

PLANET HEALTH NEWSLETTER


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10 TIPS FOR FIGHTING ALZHEIMER'S

1) Think With Your Heart

Have you ever been told not to think with your heart? Well, think again! Several factors famous for heart health are turning out to be just as important for brain health. High blood pressure, cholesterol and atherosclerosis all increase your risk of Alzheimer's.

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Elevated homocysteine is a known risk factor for heart disease. Less well known is that even moderately raised homocysteine increases your risk of Alzheimer's. The good news is that lowering your homocysteine with B vitamins slows cognitive decline

A 2021 meta-analysis discovered higher levels of folic acid in people with dementia and Alzheimer's (Front Aging Neurosci May 2021;13).

The B vitamins folic acid, B6 and B12 are key to controlling homocysteine. Seniors who get the most folic acid have the lowest rates of Alzheimer's (Arch Neurol. 2007;64:86-92). Folic acid deficiency increases the risk of Alzheimer's while sufficient intake of folic acid protects against it.

2) Diabetes & Your Brain

The latest research has discovered a link between diabetes and the risk of dementia and Alzheimer's. A 2019 systematic review and meta-analysis of 144 studies found that diabetes increases the risk of cognitive impairment and dementia by 25-92 percent. Even pre-diabetes increases the risk of dementia.

So, strategies to reduce blood sugar-problems can reduce Alzheimer's problems. For example, spirulina improves glucose levels, insulin, insulin resistance and insulin sensitivity in people with Alzheimer's while significantly improving cognition scores. And dietary cinnamon, a great blood sugar herb, significantly improved working memory in pre-diabetics.

3) Alzheimer's & Antioxidants

People with Alzheimer's have significantly lower antioxidant activity. Vitamin E may be the standout antioxidant for Alzheimer's. A landmark study of people with Alzheimer's found that those taking vitamin E lived longer. Those who were given an Alzheimer's drug outlived the placebo group by 214 days. But those given vitamin E outlived them by 230. While 19 percent of the placebo group and 33 percent of the drug group had to be institutionalized, only 26 percent of the vitamin E group did.

A large and long-lasting study found that 2,000IU vitamin E a day significantly slows functional decline in people with Alzheimer's. Vitamin E was able to delay clinical progression by 19 percent a year: something the comparison drug could not do.

4) Ginkgo Biloba

For prevention and treating Alzheimer's, ginkgo is still No. 1. All kinds of studies show that ginkgo helps prevent Alzheimer's. As many as 42 percent of seniors are affected by mild cognitive impairment (MCI). One type of MCI, known as amnesic MCI, is associated with a risk of dementia. Ginkgo significantly improves amnesic MCI.

5) Saffron

Like ginkgo, this powerful herb is as effective as, and safer than, donepezil for Alzheimer's and dementia. 30 mg a day of saffron extract is significantly more effective than placebo in people with probable Alzheimer's.

6) Vitamin D

A 2019 meta-analysis of eight studies found that insufficient vitamin D was associated with a 9 percent greater risk of dementia and a 19 percent greater risk of Alzheimer's. Vitamin D deficiency was associated with a 33 percent greater risk of dementia and a 31 percent greater risk of Alzheimer's.

People with vitamin levels of 25 nmol/L (deficient) had 54 percent higher odds of dementia compared to people with levels of 50 nmol/L (optimal). The researchers say that means that up to 17 percent of dementia could be prevented by increasing vitamin D.

7) Mint & Your Mind

Research now shows that help could come from an unexpected place: mint. Several members of the mint family are turning out to be promising herbs for memory and Alzheimer's, including sage extract, rosemary leaf powder, lemon balm extract, and spearmint extract.

8) Acetyl L-Carnitine

Acetyl L-Carnitine delays the progression of Alzheimer's and improves mental performance. A double-blind study found that acetyl L-carnitine slowed the rate of decline in 13 of 14 outcomes measured, and a meta-analysis demonstrated a benefit for acetyl L-carnitine in people with MCI or mild Alzheimer's.

9) Phosphatidylserine (PS)

A large double-blind study found PS significantly improves memory, learning, mood and behavior in people with Alzheimer's.

10) Fenugreek

In what may be the first study of its kind, double-blind research has now found that fenugreek seed significantly improves memory and quality of life in people with Alzheimer's.



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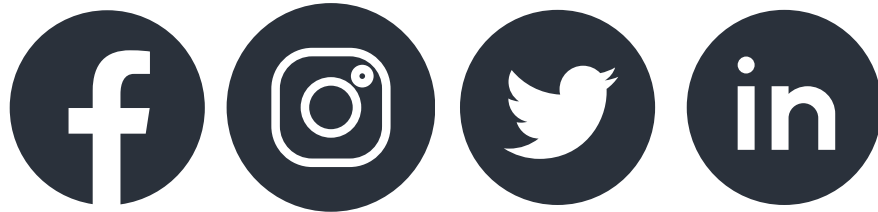


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