

Alzheimer's disease

YES I CAN

- Be motivated. Be positive
- Control your weight, blood pressure, cholesterol, & diabetes
- Consume more foods rich in Omega 3 fatty acids (Ex: fish, flaxseed, soybean)
- Add Vitamin: B, C, E, Folic Acid, Niacin to your diet, Vitamin B-12 for sure
- Keep your mind active with daily physical, mental, and spiritual exercises
- **Neurobics** should be done every day (Ex: AARP brain games, Web MD brain games, Lumosity, word puzzle, card games, number games)

LIFE STYLE CHANGES : **see your doctor**

● control weight, blood pressure, diabetes, cholesterol.
 ● Memory problems ?
 Rx: see your doctor.

Keep your mind active with daily physical, mental & spiritual exercises.

Learn to do relaxation techniques and deep breathing exercises.

Socialize : maintain friendship social skills, do not isolate yourself.

Get Rx for depression.

Walk briskly 7-12 thousand steps per day, or a minimum of 30 minutes non-stop brisk walking.

 Stimulate the non-dominant side of your brain (use non-dominant hand).

Neurobics should be done every day (i.e., cards, word puzzles, number games).

See a doctor who believes that Alzheimer's is treatable. Read about NAMENDA, ARICEPT, EXELON, RAZADYNE, AXONA

DIET: EAT FOR BRAIN:

Remember the "F diet" of Dr. Kazmi which includes fowl, fish, fruits, fresh vegetables, & fresh clean water.

Carbs

A low carbohydrate diet is associated with a 30% reduction in Alzheimer's. Yellow pigment in curry breaks beta amyloid plaques; Eat more fruits, vegetables, and berries.

Eat a well-balanced diet which is low in carbs and saturated fats.

● **Good fats: MUFAs & PUFAs**, liquid at room temperature. Unsaturated fats.

- Monounsaturated Fats MUFAs : lower bad cholesterol (LDL), and raise good cholesterol (HDL)-They may also improve insulin levels and sensitivity, especially for type 2 diabetics. Nuts, avocados, olive oil
- Polyunsaturated Fats: PUFAs : any plant-based fats, they contain Omega 3 fatty acids. Sea food: salmon, fish oil; corn, soy,

safflower, sunflower oil, canola, flax seed oil.

- **Bad fats:**
- **saturated fats:** animal products, dairy, egg, palm oil, palm kernel oil.
- **Trans fats:** hydrogenated liquid oil synthetically processed to withstand cooking, found in packaged food, fast food.
- **Others**
- Increase intake of nuts, seeds, avocados, poultry. Omega 3 Fatty Acid Containing foods include: Egg whites, nuts, walnuts, green leafy vegetables. Cold water fish: salmon (not from a fish-farm), albacore tuna, mackerel, herring, sardines, lake trout.
- B6 and B12 containing food: Bananas, beans, chicken breasts (B6), shellfish, salmon, trout, liver, and lean beef (B12).
- **Antioxidants**

Antioxidants protect the brain from free radicals which are elevated in

Alzheimer's. Foods rich in antioxidants include:

- fruits: blackberries, blueberries.
- vegetables: artichokes, red cabbage.

● **Start treatment of Alzheimer's early. Do not stop the treatment.**

- Iron deficiency plays a role, check & get treatment.
- Familial dementia gets worse with low B-12.
- Eat more fruits vegetables & berries
- Join a support group.
- Educate.

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