

Thinking About Alzheimer's

As you get older, one of the big fears that becomes apparent is the specter of the loss of mental faculties. The truth is, most of us know that we need consider both the possibility of conditions like Alzheimer's, but few of us realize that there are some very key and important things that we can do better our chances of avoiding this disease. Alzheimer's is a condition that is difficult to think about, as are the consequences to your family if you should get it, but you'll find that by focusing on things you can do to prevent it, you will feel a great deal more positive. Take a look at a few things that you can easily integrate into your life to halt this condition in its tracks.

1. Figure out what fats you should eat

Good fats come from natural sources

like plants, fish and nuts, while bad ones include saturated fats and trans fats. Bad fats should be kept out of your diet as much as possible, but you'll find that by replacing them with good fats that you will be significantly less likely to need to deal with Alzheimer's. Try adding avocados and nuts to your diets, choosing lean meats and limiting your intake of full fat cheese and butter.

2. Eat more leafy greens

A great deal of research is pointing to

the fact that leafy green vegetables like spinach, romaine and kale can do a great deal to slow and even stop cognitive decline. Try making sure that you get an average of three servings of vegetables a day, and make salads a part of your dinner or lunch. Similarly, look for foods that have a high content of vitamin E, like whole grains and nuts. You'll find consumption of foods that are rich in vitamin E have also been linked to a resistance to Alzheimer's.

3. Moderate your sugar

High blood sugar over time has been

linked to an increase in mental decline in the long run, and in the short term, being a slave to sugar can keep you feeling on edge, nervous and tense. Take some time to look for a way to keep high fructose corn syrup out of your diet, and speak with your doctor or nutritionist to make sure that you are on the right track to healthier eating.

4. Stay active!

At the most basic level, you'll find

that getting regular exercise will help you maintain your memory functions; even half an hour activity every day or every other day can be linked to a lower risk of Alzheimer's. You'll find though, that staying sharp both mentally and physically can go a long way towards keeping you grounded and occupied. So many people develop cognitive difficulties when they start slowing down, so remember to stay active, and stay fit!