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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!

How to Keep Your Brain Healthy as You Age

By Royane Real

No matter what our current age, we all want to have a healthy body and a healthy mind as we get older. There is not much pleasure in living a long life if our final years are spent in pain and if we lose our ability to think and remember.

As much as we dread suffering physical pain and illness in old age, many of us fear even more the prospect of losing our mental capacities.

We know that some people are able to live into their eighth and ninth decades still mentally sharp and physically spry. What are our chances of staying mentally alert and physically active in old age?

Is it all a matter of random luck? Is losing our mental powers as we age inevitable?

The good news is that statistically the odds are on your side. Most people are able to keep their cognitive faculties as they age unless they develop Alzheimer's disease, or diabetes.

As long as the brain itself remains healthy, older people can maintain their ability to think and remember, although processing may take longer than it used to. Older people are actually able to outperform much younger people in certain kinds of mental skills.

Do Our Brains Really Shrink as We Get Older?

Many subtle, but cumulative physical changes occur in our brains as we live and grow older. Some of these changes start before we are born, and some become most noticeable as we enter the fifth or sixth decade of life.

If you've ever heard that the brain shrinks as we grow older, it's not just a myth. It's literally true. Brain cells die steadily throughout life without being replaced, and the brain loses mass as we age.

It appears that neurons themselves actually shrink, and our unused brain circuit pathways are trimmed back in favor of creating "super highways" to accommodate the type of thinking our brain does most.

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Men's brains seem to shrink somewhat faster than the brains of women.

The good news for all of us is that although we may lose millions of neurons and synapses each year, this does not necessarily lead to diminishment of our overall thinking capacity unless the loss is concentrated in certain areas of the brain, such as the hippocampus or critical parts of the neocortex.

Scientists have discovered that our ability to think and remember is preserved in spite of brain cell death, as long as the brain is able to create new connections by growing more dendrites and producing neurotransmitters.

One way to keep producing new dendrites and new connections is to keep using your brain—keep on learning new skills and develop new interests throughout your life. If you treasure your brain, do yourself a favor and keep using it!

Because your brain is flesh and blood, the strategies that help keep your body healthy will also benefit your brain.

Make it a priority to eat well, exercise regularly, and get sufficient sleep. Your brain, as well as the rest of your body will benefit. In addition, this strategy will improve your mood and outlook.

Learn more about which fats are good and which fats are bad, and then increase your intake of good fats, and decrease your intake of bad fats.

Most North Americans eat far too much of the bad fats—those that are saturated or hydrogenated, and they do not eat enough of the good fats their body needs, particularly the Omega-3's found in foods such as salmon and flax seed.

Include lots of fresh fruits and vegetables in your diet, especially those that are brightly colored such as tomatoes, spinach, and berries. These foods are high in antioxidants, which help protect your brain cells from free radical damage.

Take a good quality vitamin and mineral supplement daily. Be sure to include at least 500 mg of Vitamin C, 400 IU of Vitamin E, 400 mcg. of Folic acid, and a well balanced Vitamin B complex.

Alzheimer's is the name given to a very serious brain disease that becomes more common with increasing age.

In Alzheimer's disease, brain cells are killed by microscopic plaques and tangled fibers. The parts of the brain crucial for laying down and accessing recent memories are usually destroyed first.

Brain cell destruction spreads to other parts of the brain, causing progressive loss of function. Death eventually follows.

At present there is no known cure for Alzheimer's disease. Scientists are racing to learn the cause, or causes of Alzheimer's, and to find a way to stop the destruction of the brain once it starts.

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There is some evidence that people who have a diet high in antioxidants have lower rates of getting Alzheimer's. Fresh fruits and vegetables, particularly those that have strong, bright colors tend to be high in protective antioxidants.

Recently there has been some evidence that turmeric seems to help protect the cells of the brain against Alzheimer's disease.

This article is by Royane Real, author of several self help books, including "How You Can Be Smarter - Use Your Brain to Learn Faster, Remember Better and Be More Creative" If you want to boost your brain power, download it today at

<http://www.royanereal.com>

Use Ginkgo Biloba to Starve Off Alzheimer's and Dementia

By Rudy Silva

Dementia, Alzheimer's, and other mental diseases are accelerated by the,

- * The lack of blood to the brain
- * The lack of oxygen to the brain
- * The lack of minerals and vitamins to the brain
- * The lack of glucose to the brain
- * Increase of toxins to the brain.

The lack of blood to the brain is caused by arteriosclerosis – plack buildup along the arteries causing them to narrow. Arteriosclerosis occurs when you have a diet that causes damage to the artery walls promoting cholesterol and other minerals and nutrients to patch up the damage. Over time, as this patching continues, this area will become narrow and in some case blocks the flow of blood.

As early as possible it is always recommended that you research what a health diet is. Find a diet that will minimize damage and inflammation in your body. Starting a healthy diet at any age is helpful but the sooner you start the better.

Ginkgo Biloba has been found effective in increasing the circulation of blood throughout the body including the brain. When this happens more blood moves into the brain and supplies it with the nutrients in the blood.

Ginkgo Biloba also helps brain cells use glucose and thereby increases brain energy. It helps improve brain cell transmission and brain wave tracing. It helps short-term memory by speeding up the brain cell impulses.

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Using Ginkgo Biloba for dementia and Alzheimer's has shown to slow down, delay, and even reverse these conditions in some cases. Use of Ginkgo Biloba is more effective when used in the early signs of senility, dementia, or Alzheimer's.

If Alzheimer's is well progressed, Ginkgo may have only a slight value. But when Alzheimer's and other dementia issues are due to arteriosclerosis or lack of blood to the brain, then Ginkgo may provide some relief and improvement in these conditions.

Here is the type of Ginkgo you should use:

* Ginkgo Biloba Flavonglycosides Extract 24%, 40 mg per day

Results in using Ginkgo Biloba can take from 3 – 12 weeks. It is a safe herb and may only have slight side effects such as headaches and dizziness, but these will disappear as you continue to use it.

If you are faced with signs of reduced mental capacity, Ginkgo Biloba is but one nutrient that can help you starve off its progression. There are many other nutrients that you need to add to your diet to help Ginkgo Biloba do its job better.

Rudy Silva is a Natural Nutritionist. To learn more about the other nutrients you need to hold off signs of dementia or Alzheimer's go to

<http://www.for—you.com/dementiaremedies>



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