

## The Guidelines To Successful Dieting To Prevent Alzheimer's

### **1. Keep a food journal.**

Initially, write down everything you eat for at least three days, this will help with self-awareness. Any diet, to become a habit, takes 28 days.

### **2. Plan on 5 meals a day.**

Plan on having breakfast, lunch, dinner and two snacks one between breakfast and lunch and lunch and dinner. Keep foods not vitamins as the primary sources of nutrients.

### **3. Take your time.**

Take time to eat your meals. Do it with friends or family, make it an occasion and do not stand while eating!

### **4. Use the Food Pyramid as guide.**

The new food pyramid taken from the Harvard study is 30% carbs, 30% protein, 40% fats. Try to keep this proportion as it is vital to maintaining ones hormonal balance of insulin and glucagons essential for the Anti-Alzheimer Diet.

### **5. Healthy food portions.**

Fill your plate  $\frac{1}{2}$  with vegetables,  $\frac{1}{4}$  whole grains, and  $\frac{1}{4}$  protein (your serving of meat or fish should be no larger than the size of your palm or a deck of cards).

### **6. Limit intake of salt and sugar.**

Reduce intake of saturated fats, butter, fatty meats, trans fat found in frying oils and margarine, and foods high in cholesterol including egg yolks and red meats.

### **7. Decrease carbohydrate intake.**

If you are trying to lose weight you will want to decrease your carbohydrate intake and make sure to consume complex carbohydrates, such as whole grains and brown rice, instead of simple carbohydrates such as white rice, pasta, and white bread.

### **8. Eat one serving of dairy a day.**

Don't forget to include at least one serving of dairy but of the low-fat or nonfat variety such as cottage cheese and ricotta.

### **9. Snack on fruits.**

Snack on fruits including berries, the darker the better and apples and vegetables such as broccoli which is higher in vitamin C than oranges.

### **10. Get moving!**

Walk somewhere, anywhere, 10,000 steps per day can burn 500 calories, or 3,500 calories a week which is equal to one pound!

### **11. Keep your mind active.**

Do a puzzle, read a new book, sign up for a class, talk with friends or family, [keep your mind going](#) by engaging it actively at least 8 hrs per day. Watching TV is not actively engaging the brain!

### **12. De-stress daily.**

Take a moment to de-stress everyday, meditate, drink tea, sit in a bath, go to the gym, take Kava Kava or other supplements.

### **13. Get a good night's sleep!**

Eight hours is advised. Avoid exercise, news, or other stimulating activities as computer games two hours prior to sleep. Do not eat three hours before sleeping to reduce one's destructive cortisol levels.

## Behaviors To Promote Healthy Aging

### ***Attitude***

The number one way you can improve the aging process is to take charge of your attitude. Your sense of hope, humor and confidence will determine the tone of your experience. You might be reading this thinking that having a good attitude is easier said than done. That would be true, but it is also true that your attitude is one thing you have full control over.

### ***Friends and Social Involvement***

Protecting and nurturing your emotional well being is as important, if not more important, than taking care of your physical body. Contact with others, whether it be at work, church activities, or family get-togethers, will feed your spirit and can provide purpose and meaning in your life. Further, social involvement can help combat loneliness and depression and keep you active physically.

### ***Civic/Community Involvement***

Sharing your interests and passions with others will also help you keep your connection to the community strong, expose you to new people (of different ages), provide meaning and purpose, and challenge you mentally. Oftentimes, when you are busy thinking about others, it is much easier to put your own problems in perspective or forget about them altogether. Being involved with a cause that is important to you will also provide a constant reminder that you have a lot to offer. Seniors who are active, engaged and confident about their abilities generally feel better and live longer.

### ***Nutrition***

The importance of a balanced and healthy diet to healthy aging cannot be overstated. Eating well can make you feel and look better, help your body run more smoothly, ward off colds and sickness, and contribute to lowering blood pressure and cholesterol levels (which in turn help protect you against heart disease and stroke). On the most basic level, your eating habits should reflect a desire to give your body the fuel it needs to run efficiently. Fruit, vegetables, protein, complex carbohydrates, and healthy fats should make up your meals. Shedding any extra weight is especially important as you get older, a result which should be achieved with a sensible, balanced diet and regular exercise. Changes to your diet should reflect the changing needs of your body as an older person. Your doctor should be able to help you identify how your nutritional needs are different and how you can account for them.

### ***Exercise***

Regular exercise is another cornerstone of healthy living as you age. As your body slows down, you might be tempted to skip the exercise because it is harder to do and you feel challenged physically. This is the wrong thing to do. The most important thing to remember about exercise as you get older is that it does not need to be strenuous, it just needs to be consistent. Regular physical activity will help your body function more effectively in many ways. It helps with weight loss and maintenance, combats anxiety and depression, keeps bones, muscles and joints working properly, relieves symptoms of arthritis and reduces the risk of heart disease, high blood pressure, diabetes and some types of cancer. As you age, you might need to change the types of exercise you do, but anything that gets you moving is good. Walking, housework, gardening and even babysitting the grandchildren can count as exercise. Finding a way to build regular physical activity into your daily routine will yield great results.

## **Healthy Habits**

Smoking and drinking are two big habits that can affect your health and the way you feel. Smoking, in particular, is one habit to quit if you haven't already because it greatly increases the risk of heart disease and cancer. Alcohol can be fine in moderation, but it also can contribute to sleep problems and suppress your appetite, preventing you from eating well. As you age, it is important to think about your lifestyle and identify habits which are helpful and harmful. Making a conscious effort to change the harmful habits will make your aging process more enjoyable.

## **Sleep**

Achieving quality sleep becomes more difficult for many people as they get older. On average, people aged 50 to 85 sleep about 6 hours per day. Over 50% of men and women over age 65 complain of at least one chronic sleep problem. Many people accept sleep difficulties as a fact of aging. It is true that as we get older, our sleep patterns change, but it is equally true that good restorative sleep is essential to our physical health and emotional well-being. Possible causes of poor nighttime sleep for older people abound. Sleeping poorly might be the cause of big changes in life, health issues, medication, stress or anxiety. Getting a good night's rest becomes more difficult and can require you to be more conscious of your sleep environment and your sleep routine.

## **Mental Activity**

Stimulating your mental faculties can significantly improve the aging process. Trying to keep active mentally can help you improve your memory and combat boredom. Simple and fun things like games and puzzles, reading or taking a new route to the store are easy ways to keep your mind active and engaged.

## **Tips on How Seniors Can Avoid Getting Sick**

1. **Always wash your hands.** This is proven the most effective way to avoid any disease causing bacteria. Be sure to wash your hands:

- Before touching your nose, eyes and mouth.
- Before and after preparing foods
- Before you eat
- After using the toilet (especially public restrooms)
- After sneezing or coughing
- After handling garbage/trash
- Before and after treating wounds

2. **Keep your distance from people who are sick.** Avoid any personal contact as virus can easily be transferred.

3. **Eat a balanced diet.** Eating lots of fruits and vegetables will give you the nutrients your body needs to stay healthy and strong.

4. **Drink lots of water.** This will help flush toxins out, thus reducing your risk of disease and infections.

5. **Get enough sleep.** Sleeping for less than 8 hours a day can weaken your immune system. If for any reasons you can't get enough sleep at night, try to nap during the day.

6. **Exercise regularly.** Be sure to consult with your doctor before starting any exercise program.

7. **Drink your vitamins everyday,** as it will help boost your immune system.

8. **Clean surfaces regularly** to avoid bacteria causing disease in your home. Be sure to clean or disinfect the following:

- Phones
- Remote Controls
- Door Handles
- Light Switches
- Microwave and refrigerator handles
- Faucets
- Toilet Seats and Handles
- Kitchen Sink

9. **Get a massage.** Studies show that massage can help reduce anxiety, blood pressure and heart rate, thus lowering, stress level.

10. **Laugh and keep a positive attitude.** As the saying goes: "Laughter is the best medicine. This is indeed true. Based on research, laughing hard can help prevent sickness. It also boosts blood flow, may lower stress level and the risk of heart disease."

Over the hill at age 65? Ready for the rocker at 70? Not these days. Americans are living longer and making more of their later years. One key is exercise. "Perhaps the most debilitating influence in people's health as they age is a sedentary life," said Dr. Richard Brassard, president of the American Chiropractic Association (ACA). "Exercise of some type is all but mandatory." "Otherwise, an individual may set him or herself up for broken bones, circulation problems caused by atrophying blood vessels, and a myriad of other physical problems associated with aging." "Exercise, however, can improve a person's mobility, digestive processes and circulation. It can also reduce anxiety. Add proper nutrition and you have the makings of a naturally healthy lifestyle," said Dr. Brassard. "Following a healthy diet is another way of extending your golden years as long as possible."

### **Walking**

Walking improves elasticity in blood vessels, which makes them less susceptible to formation of aneurysms or rupture. Start with one-third of a mile per day. Do that three days a week for a month, then double the distance, working gradually up to at least one mile a day, three days a week.

### **Stretching**

The average person should stretch to prevent the bowing or stoop caused by shortening of ligaments. A stoop can inhibit normal breathing. Stretch the groin muscles by sitting on the floor and bending one leg to the side and back as far as possible. A relaxed stretch is the

goal. Stretch the back leg muscles by putting your hands on a wall, one foot flat on the floor behind you. Then lean into the wall. Or stand up straight and bend over.

### **Eating Right**

Make sure you have a properly balanced diet. If you take vitamins, take them with a meal. Drink 10 eight-ounce glasses of water a day to help keep the kidneys active, dilute, and remove toxins from the body, and replace lost fluids.