

Alzheimer's: Prevent it now!

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Alzheimer's: Prevent it now!

By Lambert Klein

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Do you think you can avoid Alzheimer's?

Many people think mental health is more important than physical health. We desire to keep our brains sharp and focus while remaining relax, calm and comfortable with our emotions.

If you are living healthy by getting exercise, eating foods with proper nutrition and drinking good quality water, then you already have a good start on preventing Alzheimer's.

Other things to consider are making new friends, joining a club or organization or perhaps a gym. Socialization is an important step to our mental and emotional health.

You should think about these things now not later when the damage is beginning to take its toll. Preventative measures are usually the best approach to staying healthy. This also applies to preventing Alzheimer's.

Nutrition and vitamins such as vitamin C and E may reduce your risk of Alzheimer's by absorbing free radicals. A study from John Hopkins shows that people taking both vitamin C and E were 64% less likely to develop Alzheimer's.

You can do something to prevent Alzheimer's by following a healthy lifestyle.

Find a new hobby, interest or challenge your brain with puzzles or learning something new. If you enjoy walking take alternative routes to stimulate your senses.

Exercise is important for you overall health. This can also help to prevent mental problems. Exercising will keep you fit and help to nourish your body with oxygen.

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Green tea, berries, and nuts are excellent brain food. Eating healthy foods that are rich in protein, antioxidants, calcium and B vitamins will go a long way in preventing Alzheimer's.

You will want to eliminate aluminum and mercury as much as possible. Be careful about the pots you cook in, your deodorant and drinking water. Also be aware that flu shots and other vaccinations could contain mercury or other poisons.

Don't forget about mercury fillings. Do you really want poisonous mercury in your head?

Here are some nutrients that may help keep Alzheimer's at bay:

· Grape Seed Oil · Folic Acid · B1, B6, B12 · Vitamin C · Vitamin E (better from whole food sources)
· Zinc · Lecithin · Garlic · Co Q10 · Ginkgo · High Quality Fish Oil · Sunlight · Curcumin · Silica

Levels of Choline decline as we age. Choline is a nutrient the brain uses to produce acetylcholine, which helps our memory. Choline is found in fish and eggs.

Blueberries may be one of the most important foods to combat mental decline as is fish oil with omega3 and DHA. Lowering simple carbohydrates could benefit you as well.

Although there are a few nutrients that specifically may help with Alzheimer's, we should consider that a general healthy lifestyle is the basics of preventing health problems.

Get outside in the sunlight when you can. Earlier is better than later. Go for a walk or do some yard work. Maybe you enjoy horseshoes?

Start now by exercising, eating healthy and challenging your mind with puzzles or a new hobby. Take a night course. Learn something new. You will benefit with the new knowledge you have acquired and keeping your mind sharp.

One final note: There have been some reported cases of people diagnosed with Alzheimer's where in fact they merely had a B12 deficiency!

Lambert Klein is the owner of Think Healthy supplements.

<http://www.1ThinkHealthy.com/>

This History Of Alzheimer's Disease

By Gavin Sanderson

Alzheimer's disease is a brain disorder that affects persons thinking, memory, and intellect. It also compromises a person's social behavior and occupational functioning. This disease is the most common form of dementia and is found mainly in people over the age of sixty five. The Alzheimer's

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patient will get worse and worse until the end. It may even reduce their life span.

The disease was first recorded by an Alois Alzheimer in early 1900's. Alois Alzheimer was a well recognized German physician who specialized in neuropathology and histopathology. The patient was a woman names Auguste Deter, who at the age of fifty five, died leaving her physicians including Alzheimer baffled. She had suffered from language, memory and behavior problems that continued to get worse until the end. When she passed away, Alzheimer decided to study her brain to see if he could figure out the causes of her symptoms. He noticed two differences that have come to identify Alzheimer's disease.

The first of these is called Neurofibrillary tangles. They are abnormal formations in the cytoplasm of the nerve cell. They are found in the cerebral cortex of the brain mainly in the temporal lobe structures like the amygdale or the hippocampus. They can be seen using eosin or hematoxylin stain. They can also be seen using methods such as silver impregnation techniques, thioflavine, a fluorescent dye, or Congo red.

The second thing Alzheimer took note of was the neuritic plaques. The neuritis plaques are made of a protein called amyloid, normally found in the body. In a person with Alzheimer's, large sediments of the protein accumulate between the nerve cells. These plaques were later found to be comprised of deposits of aluminum silicate as well as the amyloid protein.

Since Alzheimer's discoveries, other researchers have discovered that there are links between the disease and genetics and the disease can be passed down through the generations of a family.

There is still plenty that needs to be understood about Alzheimer's before concrete conclusions can be drawn. Currently, the emphasis in Alzheimer's with regards to research is on prevention

There are currently medications on the market to treat Alzheimer's disease. The most commonly used are Aricept and Namenda. They are often both prescribed at the same time. These drugs are not known to reverse the disease, just to slow the progression of it and allow the patient to be able to function independently longer than otherwise able to do. At present time, there is no known cure for Alzheimer's disease.

Gavin Sanderson is an established freelance writer. You can find more of his writing at

<http://www.bodybuildingzine.com>

and

<http://www.help-alzheimers.com>

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