

# SOON IN ALL MEDIA: ALZHEIMER'S IS A LIFESTYLE DISORDER



At last, it can be said without getting angry looks from doctors. Alzheimer's is a preventive lifestyle disorder, according to the latest developments in the field of Alzheimer's research. Puzzling as a recommendation against Alzheimer's has had its longest time. That does not help. In fact, research shows that puzzling can lead to more Alzheimer's, but that can also be because people who think they are going to get Alzheimer's will start puzzling, because that is advised by doctors.

The consensus is shifting in this area. There is a growing body of studies showing healthy nutrition clearly improves cognitive performance. There is brain food, food of which the brain will improve functioning. This happens by repairing neurons and, eat food that chelate heavy metals and eat antioxidant-rich food. This food is extra good to combat Alzheimer's. The puzzle can be put aside, let's eat real brain food.

## Shift of ideas

Alzheimer's is a lifestyle disorder, it seems like a bold statement, but it is 100% true. Scientists acknowledge that the cause of Alzheimer's is clear: poor nutrition. Margarine is a major culprit for Alzheimer's patients. Switching to healthy alternatives such as olive oil, coconut oil and butter would already make a big difference. But there is much more to say about combating Alzheimer's. The biggest problem is in the supermarket.

## Cause: confidence in the supermarket

People who trust the supermarket are at great risk of getting a serious illness. Because in the supermarket at least 90% of the items are disease-causing. Margarine is processed in many products, for example all kinds of biscuits, cakes and sweet bakery products. Bake it yourself, and put butter through your cake. Margarine is one cause. The other cause of Alzheimer's is even more difficult to avoid. Sugar. 75% of supermarket products contain sugar. It is difficult to go through life without sugar.

## Alzheimer's is type 3 diabetes

What is the history of the idea that Alzheimer's is a lifestyle disorder?

Since 2000, a growing group of scientists has seen that Alzheimer's disease should in fact be called Diabetes Mellitus Type 3. There are also insulin receptors in the brain. These too can become insulin resistant. This discovery is, in fact, a logical consequence of another

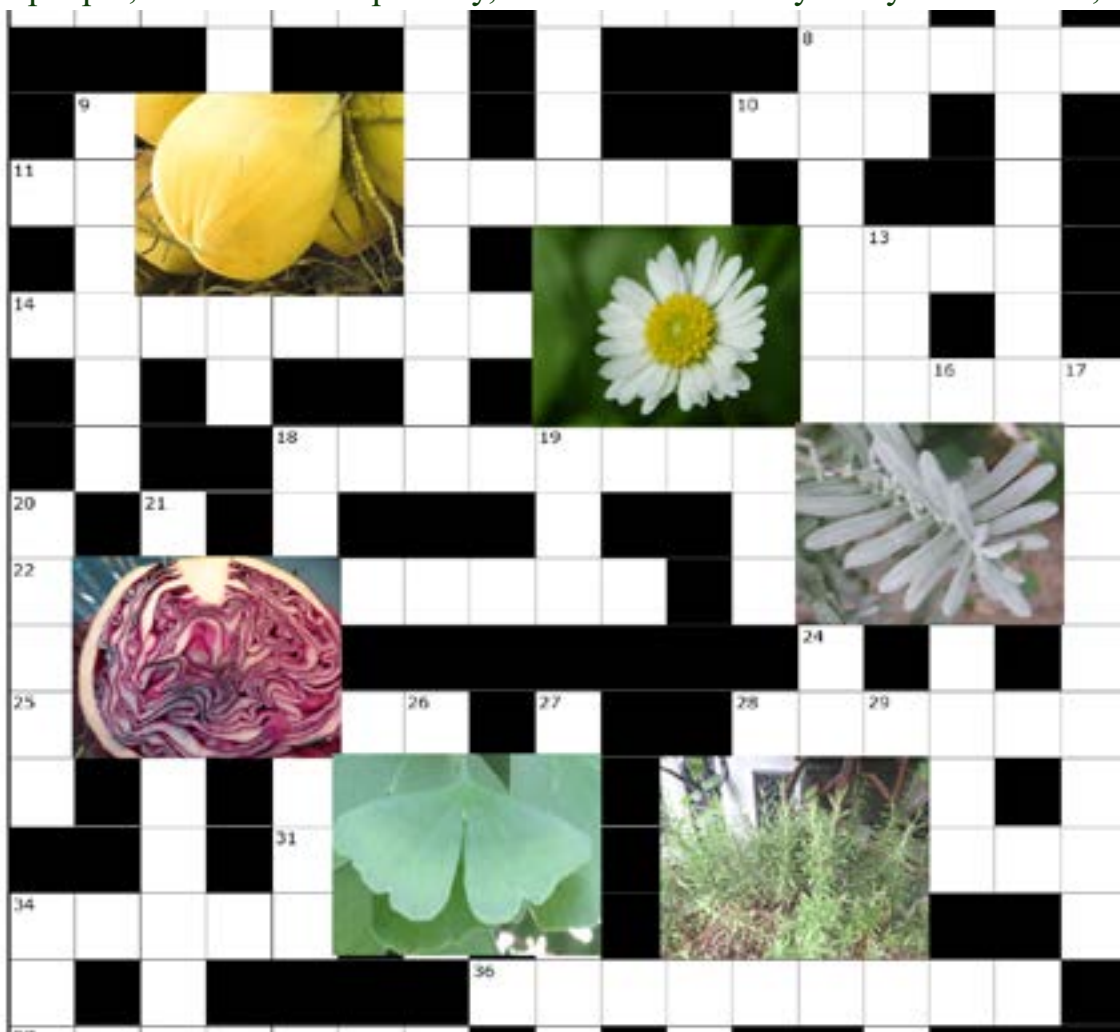
viewpoint that has been dominating for a long time; type 2 diabetes gives an increased risk of Alzheimer's disease. But now they know better why that is; both Alzheimer's and diabetes are the result of having a supermarket-dependent existence. To call it a lifestyle disorder is somewhat patronizing because it seems like a patient has a totally wrong eating habits and others don't. Most of us have the same lifestyle because the vast majority of people depend on the supermarket. We humans are all different and we get other diseases.

Much of our supermarket food has degenerated. The qualification "nutrient-free filling" would better cover the load. It is a good idea to avoid everything that comes in cans, jars, boxes and bags. You can make real meals with fresh ingredients. That is how you use food in a medicinally effective way.

### The common cause of diseases

There is another phenomenon going on in science. The cause of obesity, cardiovascular disease, diabetes, rheumatism and all kinds of other diseases has been found. Did you not read it in the newspaper? Then journalists must have missed something.

Scientists see now that, the underlying cause of many diseases is the development of inflammatory symptoms and stress, are caused by free radicals. Sugar, white flour, margarine, cheap cooking oil and all kinds of additives provide our bodies with these inflammatory mechanisms. Mental problems such as depression and psychosis are also linked to inflammation at the cell level, and free radicals. Research clearly shows that depressed people, sometimes temporarily, tend to eat relatively many snack foods, crisps,



biscuits, and sweets. These data are all bundled in the general insight that nutrient-poor food is a common cause of diseases.

### **Fruit can help to inhibit inflammation**

The common cause of diseases can be removed by changes in the eating pattern.

We could choose not to eat products such as white bread, deep-fried snacks, sweets, supermarket sauces, cookies, and chips. Many people find that very difficult. We could also choose to, at least to eat some products that fight inflammation and capture free radicals. Try to eat 5 servings of different types of fruit per day. A serving is 150 grams to 200 grams. If you do that, you get a lot of antioxidants and they fight inflammation and free radicals. For example, a healthy supplement ensures the removal of the cause of a disease. That is preventative improvement.

In fact, all types of fruit are good. In addition, it is important to get many different antioxidants, which is accomplished by eating different fruits.

### **Vegetable, fruit, nuts, seeds**

We need antioxidants from vegetables and fruit to counteract inflammatory mechanisms.

These antioxidants eliminate free radicals so that cell damage stops from happening.

Furthermore, it is wise for an Alzheimer patient to turn to food that is good for the brain such as walnut and rosemary. Brain-strengthening food can best be consumed daily. Preferably different types of brain food.

### **Alzheimer and diabetes**

Type 2 diabetes can be reduced by exercise. Walking, cycling and swimming help to reduce insulin resistance. More hormones and enzymes are produced so that digestion is improved. An exercising body does not only use more energy, but ensures the presence of a lot more substances in the body. And scientists now see that the same applies to people with type 3 diabetes or Alzheimer's. For Alzheimer's patients too, if you follow a program of daily walking, cycling, and swimming, two times a day for an hour, the cognitive performance will improve. Insulin resistance is reduced. It is also important that the energy management of cells is activated by simple movements such as walking. If the energy management improves, then that has a positive effect on the whole body. For example, you feel less tired during the day.

### **When do we do dementia prevention?**

We are probably a few years away from official guidelines on Alzheimer's. Scientists must first achieve a greater consensus in Alzheimer's research. Experts in the research field think there is enough knowledge to advise scientifically based dementia prevention guidelines, within a number of years. Until that time we have to do it ourselves. We could use the knowledge we already know for prevention reasons. Fortunately, eating 3-6 walnuts per day is not a punishment for most of us.

### **Practical Alzheimer Prevention Advice**

This advice is no substitute for a doctor's advice. It is a list of practical food habits that might be considered, based on what is scientifically known. It is not meant to be complete.

This recommendation also includes fats. Healthy fats are essential for an Alzheimer's patient. Since the brain contains a great number of fatty acids, we need to supply ourselves with fats from plant sources, when we want to prevent against any brain related degeneration disease.

60 minutes walking / cycling / swimming twice per day

At least 5 servings of fruit

At least 5 different types of fruit

3-6 walnuts per day

Use coconut oil, olive oil or butter for frying

Use olive oil and coconut oil on bread

Use whole wheat bread only

Use whole grain products only, no refined flour

Olive oil (extra vergine) over each salad

Olive oil and butter through a stew

Butter also in porridge

No sugar but stevia, try stevia tea from the leaves and sweeten tea and coffee with it.

Reduce sugar by using healthy sugar, coconut sugar, palm sugar,

Preferably baking cakes with butter instead of cake from supermarket

Eat many cabbages eat, especially kale

Use herbal supplements such as panax ginseng, rhodolia, Siberian ginseng, ginkgo biloba, Alfalfa sprouts or grow alfalfa as a vegetable

Rosemary preferably daily, on bread, as tea, on salad, by soup, by stew

Basil, preferably daily, by soup, on bread, salad,

Turmeric, preferably fresh, can also be powder, is very anti-inflammatory and captures free radicals, every day by eating, soup, stew, omelet.

All vegetables are good but watercress and asparagus are extra good against Alzheimer's.

Drink a tea made with the herb centella asiatica xxxx

Eat omega rich plant sources like avocado.



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