

10 Ways to Prevent Alzheimer's

While there is no cure for Alzheimer's disease, recent research has shown that everyday lifestyle choices could lower your risk of developing it. Here are 10 ways to get started:



1. Flex your brainpower. Playing online reasoning and memory skill-based games can improve memory and reasoning skills and help adults over age 50 carry out everyday tasks, such as navigating public transport and managing personal finances.

King's College London

2. Speak a second language. Lifelong bilingualism can prevent cognitive decline and may help delay the onset of dementia.

Proceedings of the National Academy of Sciences in the United States of America (PNAS)



3. Eat like a Mediterranean. Strict adherence to a diet full of Mediterranean components—lots of natural, plant-based foods—like vegetables, legumes, berries and nuts—and limited meats and foods high in saturated fat—can result in a 53% reduction in the rate of Alzheimer's disease.

Alzheimer's & Dementia: The Journal of the Alzheimer's Association

4. Pour a glass of red wine. Polyphenols, chemical compounds found in red wine, may help reduce memory loss and Alzheimer's disease.

Planta Medica

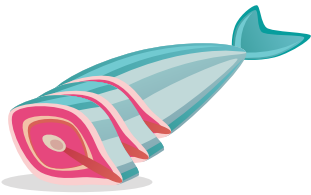




5. Drink coffee. Coffee may help boost an enzyme in the brain shown to protect against dementia.
Indiana University

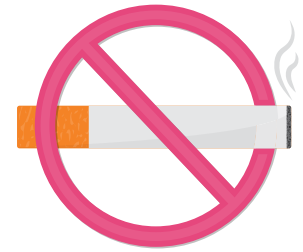
6. Lower your blood pressure.

Hypertension can increase the amount of beta amyloid in the brain, which can cause plaque formations in individuals with a genetic risk for Alzheimer's disease.
Neurology Advisor



7. Get your fatty acids. Omega-3 fatty acids found in salmon, anchovies, walnuts and other foods have been shown to help prevent inflammation that is thought to contribute to neurodegenerative diseases like Alzheimer's.
BioMed Research International

8. Don't smoke. Chronic cigarette smoking is associated with an increased risk for Alzheimer's disease.
The Society for Research on Nicotine and Tobacco



9. Get moving. Regular, moderate exercise can help build up the outer layer of the brain, providing protection against future cognitive decline.
The Journal of the International Neuropsychological Society

10. Sap your stress. Just 12 minutes a day of the Kirtan Kriya meditation technique can help enhance memory and reduce Alzheimer's disease risk.
The Journal of Alzheimer's Disease



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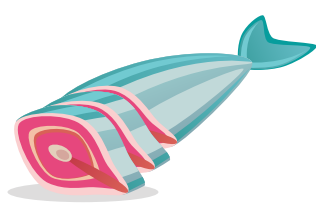
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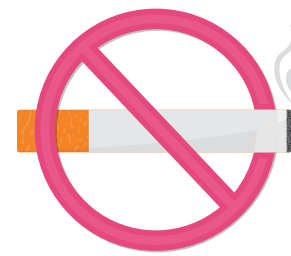


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