

The Mediterranean Diet & Alzheimer's



Barbara Formica
August 2011

Many of you asked what you can do to prevent Alzheimer's. There has been much research on this subject and obviously more is needed but here is what we know so far:

DIET: Following the Mediterranean Diet or Anti-Inflammatory diet can help prevent most illnesses and disease.

The Mediterranean diet emphasizes:

- Getting plenty of exercise
- Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts
- Replacing butter with healthy fats such as olive oil and canola oil
- Using herbs and spices instead of salt to flavor foods
- Limiting red meat to no more than a few times a month
- Eating fish and poultry at least twice a week
- Drinking red wine in moderation (optional)

SUPPLEMENTS: If you're serious about the prevention of memory loss, and improving memory loss, you should *definitely* take a high potency **multi-vitamin, multi-mineral supplement** plus....

Folic acid reduces homocysteine levels - high homocysteine levels put you at risk for both heart disease and memory loss.

Vitamin C has been shown to reduce your risk of Alzheimer's disease by 20% when taken with vitamin E.

B Vitamins are essential for mental health. B3 (niacin) deficiency is associated with dementia, memory deficits and delirium. Studies also indicate low levels of B12 are associated with Alzheimers.

Vitamin D - Low levels of Vitamin D are associated with an increased risk of new cognitive problems. (more studies need to be done to confirm this)

Magnesium may serve a greater purpose in cognitive function.

Essential fatty acids: fish oil, flax seed oil and evening primrose help nourish the brain.

Other supplements that may help prevent alzheimers are **Coenzyme Q10, Vitamin E, Ginkgo Biloba,** and **Resveratrol.**

I hope this was helpful.

Barbara Formica
WellnessCreators
Shaklee Independent Distributor
516-991-7460
www.healthyliving.li
wellnesscreator@gmail.com