11 WAYS TO PREVENT ALZHEIMER’S DISEASE

Keep your brain healthy, sharp, and reduce the risk of Alzheimer's
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Cognitive decline is reaching epidemic proportions.

Medical experts estimate that within twenty years, a shocking twenty-five percent of all Americans will be affected by Alzheimer’s disease.

While there is much debate around what causes Alzheimer’s and how it can be treated, there’s one point on which everyone can agree: *it can have a detrimental effect on your quality of life.*

Even in its early stages, Alzheimer’s can cause debilitating memory loss, brain fog, fatigue, anxiety, and depression. Poor brain health has even been linked to cancer, heart disease, diabetes, autism, ADHD, mental illness, and autoimmune disorder.
And because the symptoms of early onset Alzheimer’s are subtle and complex, many people don’t even realize they’re being affected until it’s too late.

A recent study that administered a cognitive examination to participants received surprising results: twenty-eight percent showed signs of cognitive decline of which they were not at all aware.

The examination, called SAGE (Self-Administered Gerocognitive Examination) can be taken at home, as well. It consists of twelve simple questions that can be easily answered in fifteen minutes or less.

Even if you’re not currently experiencing any of the symptoms listed above, you should still consider taking the test. Fifteen minutes is a small time investment for knowledge that could help you prevent the onset of Alzheimer’s.

You can find the test here [hyperlink “here”] (http://medicalcenter.osu.edu/patientcare/healthcare_services/alzheimers/sage-test/Pages/index.aspx).
With Alzheimer’s afflicting more and more people at a progressively younger age, it’s never wise to assume that you’re immune to it.

It is far easier to prevent Alzheimer’s than to treat it. Being diligent about self-examination can quite literally make or break your cognitive health. Remember: knowledge is power.

Proper awareness about the subject will ensure that your brain stays in optimal condition, so that you can enjoy a high quality of life well into your old age.

In this report, you’ll learn some of the reasons behind the precipitous rise of Alzheimer’s disease, as well as simple steps you can take to prevent or reverse its onset.

**SO WHAT’S AFFECTING OUR BRAINS SO NEGATIVELY?**

An increasing number of studies link cognitive decline and Alzheimer’s to environmental factors. The air we breathe, the foods we eat, and the toxins to which we’re exposed appear to be core contributors to our society’s rapidly declining brain health.

The overwhelming toxicity of our modern society makes this correlation particularly alarming.

Here’s a small sampling of the environmental toxin sources that have been closely linked to the development of Alzheimer’s disease...

GMO foods. Genetically engineered foods represent one of the most widespread and underestimated dangers of our time. Among other toxins and other health-disrupting contaminants, GMO foods contain *glyphosate*, a horrifically destructive chemical that saps nutrients from foods and quite literally makes them toxic to consume.
The worst part is that GMO foods are *everywhere*...if something is not explicitly labeled as organic and GMO-free, you should assume that it contains glyphosate.

Aluminum. Decades of research suggest that aluminum is highly neurotoxic. In fact, even small amounts of it are known to inhibit or disrupt 200 different biologically vital functions.

Nevertheless, aluminum has been firmly integrated into our culture. It’s in countless packaged foods and cosmetic products. High levels of aluminum particulates have even been detected in various air samples collected all across the United States.

Impure water. Municipal water supplies (as well as many natural water sources) are highly contaminated with fluoride, arsenic, aluminum and other heavy metals, pharmaceuticals, and pathogens.

And that’s just counting the well-studied impurities. The Environmental Working Group reports that the tap water supplied to the vast majority of the United States is contaminated with 141 chemicals for which the EPA has established no regulations or safety standards.

It’s definitely a jungle out there.

At first glance, protecting yourself from environmental toxins seems like a full-time job!

But there’s good news.

If you reexamine the list above, you’ll find that exposure to nearly all of toxins in question can be limited or avoided through *proper lifestyle choices*.

Perhaps one of the scariest things about Alzheimer’s disease is that it is portrayed as a non-preventable disease that is largely misunderstood and out of our control.
But that’s simply not the case!

Medical science is continually deepening its understanding of the brain’s ability to change and adapt to external stimuli. This capacity is known as neuroplasticity.

Increasing evidence suggests that the brain is not pre-programmed or pre-destined by some genetic blueprint. Instead, we are interacting with and “updating” this blueprint with every one of our actions.

This means that our diet, exercise habits, supplementation routines, emotional health, sleep patterns, and relationships all play a role in determining our brain health. Even the quality of our thought patterns (whether they’re positive or negative) can change our brains accordingly.
The most important point to take away from the science of neuroplasticity is that you control your brain’s destiny. Your lifestyle choices can heal you.

Even factors that seem out of our control (like air and water pollution) can be mitigated with proper diet and detoxification strategies.

Let’s walk through eleven simple steps to steering your brain’s destiny in the right direction.

**STEP 1: SELF-EXAMINE**

If you haven’t already taken the at-home test mentioned above, do it! It is absolutely vital for you to know your current level of cognitive health.

Whether the test results are promising or startling to you, use them to motivate yourself to take action.

If your brain is in optimal condition, don’t wait for cognitive decline to strike…start taking measures to protect yourself now. If you’re showing signs of cognitive decline or Alzheimer’s already, don’t despair…the strategies we’re going to discuss will help immensely if you stick with them.

Remember to track your progress. By self-examining often and comparing the results to your original baseline, you can keep tabs on how you’re doing. These check-ups will allow you to determine how successfully you’re living a “neuroprotectant” lifestyle.

**STEP 2: STOP EATING GMO FOODS**
There are few things more injurious to your overall cognitive health than GMO foods. They are poison, plain and simple.

As we briefly mentioned above, the toxin glyphosate (the active ingredient in Monsanto’s Roundup herbicide) is present in all genetically engineered foods. And it’s not something that can be washed off or taken out of the food by cooking or purification – it’s integrated into the plant on a fundamental level.
Monsanto was also a manufacturer of the pesticide DDT, which now has been conclusively linked to the development of Alzheimer’s, as well as many other degenerative diseases in humans.

And many experts now believe that *glyphosate is even worse than DDT*. It decimates beneficial bacteria in the gut, disrupts immune function, and has been correlated with shocking precision to the rise in autism and other cognitive disease and conditions.

The moral of the story is that you should stop eating GMO foods at all costs. Do not consume anything (especially soy and corn) that isn’t specifically labeled as non-GMO.

This can be a challenge nowadays, as GMO ingredients have thoroughly infiltrated even the health food industry.

Here’s an infographic that lists brands for and against the disclosure of GMO product ingredients [hyperlink “infographic”](http://www.cornucopia.org/wp-content/uploads/2013/11/I-522.poster.1101.jpg) …you may be surprised by some of the “organic” brands that are found on that list.

An app called Buycott ([http://www.buycott.com/](http://www.buycott.com/)) is another great resource. It allows you to scan product barcodes as you shop, and displays detailed information about whether or not the product is linked to GMO-supporting organizations.

Shop smart and eat well!
STEP 3: DRINK PURIFIED WATER

If you’re still drinking tap water, you should strongly consider upgrading. As we touched on above, municipal water supplies (and even the majority of bottled water) is full of noxious chemicals and toxins.

The human body is composed of up to seventy-five percent water, so it stands to reason that the quality of water you ingest will dramatically affect the quality of your overall health. A recent study demonstrated that simply staying better hydrated can increase mental reaction time and improve cognitive functioning by fourteen percent.
Drinking impure or contaminated water will thwart your attempts to stay hydrated, though, as your body will excrete most of the water in an attempt to clear toxins.

Natural spring water is best, and at-home filtration systems provide water that is a close second. Just make sure that your filter is capable of removing fluoride, heavy metals, and pathogens (Brita and Pür products will not filter out these impurities).

**STEP 4: LIVE ALUMINUM-FREE**

Because aluminum is so ubiquitous in our society, it can quite difficult to avoid completely.

And yet, as increasing evidence points to a direct connection between aluminum toxicity and Alzheimer’s, the payoff certainly seems worth the effort.

Here’s a reference guide of packaged products that may contain aluminum, and thus should be removed from your life as soon as possible…

Foods: Microwave popcorn, salted snacks, hot cocoa mixes, coffee creamers, pickles and relish, flour tortillas, pizza crust, muffins, doughnuts, cookies, pancakes, waffles, cupcakes, cakes, baking mixes, brownies, pastries, corn bread, banana bread, carrot bread, and dipping batter for fried foods.

Cosmetics: Anti-perspirants, body lotions and creams, makeup, shampoos and conditioners, soaps, suntan lotions, lip balm, and nearly all other cosmetics.

Obviously, there are healthy, organic versions of most of these products that do not contain aluminum.
Just be sure to read labels very carefully. Many times, aluminum-based ingredients are disguised as other names (such as “silicoaluminate” and “alum”). Also, even if a product says it doesn’t contain a certain kind of aluminum (such as “aluminum hydroxide”), it may still contain some other form of it.

Don’t buy into taglines and product claims…read the entire ingredient list yourself!

Drugs and medications: Innumerable over-the-counter and prescription medications contain aluminum. Find out if any of your medications fall under this category, and if at all possible, seek out aluminum-free alternatives.

**STEP 5: MINIMIZE OR ELIMINATE YOUR CONSUMPTION OF SUGAR, WHEAT, CORN, AND DAIRY**

While building an optimal dietary regimen is an ongoing project, simply removing these four food sources can create astoundingly positive changes in your cognitive and overall health.

Glucose, gluten, and casein all inhibit immune function and accelerate the propagation of diseases, including those affecting the brain. They cause massive inflammation (which is at the root of all degenerative disease) and slow down mental processing.

Gluten in particular also weakens the blood-brain barrier’s ability to keep out toxins. It even contains an acute neurotoxin called wheat germ agglutinin that is able to cross the blood-brain barrier completely intact and then bind itself to neurons for extended periods of time.
Lastly, even non-GMO wheat and corn can contain neurologically poisonous molds called *mycotoxins*, which ravage the immune system and stress the brain and nervous system.

**STEP 6: INCREASE YOUR CONSUMPTION OF HEALTHY FATS**

By removing sugar, wheat, and corn from your diet, you’ll naturally minimize your intake of carbohydrates. The next step is to increase your intake of healthy, omega-3 fats.

Coconut oil and other sources of MCT’s (medium chain triglycerides) are powerful antioxidants and neuroprotectants, and *astaxanthin* (which krill oil contains in high amounts) is immensely healing for your brain.

Other saturated fats like grass-fed butter and olive oil (which contains neither agricultural toxins nor significant amounts of milk
protein) provide clean energy for the body, reduce inflammation, and actually promote the growth of new brain cells.

This is one of the many reasons why the Mediterranean diet is considered to be so health-promoting.

**STEP 7: REDUCE YOUR OVERALL CALORIE CONSUMPTION**

Scientists have discovered a strong correlation between caloric intake and likelihood of developing Alzheimer’s disease.

One way to accomplish calorie restriction in a healthy manner is fasting, which can be wonderfully healing and protective for the brain.

Don’t worry, though; you don’t need to go overboard. Even fasting for a single day can be incredibly beneficial.

And if even one day sounds intimidating to you, try *intermittent fasting*. Simply condense all of your calorie consumption for the day into a certain window of time (usually between 6-8 hours), and fast throughout the rest of the day and night. For example, you might fast until noon, consume all of your calories between noon and 6pm, and then fast until noon the next day.

Giving your body even a short break from calorie consumption allows it to burn through all available sugars (glucose) and switch to burning fat stores (ketones) for fuel.

Think of ketones as high-octane, clean-burning fuel for the brain (the MCT’s in coconut oil are a perfect example).
Unlike glycogens (the form in which the body stores sugar as energy), they don’t cause inflammation...they don’t spike insulin...and they aren’t egregious neurotoxins.

**STEP 8: EXERCISE!**

If you already have an ongoing fitness routine, good for you! You’re taking an important step toward protecting yourself from Alzheimer’s and cognitive decline.

If not, here’s some motivation: a year-long study showed that the memory center in the brains of active individuals grows by one to two percent each year, even though this area of the brain usually decreases in size with age.
STEP 9: GIVE YOUR BRAIN A HEALING BOOST WITH SUPPLEMENTS

Once you’ve incorporated diet and exercise rituals into your life, you can amplify and accelerate the process of healing and protecting your brain through proper supplementation.

Here’s a list of safe and powerful brain supplements…

ALA. Alpha lipoic acid is a powerful antioxidant that is able to effortlessly pass through the blood-brain barrier, and can thus help repair damage caused by oxidative stress in the brain. It also “activates” other naturally produced antioxidants like glutathione, which has been referred to as “the mother of all antioxidants.”

Folic acid. Studies have shown that long-term supplementation with folic acid improves performance on memory and cognitive functioning tests.

Adaptogenic herbs. Plants such as ginkgo biloba and ashwagandha have been used for thousands of years by various cultures to promote the health of the brain and body. They are sometimes referred to as adaptogens, because when taken over extended periods of time, the body “adapts” to their properties and begins to replicate naturally the healthful, healing state that they induce. Don’t source your herbs from China, though, as products coming from this region have been shown to be contaminated with heavy metals.

Vitamin D. The “sunshine vitamin” is a powerful brain antioxidant. Apart from spending ample time outside, you can make sure your body gets the vitamin D it needs through supplementation, and by eating healthy, cholesterol-containing foods like free range eggs (our bodies use cholesterol to produce endogenous vitamin D).
Melatonin. Our pineal gland’s production of this natural antioxidant decreases as we age. Thus, it’s important to ensure that your brain is getting enough of it. Consider getting your melatonin levels tested. If you’re deficient, take melatonin supplements, and make sure that your bedroom is as dark as possible each night (our brains require darkness to produce melatonin).
STEP 10: CONTINUE EDUCATING YOURSELF

Our understanding of Alzheimer’s and cognitive functioning is always changing and deepening, so it’s important to keep abreast of new findings. Staying in the loop will keep you on track with your goals, and will ensure that you continue to take action.

And besides, there’s never a shortage of fascinating new facts about cognitive health. Here’s just a couple examples…

Brushing and flossing reduces the risk of developing Alzheimer’s disease. Surprising, right? A recent study demonstrated a strong connection between gum disease and Alzheimer’s.

Spending quality time with family and friends dramatically increases the chances of reversing Alzheimer’s disease. Another study found that those with strong support networks were significantly more likely to overcome Alzheimer’s and dementia.

Once again, knowledge is power…the more we know about the factors that contribute to cognitive decline, the more we can do to protect ourselves from it.

STEP 11: MAKE THE RIGHT CHOICES

Since you’re the master of your brain’s destiny, why not choose the best one possible?

Optimal cognitive health is within everyone’s reach. Cognitive decline is not an inevitability.

You don’t have to live with memory loss, brain fog, fatigue, depression, and other symptoms that have been mislabeled as unavoidable characteristics of old age.
The simple strategies discussed above will promote healthy brain functioning well into your 80s and 90s, so that you can continue to enjoy the best quality of life possible.

Thanks for taking the first steps towards ensuring your brain’s continuing wellbeing by reading this report! If you have any questions, please feel free to email us at [contact email].

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