

Brain Health Tips

Staggering Alzheimer's Statistics

- 5 million people current diagnosed (US)
- Set to triple by 2050
- 50% of 85-year olds will develop Alzheimer's
- 15% of caregivers will have Alzheimer's themselves
- The brain begins to change as early as 50 years in advance



The 12 Most Modifiable Risk Factors (according to Dr. Daniel Amen, MD)

- Smoking
- High blood pressure
- BMI (obesity/overweight)
- Physical inactivity
- Fasting blood glucose
- High LDL cholesterol
- Alcohol abuse
- Low omega-3 fatty acids
- High dietary saturated fat intake
- Low PUFA intake
- Stress
- Low veggie fruit intake

Challenge your Brain – form new neural pathways



- Check your hearing and use hearing aids if needed
- Remaining socially engaged
- Learn a new skill (new games, hobbies, projects)
- Brush teeth with non-dominant hand
- Take different routes when driving
- Sit in different spots in the house
- Do cross-body exercises (opposite knee to elbow)

Feed your Brain Healthy Fats & Eat The Rainbow

- 60% of the brain is fatty tissue
- Fatty acids are the most crucial molecules for brain integrity and performance
- The brain rebuilds itself with the fats you feed it
- Eating the rainbow will help protect against oxidative stress in the brain and other cells of the body

Healthy Fats – Decrease Inflammation

EAT	USE
<input type="checkbox"/> ANCHOVIES	<input type="checkbox"/> OLIVE OIL
<input type="checkbox"/> TROUT	<input type="checkbox"/> PUMPKIN
<input type="checkbox"/> SARDINES	<input type="checkbox"/> TUNA
<input type="checkbox"/> HALIBUT	<input type="checkbox"/> MACKEREL
<input type="checkbox"/> SALMON	<input type="checkbox"/> SHRIMP
<input type="checkbox"/> SNAPPER	<input type="checkbox"/> AVOCADO
	<input type="checkbox"/> HEMP
	<input type="checkbox"/> SESAME
	<input type="checkbox"/> WALNUT
	<input type="checkbox"/> FLAX OIL
	<input type="checkbox"/> SUNFLOWER

* Liquid at room temperature



Limit Added Sugar Consumption

- Type 3 Diabetes = insulin resistance in the brain
- Oxidative damage to brain cells
- Atherosclerosis leads to decreased blood flow to brain

Where Sugar Hides

GLUCOSE-FRUCTOSE	CORN SYRUP	ETHYL MALTOL	SUCROSE
HIGH FRUCTOSE CORN SYRUP	DEXTROSE	CANE SUGAR	AGAVE / HONEY

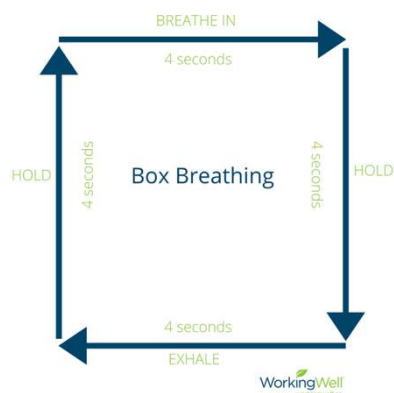
Eat Low Glycemic Foods



Many fruits and vegetables fall in the low or medium GI categories.

- Don't drink your calories
- Choose whole foods vs. pkg foods
- 20g protein with 1 cup raw veggies for breakfast
- Skip starchy carbs and avoid sweetener in your morning coffee

Regulate the Nervous System with Breath



www.workingwell.ca