

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

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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.

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

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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/>

Vitamin Supplement

By Rolf Rasmusson

Vitamin Supplement by Rolf Rasmusson

Vitamin supplement – why is it important?

Vitamin supplement or supplements are very important for us because if we do not intake enough vitamins necessary for our bodies, the vitamin supplement will substitute for the shortage of the amount of vitamins in our system. Many times a good diet will be enough, but when it is not, the vitamin supplement will make sure that you intake enough vitamins for you to be healthy.

Vitamin supplement – vitamin A.

Why is it important to use vitamin A vitamin supplement? Many health sources state that vitamin A plays an important role in vision, bone growth, reproduction, cell division and cell differentiation. Vitamin A can be found in many animal foods like liver and eggs and in some plants. But if you don't intake enough vitamin A with you foods, the vitamin supplement will definitely help.

Vitamin supplement – vitamin D.

Another important vitamin supplement is the supplement for vitamin D. The major function of vitamin D is to maintain normal blood levels of calcium and phosphorus, helping to form and maintain strong

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bones. Vitamin D can be found in foods (for example vitamin D fortified milk, fatty fish, and fish oils). Another important source of vitamin D is exposure to sunlight (ultraviolet rays).

Vitamin supplement – vitamin E.

Vitamin supplement for vitamin E is another example of important supplement. Vitamin E is a very powerful biological antioxidant, which plays a great role in preventing cell damage that may contribute to the development of cardiovascular disease and cancer. Vitamin E can be found in, for example, vegetable oils, nuts, and green leafy vegetables. If you do not intake enough vitamin E with your foods, the vitamin supplement will help.

Additional interesting content at www.nutritional-supplement-4u.com



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