

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**Brain Nutrients for Alzheimers Disease and Senile Dementia**

**By Patricia Valle**

**Brain Nutrients for Alzheimers Disease and Senile Dementia by Patricia Valle**

Mental decline and age-related diseases such as Alzheimers and Senile Dementia affect more than four million people over the age of 65, and 30% of people over the age of 85. Alzheimers is a disease that progresses slowly with memory loss and disorientation as the first symptoms. Eventually there is almost complete loss of physical function and a reversion to childhood in terms of care. Other symptoms include anxiety, mood swings and apprehension and may result in personality changes. People with Alzheimers have a tendency to wander and often neglect their hygiene and appearance.

Although the causes remain unknown, there are a number of theories which range from using too many drugs, long-term exposure to aluminum cookware and utensils, nutritional deficiencies, food allergies or possibly a viral connection. There are no labs tests that can detect the existence of Alzheimers because it particularly difficult to diagnose. Dementia may result from hardening of the arteries which slowly cuts off the supply of blood to the brain.

In 1907, a German neurologist named Alois Alzheimer, first identified the disorder which is characterized by mental deterioration that interferes with the ability to function socially.

Nutrients and plant devivatives may help prevent and treat the progression of impaired brain function. Antioxidants and B Vitamins help reduce inflammatory damage to the central vervous system. Essential fatty acids such as fish oil, flax seed oil, and evening primrose oil help nourish the brain. Lecithin contains choline which stimulates the production of acetylcholine and may help with memory function. Suggested doasage is 100 mg. three times a day with meals. Lecithin comes in granules or softgels. Alpha Lipoic Acid (ALA) has shown an improvement in long-term memory impairment, and has been researched since the 1950's as a treatment for Parkinson's Disease and Alzheimer's. Alpha Lipoic Acid can reduce damage to neurons caused by toxic substances that are products of inflammatory processes. ALA is also involved with numerous metabolic functions, including glucose metabolism, liver function, energy production in muscles and nervous systme function, which ultimately affects the brain.

## Brain Nutrients for Alzheimers Disease and Senile Dementia

B Vitamins are essential for mental health. Deficiencies may manifest themselves as cognitive impairment or psychosis. B1 (thiamin) deficiency is associated with a psychotic disorder, and B3 (niacin) deficiency is associated with dementia, memory deficits and delirium. Studies indicate that abnormally low levels of vitamin B 12 are also associated with Alzheimers Disease.

Phosphatidylserine (PS) is a phospholipid present in large amounts in brain tissue and the component of all cell membranes. Suggested dosage is 300 mg. three times a day with meals. Zinc prevents zinc depletion which has been linked to a number of brain disorders. Ginkgo Biloba ia an herb that has been well documented to improve cerebral blood flow, and exhibits antioxidant activity on nerves. It may also reduce age-related decline of neurotransmitters and receptors. Ginko may also slow the progression of Alzheimers by improving blood flow and reduce blood vessel inflammation.

Proper nutrition may deter the onset of Alzheimer's Disease. Avoid red meats, sugar, alcohol,

processed foods, and avoid using any aluminum cooking utensils when preparing foods. Eating a well-balanced diet of natural foods is highly recommended. Add fiber foods such as vegetables, sea greens, nuts, ginger, eggs, and soy for brain-nourishing EFA's. Include B vitamin foods such as brewere's yeast, brown rice, molasses, wheat germ, fish and whole grains. Avoid flouridated water as it increases aluminum absorption, and avoid using pain killers like buffered aspirin, analgesics and antacids because they contain aluminum. By using natural therapies, the slow progression of brain deterioration has been successful.

This information is not intended to diagnose or treat any ailment. Always consult with your health care professional.

Copyright 2003 by Patricia Valle

I am a nutrition consultant at a well-known health food store in So. California. Prior to working at this store, I became interested in alternative medicine and nutrition when my eldest son was dying of a terminal illness. A little over two years ago I began writing articles on health, nutrition and herbs. Some of the articles are on my own website. [www.angel-made.com](http://www.angel-made.com)

### **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.

## Brain Nutrients for Alzheimers Disease and Senile Dementia

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:



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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