Women's Health Library

# Avoiding Alzheimer's

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**Additional Recommended Supplements for Optimal Health…**

**Foundation of Health:**

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**
  **or**
- **Liquid Cal-Mag-Zinc**

**See our full line of premium Quality supplements at Our Store:**

**FreedomFromMenopause.com**

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These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Keys. Shopping lists. Your parked car. Cookies in the oven. We've all forgotten a few things on our day-to-day "to do" list at one time or another. Normal forgetfulness is common, but when does it turn into a real concern? Knowing that 1 in 10 Americans over age 65 have Alzheimer's or some other form of dementia, it's important to be cognizant of how to protect your brain now. Whether it affects an aging parent, family member, or even yourself, loss of memory and normal brain function can cause a significant burden on loved ones.

Besides simple memory lapses, patients with Alzheimer's or other forms of dementia often suffer from personality changes, require assistance with personal care, have difficulty organizing or performing complex tasks such as cooking. In addition, they may be unable to recall their current address, causing them to wander and get lost.

Studies show strong relationships between nutrients, diet and lifestyle for the prevention or development of cognitive decline. Cerebral preservation should be our top priority. What's the best way to embark on a long term prevention strategy? For starters, a healthy brain begins with a healthy body. Food and neuro-protective nutrients beneficial for the brain are also good for the heart, since good circulation is key to both organs. Staying physically active also helps. Keeping the body's pipes clean by continually forcing blood through them (with vigorous exercise) lends elasticity to blood vessels. In turn, this may help them avoid becoming stiff and hardened, which can prevent good circulation.

Researchers have also seen positive trends in those who keep mentally sharp by playing games (such as crossword puzzles) or stimulating the brain by learning new things, like a language. Maintaining social ties appears to help, too. Those who belong to groups such as churches or community organizations keep their brains engaged. As an added benefit, they have a support network nearby if needed. Finally, to get a head start on disease prevention, find ways to reduce stress in your life now. Breathing and relaxation techniques, yoga, lighting candles in a quiet room, or listening to music helps our mind, body and spirit rejuvenate. November is National Alzheimer's Awareness month.

**Brain Food**

***Ginkgo Biloba*:** This beautiful and serene Japanese tree produces leaves which hold circulation boosting capabilities. Ginkgo works by improving blood flow to the brain through inhibiting platelet activating factor, stabilizing brain cell membranes, and functioning as an antioxidant to protect against free radical damage to brain cells. It also has been shown to improve the uptake of choline in brain receptors, and inhibit beta-amyloid deposits (excess deposits are seen in Alzheimer's patients). As the most widely sold herb supplement in Europe and top seller in the U.S., ginkgo is used to treat symptoms of Alzheimer's and vascular dementia when taken continually. Try our Ginkgo Biloba products **Brain Support Softgels** and **Intimate Pleasures**.

**Vitamin E:** A well known blood thinner, this nutrient keeps our vasculature pliable and flowing well—keys to good brain health. Additionally, vitamin E functions as a powerful antioxidant which protects cell membranes from free radical destruction. Try our **Ultimate One** Multiple Vitamin & Mineral.

**Omega-3-Fatty acids:** As the building blocks of brain cell membranes, these beneficial fats are taken up quickly by the brain. Whether derived from fish, flax, borage or primrose oil, omega-3's help maintain a healthy circulation through lowering triglyceride levels and reducing platelet formation (which makes blood thick and sticky).

**B-Vitamins:** What's good for the heart is good for the brain — scientists have recently discovered homocysteine levels are linked with Alzheimer's dementia. High homocysteine levels damage the inner lining of blood vessels. High levels are broken down by vitamin B6, B12 and folate. Try our **Supreme Stress B**.

**HGH:** Human Growth Hormone is produced in the brain. Declining levels are thought to be responsible for memory loss among many other age related symptoms and diseases. Try our **HGH Spray**.

**Brain Support Softgels**: One of our most popular selling brain support supplements.

**Alpha-Lipoic Acid**: Our anti-aging supplement provides support for many age related conditions.