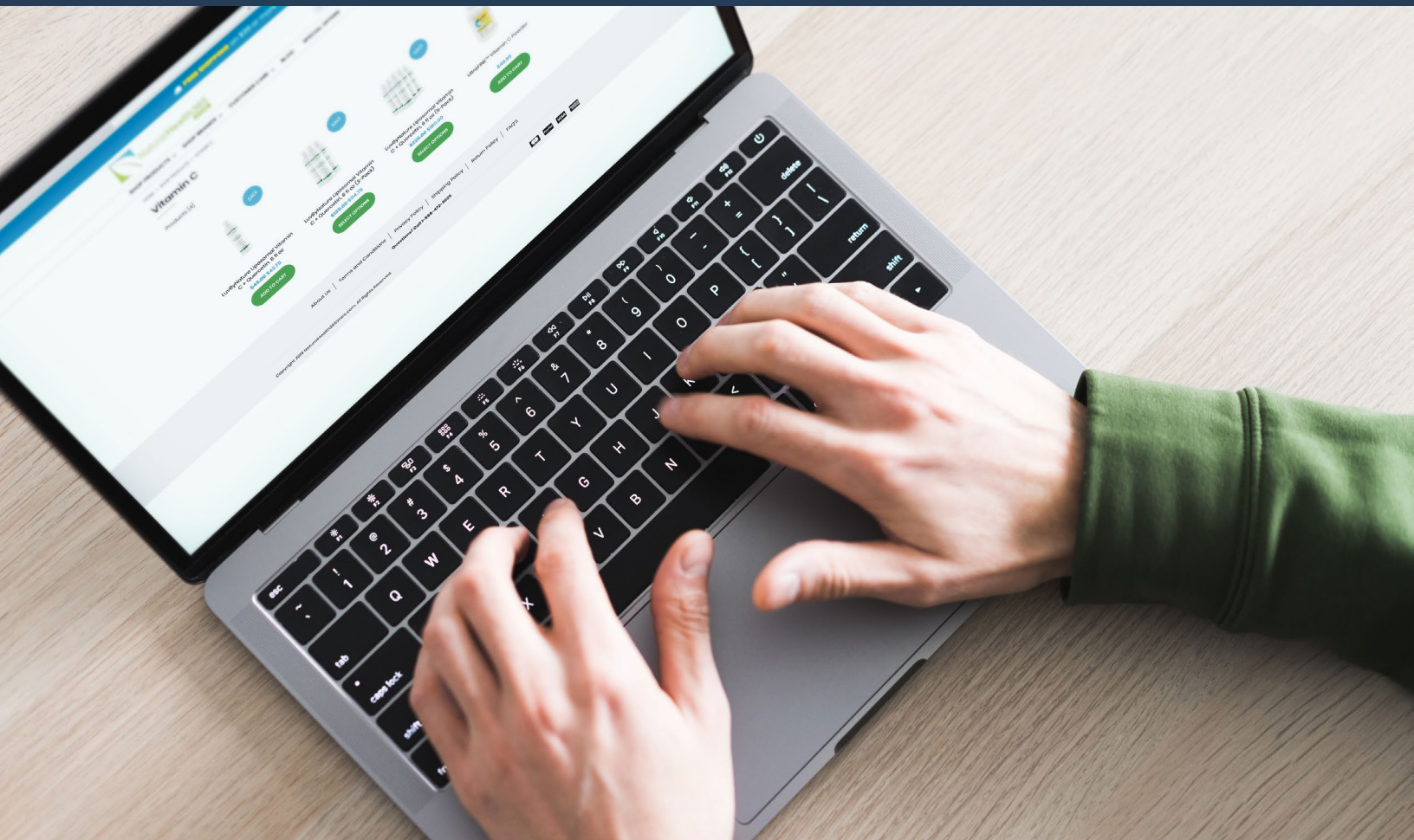


# SAVE 10%

on all **NaturalHealth365 Store**  
nutritional supplements.

Use coupon code: **brain10**

**SHOP NOW**



# ABOUT JONATHAN LANDSMAN

Jonathan Landsman is the creator of [NaturalHealth365.com](https://NaturalHealth365.com) and the [NaturalHealth365 podcast](#) - which features the brightest minds in natural health and healing.

Reaching hundreds of thousands of people, worldwide, as a personal health consultant, writer and podcast host – Jonathan has been educating the public on the health benefits of an organic (non-GMO) diet along with high-quality supplementation and healthy lifestyle habits including exercise and meditation.



## References

- [http://altmedicine.about.com/od/completeazindex/a/benefits\\_bacopa.htm](http://altmedicine.about.com/od/completeazindex/a/benefits_bacopa.htm)
- [http://www.alzheimersprevention.org/research\\_meditation\\_study.htm](http://www.alzheimersprevention.org/research_meditation_study.htm)
- <http://www.alzheimersanddementia.org/article/PIIS1552526005000026/abstract>
- <http://www.alz.org/braintour/plaques.asp>
- <http://www.alzinfo.org/07/articles/prevention-and-wellness-106>
- <http://www.bloomberg.com/news/2013-05-20/vitamins-that-cost-pennies-a-day-seen-delaying-dementia.html?cmpid=yhoo>
- <http://www.thedenverchannel.com/lifestyle/health/couple-inspire-study-of-coconut-oil-alzheimers-disease-061313>
- [http://www.eurekalert.org/pub\\_releases/2012-05/aaon-efc042512.php](http://www.eurekalert.org/pub_releases/2012-05/aaon-efc042512.php)
- <http://www.globalhealingcenter.com/natural-health/herbs-spices-for-dementia/L>
- [http://healthreport.saferchemicals.org/alzheimers\\_parkinsons.html](http://healthreport.saferchemicals.org/alzheimers_parkinsons.html)
- [http://www.huffingtonpost.com/2013/03/31/olive-oil-alzheimers-disease-extra-virgin-amyloid-beta\\_n\\_2935483.html](http://www.huffingtonpost.com/2013/03/31/olive-oil-alzheimers-disease-extra-virgin-amyloid-beta_n_2935483.html)
- <http://www.jneurosci.org/content/33/2/387.abstract?sid=bf4fdaf5-8e74-45ce-a8f3-a8b52f6cb31d>
- [http://www.lef.org/magazine/mag2013/mar2013\\_Nutritional-Strategies-to-Combat-Alzheimers\\_01.htm](http://www.lef.org/magazine/mag2013/mar2013_Nutritional-Strategies-to-Combat-Alzheimers_01.htm)
- <http://www.livescience.com/9977-depression-increase-chances-alzheimer.html>
- <http://www.liveinthenow.com/article/coq10-blocks-alzheimers-damage>
- <http://www.mayoclinic.com/health/alzheimers-disease/AN02026>

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.

<http://www.medicalnewstoday.com/releases/197877.php>

<http://www.medicalnewstoday.com/articles/257809.php>

<http://www.mskcc.org/cancer-care/herb/ashwagandha>

<http://www.mskcc.org/cancer-care/herb/vitamin-e>

<http://www.motherearthliving.com/health-and-wellness/inside-plants-rosemary-compounds-help-the-brain-manage-memory-16-rosemary-compounds-help-the-.aspx#axzz2Wo7CvY8m>

[http://www.nationalreviewofmedicine.com/issue/2005/12\\_15/2\\_advances\\_medicin\\_e01\\_21.html](http://www.nationalreviewofmedicine.com/issue/2005/12_15/2_advances_medicin_e01_21.html)

<http://www.nih.gov/news/health/jul2008/nia-03.htm>

[http://www.naturalhealth365.com/food\\_news/cognitive\\_functions.html](http://www.naturalhealth365.com/food_news/cognitive_functions.html)

<http://www.ncbi.nlm.nih.gov/pubmed/19957250>

<http://www.sciencedaily.com/releases/2008/11/081128082937.htm>

<http://www.slu.edu/rel-news-farr-research-1110>

<http://www.smart-publications.com/articles/bacopa-protects-against-depression-and-alzheimers-disease>

<http://www.telegraph.co.uk/health/healthnews/6250641/Extra-virgin-olive-oil-could-prevent-Alzheimers-disease.html>

<http://www.webmd.com/brain/news/20090413/how-pcbs-may-hurt-the-brain>

<http://www.webmd.com/alzheimers/news/20090715/pesticides-may-raise-alzheimers-risk>

<http://well.blogs.nytimes.com/2013/04/25/ask-well-exercises-to-prevent-dementia/>

<http://well.blogs.nytimes.com/2013/04/10/how-exercise-may-boost-the-brain/>

Visit [NaturalHealth365.com](http://NaturalHealth365.com) today for more vital information to improve your health.