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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Alzheimers; The Causes And Symptoms Of Alzheimer's Disease**

**By Tyson J Stevenson**

Alzheimer's disease is mainly a brain disorder that involves the deterioration of mental functions.

This illness mainly results from the gradual shrinking of brain tissues. This type of brain disorder is also known as dementia or diffuse –brain– atrophy.

· The Causes and Symptoms of Alzheimer's Disease

The actual cause of the disease is still unknown but several factors are believed to be responsible in the development of the brain disorder. The lack of neurochemical factors in the nerve cells is also one of the probable causes of this disease.

The genetics and aging problems are considered to be the main causes of Alzheimer's disease. There are approximately nine out of ten thousand people affected with this malady and it is more often in women than in men. The disease primarily occurs in older people over the age of 65. However, there is very little chance for developing Alzheimer's disease through inherited mutated genes.

The most common symptoms of the Alzheimer's are as follows:

**Impaired memory and thinking:** The person feels difficulty in remembering very common things like his personal information, such as his place of birth or his occupation.

**Difficulty in performing familiar tasks:** The person with Alzheimer's disease feels to have difficulty in performing his daily tasks i.e. eating, dressing, showering etc. A person who prepares a meal may forget to serve it or even can't remember whether he has prepared it.

**Problems with communication:** The person gradually feels difficulty in recalling words or understanding the meanings of common words.

**Disorientation and confusion:** Patients may get lost in his own familiar place. Recognizing familiar places and situations becomes impossible for them. They even can't understand simple commands or follow directions.

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Poor and decreased judgment: The person feels difficulty in taking decisions. As the people affected are always in their own state of mind so they may also leave the house on a cold day without any winter garment or they may even go to the market wearing pajamas.

Misplacing and messing up with things: The person affected with A.D. usually forgets where he has kept his daily used things, such as glasses, keys, etc. The person may also mess up with things, such as breaking glasses, damaging house hold goods, etc.

Changes in behavior and personality: Patients have the tendency to swing their moods rapidly. The patients may even feel dramatic changes in their personality and can become fearful, angry, quiet, etc.

Become passive and lose interest: People generally tend to become passive and show no interest in their usual activities. Extra encouragement is required to make them become active.

Problems with abstract thinking: The person with Alzheimer's disease loves to spend lots of time alone in some lonely place and shows less interest in interacting with other members of the family. They sometimes show symptoms of abstract thinking and also even feel difficulty in recognizing numbers or understanding what to do with them.

Tyson J Stevenson creates useful articles & reviews on a wide variety of everyday subjects. Expect to see his name often. View further samples of his work at

<http://alzheimers-symptoms.info>

or

at

<http://www.alzheimers-information.info>

### **Discover How Vitamin C And Vitamin E Can Help Prevent Alzheimer's Disease.**

**By Allan Johns**

Vitamin C and Vitamin E are both antioxidants that are believed to play certain very important roles in our bodies. Very similar to one another, both vitamins help prevent free radical damage to our brains. It is believed that free radicals can cause damage to cell structures and other genetic material. The damage free radicals often produce is called oxidative stress, and oxidative stress in turn leads to Alzheimer's disease and other forms of dementia.

The following paragraphs will discuss Alzheimer's disease, and how adding both Vitamin C and Vitamin E to your diet can help prevent you from developing alzheimers.

## Alzheimers; The Causes And Symptoms Of Alzheimer's Disease

Alzheimer's disease is a common brain disorder that most often develops in older people, but can also occur in the young. The symptoms of Alzheimer's disease include loss of memory (short term and long term), inability to function normally in everyday living, loss of ability to take care of oneself, and ultimately death. The disease has no known cause at this time, but studies have show that it involves the abnormal breakdowns of acetylcholine in the brain. Some research studies have linked Alzheimer's disease to high amounts of aluminum in the brain, but most studies indicate no link in the two.

Other research studies have been conducted regarding the effects of Vitamin C and Vitamin E in the prevention of Alzheimer's disease and other forms of dementia.

While most of the studies are inconclusive on just how beneficial the two vitamins used in conjunction can be for Alzheimer's patients, they have shown some positive results. While some studies show dramatic reductions in cases of Alzheimer's disease and other forms of dementia in people who increase their Vitamins C and Vitamin E, others show very little effect. What most studies have shown is a degree of positive effects, even if they are small. It is clear that more studies need to be done, but this could be a breakthrough in Alzheimer's disease prevention.

Multi vitamins should be an important part of everyone's daily routine, but if you are trying to prevent Alzheimer's disease or other forms of dementia, it can help to add additional Vitamin C and Vitamin E to your diet or supplements. Not only do these vitamins help prevent free radical damage to our brains, they also build our immune systems, and promote overall good health. These vitamins can also help by aiding in the blood and oxygen flow to the brain, keeping the brain healthy.

Foods rich in Vitamin E include:

· nuts · leafy greens · vegetable oils · whole grains

Foods rich in Vitamin C include:

· oranges · broccoli · strawberries · other fruits and vegetables

Other ways to prevent dementia and Alzheimer's are ginkgo biloba consumption and increasing zinc intake.

The author Allan Johns has over twenty years experience in health and related industries and now

devotes his time to sharing his knowledge with the millions of people interested in improving or learning about better health. Don't miss Allan's information packed health site at:

<http://www.betterhealthcentre.com/>



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