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Four Simple Steps to Preventing Alzheimer's Disease

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Is it possible to prevent Alzheimer's Disease? Research is giving us more and more reason to hope that Alzheimer's is not only preventable but quite possibly reversible. And alternative approaches are supporting this with simple steps that can be taken. It could change your life, or the life of

someone you love, from one of endurance and despair to one of creating more memories that will last. When inflammation exists in the brain, the cerebro-spinal fluid cannot flow to all areas with ease and the result is the withering of those regions deprived of the life-giving fluid.

Here are four steps any single person can do on their own. The first one is to take a close look at your diet. Since dementia and Alzheimer's are a product of inflammation it can be easy to decrease this factor by taking all inflammatory foods out of your life. Breads and sugars are two of the culprits, raising both acidity AND inflammation.

Step two is to incorporate thirty minutes a day of very simple, gentle exercise. Why? Stimulating the body will help fluids to be exchanged more easily in the body and brain. This may sound so simple, and simple it is! Keeping a move on in our lives, keeps things moving in our brains. The third step would be Craniosacral Therapy. There is a technique all can learn in just one or two days. If it is done 5-10 minutes every day, or even weekly if daily feels like too big a commitment, the flow of cerebral spinal fluid is increased. This prevents accumulation in the brain of toxins such as amyloid plaques and tangles. It is interesting that even middle age people the flow of this fluid is impaired through stressful choices in life. For those with Alzheimer's disease the statistics are even more severe, the impairment reaches to 75% of a normal adult.

Add in the fourth and you have a recipe for success! What is this last step? Bringing centering exercises like meditation, yoga and tai chi into your daily or weekly routine. These practices promote flexibility in the nervous system and decrease contributing factors such as high blood pressure, anxiety, depression and more. I am committed to reduce the deaths of Alzheimer's significantly in the next five years. Coming from one who has lost two relatives to the disease, and devoting my life to understanding other options, I know it can be done! Let's do it together. Visit www.preventingalzheimers.com to understand your risk factors, see the latest research, and check out my book which will help you both understand and take practical steps for you or your loved one. Renowned teachers such as Mark Hyman and Dr. David Perlmutter basically say that Alzheimer's is primarily a result of lifestyle

choices. And THIS is in our hands. Let's choose LIFE! If you felt there was no reason for hope, you are not alone, but let's change that statistic.

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