The idea that Alzheimer’s is mainly a protein disease is perhaps the greatest misconception about the disease. Says Gary Small, “We now know that Alzheimer’s, like heart disease and cancer, develop over decades before symptoms appear. Risk factors–smoking, obesity, hypertension, diabetes, blood pressure, obesity, depression, education–all contribute to Alzheimer’s. Nutritional factors also play a role.”

The big news: Researchers of new report that simply eating fruits and vegetables can help prevent Alzheimer’s disease and other forms of dementia. In search of scientific ways to delay and combat Alzheimer’s and other dementias, researchers looked at how diet and nutrients were linked to the disease. They found that a diet rich in fruits and vegetables delays the onset of Alzheimer’s for years. (Source: Brain, 1999). Here are 10 strategies I found most surprising.

1. Coffee. In an amazing flip-flop, coffee is the new brain toxin. A study published last year found that five cups of coffee a day in midlife protected against a 60% risk of late-life Alzheimer’s. University of Rochester study showed that Alzheimer’s patients who drank two or more cups of coffee a day had the same level of cognitive function.

2. Fish. Oddly, the health of your teeth and gums can help predict dementia. University of Southern California researchers found having periodontal disease was associated with a threefold increase in the risk of Alzheimer’s disease over 12 years. Older people with both gum and brain disease score lower on memory and learning tests. But periodontal treatment can help. (Source: Science, 2001). The information in disease results migrate to the brain.

3. Greek yogurt. A surprising new study found that eating a cup of Greek yogurt more than a decade before dementia was diagnosed reduced the risk of Alzheimer’s. (Source: Science, 2001).

4. Gone are the brain cells, impossible to use said. Now it’s believed that brain cells can be replaced. The trick is to keep the new neurons alive.

5. What works: aerobic exercise (such as brisk 30-minute walk every day). It delays Alzheimer’s by years; increases blood flow to brain; and improves memory, thinking, mood, and quality of life.

6. Drink apple juice. Apple juice can produce the memory "chemical cocktail" that’s the way the popular Alzheimer’s drug Donepezil works. A Harvard study of 6,000 diet and Boston University researchers in Massachusetts. He was surprised that once given apple juice did even better. It was a revelation. (Source: Brain, 2001). It reduced the risk of late-life Alzheimer’s. 10 cups of one a day a week.


8. Protect your head. Brains that hit the head, even mild ones daily in early life, increase odds of later tears. Pro-football players have 19 times the odds of getting Alzheimer’s. The National Institutes of Health recommends that everyone, adults and children, protect their heads. (Source: The New England Journal of Medicine, 2001). Accidents today double a person’s odds of dementia. (Source: National Institute on Aging).

9. Brain failure. Avoid exposure to loud noise, wear earplugs while driving, keep helmets in your house, and don’t take risks.

10. Meditate. Brain scans show that people who meditate regularly have thicker brain tissue, lower levels of stress hormones, and better blood flow to the brain. These changes may help protect against Alzheimer’s disease. (Source: The New England Journal of Medicine, 2001).

What Drives Food for Memory?
A great way to keep your eye memory and brain young.

1. Eat a variety of foods rich in complex carbohydrates, b vitamins, and antioxidants. B vitamins: B12, B6, and B9 (folic acid). B vitamins help turn foods into energy.


3. Eat more fruits and vegetables. Polyphenols protect the brain and lower inflammation.

4. Drink apple juice. It’s rich in antioxidants and improves memory and learning. (Source: Brain, 2001).

5. May stop bones from becoming more dense.


7. B vitamins: B12, B6, and B9 (folic acid).

8. Just a cup of black or green tea a week or a cup of green tea three times a week, shocking new study by the National Institute on Aging in England’s University of Oxford Cerebral and the National University of Oxford.


10. Pick your food. It’s called "cognitive reserve." A rich environmental background, enriched childhood education, a stimulating job, language skills, having a purpose in life, physical activity, and social relationships in later life strengthen your brain. The more your brain better able to tolerate plaques and tangles. You can even have significant cognitive reserve even if you have plaques and tangles, Dr. Howden say.

11. What’s next? More research on these 10 strategies. Dr. Howden says he has high cognitive reserve himself as he is a retired English professor and researcher. (Source: The New England Journal of Medicine, 2001).

5 Ways to Save Your Kids from Alzheimer’s.
Now Alzheimer’s isn’t just a disease that starts in old age.

What happens to your brain in early adulthood can have a dramatic impact on his or her likelihood of developing Alzheimer’s many decades later.

How do you live a long life and have a healthy brain?

1. Prevent heartburn. Instead your head a helmet during riding, skating, skiing, baseball, football, and all of contact sports. A major study found that the risk of Alzheimer’s is 30% higher in people who have recurrent heartburn.

2. Stay away from sugar and alcohol. Both increase the risk of Alzheimer’s disease.


4. Do a little exercise. Your brain needs it just like the body. Inactive brain may be more likely to lose Alzheimer’s late in life than a healthy brain.

5. Kefir. Sheep milk, grass fed milk, raw milk, raw cheese, and raw meat contain more vitamin K than conventional dairy products. Kefir is a probiotic drink that can cause damage, leading to memory loss and Alzheimer’s years later. (Source: Brain, 2001).


8. Drink more black tea. This is a powerful antioxidant that protects brain cells.

9. 3 cups a day, 2 cups of black tea, 1 cup of green tea.

10. Drink more coffee. Drinking 2 cups of coffee a day may protect against Alzheimer’s disease.

11. Eat more vegetables. A study published in the British Medical Journal found that people who eat vegetables every day have a lower risk of developing Alzheimer’s disease.

12. Avoid sugar. Sugar is a major contributor to Alzheimer’s disease.


14. Eat more vegetables. A study published in the British Medical Journal found that people who eat vegetables every day have a lower risk of developing Alzheimer’s disease.

15. Eat more fruits and vegetables. Polyphenols protect the brain and lower inflammation.


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