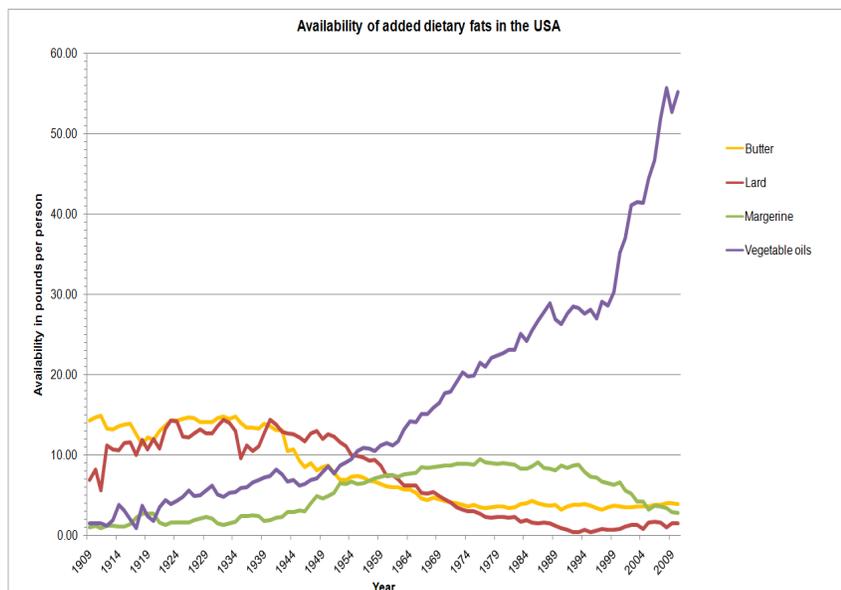


Diet and Alzheimer's

Dietary Choices May Drive Disease

"The Epidemic of Alzheimer's Closely Tracks Sugar and Processed Food Consumption."



Here is a recipe to prevent or slow the progression of Alzheimer's disease:

- Avoid sugar and refined fructose. Ideally, you'll want to keep your total sugar and fructose below 25 grams per day.
- Increase consumption of all healthful fats, including animal-based omega-3. Eating fatty fish daily is your best source of the

"neuron forming" oils.

- Eat the "rainbow" of fresh fruit and vegetables. Have as wide a variety of colored fresh foods, the darker the better.
- Avoid gluten and casein (primarily wheat and pasteurized dairy, but not dairy fat, such as butter).
- Supplement with cod liver oil, vitamin D, and magnesium.

Do's and Don'ts

We all have two strong opportunities to improve our health through nutrition.

1st - Remove unhealthy foods from your diet - the don'ts.

Notice that word is close in spelling to donut. This food is the epitome of bad for your brain, unhealthy trans and omega 6 fats, refined sugars and flours. When you think "don't", think donut.

2nd - Replace the "don'ts"

with positive choices. If you crave the taste of fats, choose healthy fats including



butter, coconut, and olive oil. Sugars and carbohydrates may be more difficult to replace. However, gradually increase your intake of colorful fruits and vegetables.

Do drink plenty of water, especially before each meal. This will quell hunger and make all foods more palatable.

Health By The Numbers

Normally, a fasting blood sugar level between 100-125 mg/dl is diagnosed as a pre-diabetic state. A fasting blood sugar level of 90-100 is considered "normal." But in addition to the featured research, other studies have also found that brain atrophy occurs even in this "normal" blood sugar range.

Neurologist Dr. David Perlmutter, MD insists that being very strict in limiting your consumption



of sugar and non-vegetable carbs is one of THE most important steps you can take to prevent Alzheimer's disease for this very reason. He cites research from the Mayo Clinic, which found that diets rich in carbohydrates are associated with an 89 percent increased risk for dementia.

Meanwhile, **healthy-fat diets are associated with a 44 percent reduced risk.**