



Health Hint article by David Coory

David Coory is the author of the nutrition book "Stay Healthy by Supplying What's Lacking in Your Diet" and Executive Director of Zealand Publishing House and Health House.

Ten ways to lower your risk of Dementia and Alzheimer's

1. Eat fish or take Omega 3 fish oil.

Among the elderly, those who eat plenty of seafood have 80 percent better brain function, compared to those who eat less seafood.

2. Cut your calorie intake.

Studies have found that by feeding a third less calories to mice, genetically engineered to develop Alzheimer's, the formation of brain amyloid plaques was reduced 74 percent.

3. Obtain 400 mcg of folate (folic acid) a day.

A 10 year study showed that people who consume 400 mcg of folate a day (Our CAA has 200 mcg) experience a 55 percent lower risk of developing Alzheimer's. NZ foods rich in folate are liver, broccoli, brussels sprouts, spinach, melons, avocados, oranges, sweet corn, peanuts, baked beans, peas, cauliflower and beetroot.

4. Obtain 5 mcg of Vitamin B12 a day.

Vitamin B12 is a brain nutrient and necessary for a sense of well being and relaxation. The body can find it increasingly difficult to obtain Vitamin B12 from food as we age. If you are over 65, have your levels checked every few years. If low, you may need two monthly injections. Rich NZ food sources are pipis, liver, kidney, sardines, oysters, eggs and milk. (Our CAA contains 5 mcg of highly absorbable B12.)

5. Keep your brain challenged with complex mental activity.

A study involving 29,000 people found that daily mental stimulation that

challenges your mind, reduces the incidence of Dementia and Alzheimer's 45%. Such activities include learning to play an instrument, doing crosswords and other puzzles, reading, playing chess, learning new things, travelling or volunteering for service.

6. Exercise Healthy people who exercise regularly have a 35% lower risk of dementia.

Even as little as 15 minutes vigorous exercise, or a 45 minute brisk walk, three days a week.

7. Get a sun tan

Researchers at the University of Wisconsin uncovered strong links between low levels of Vitamin D in Alzheimer's patients and poor outcomes on cognitive brain tests.

8. Relax and think positively

According to the Center for Healthy Minds, elderly people who worry and feel insecure, nervous, or depressed are 50% more likely to show signs of mental decline.

9. Avoid diet drinks and Aspartame 951

According to researchers the following disorders can be triggered or worsened by aspartame, the chemical sweetener in diet drinks and other low calorie foods, Alzheimer's, Parkinson's disease, chronic fatigue syndrome, fibromyalgia and diabetes.

10. Avoid Aluminum

Aluminum has been widely associated with Alzheimer's. It is found in antiperspirants and baking powder. Aluminum cookware is also suspect.

Call free on **0800 140 141** or

visit www.healthhouse.co.nz

