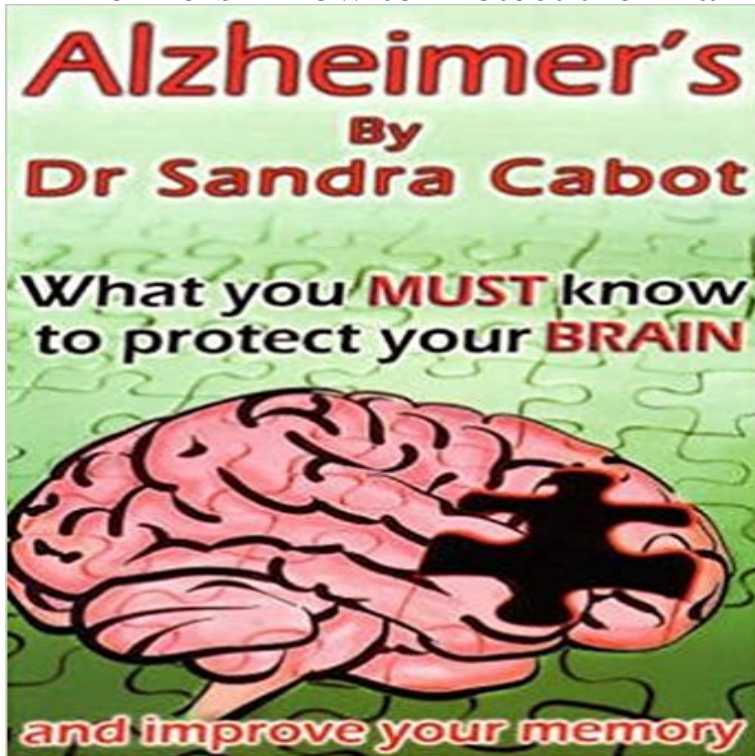


## Alzheimers - How to Protect the Brain



Based on decades of careful research, this enlightening study reveals what steps can be taken to prevent this tragic disease and find new hope and options in battling Alzheimers and other forms of dementia. Presenting detailed information on exactly how Alzheimers affects the brain and how other medical problems can mimic its symptoms and providing vital techniques that can be implemented to sustain and improve memory, this comprehensive guide is essential for those who are or who know someone who is suffering from Alzheimers disease, or want to take steps to prevent it.

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**The** Get plenty of omega-3 fats. Evidence suggests that the DHA found in these healthy fats may help prevent Alzheimers disease and dementia by reducing beta-amyloid plaques. Food sources include cold-water fish such as salmon, tuna, trout, mackerel, seaweed, and sardines. You can also supplement with fish oil. **High levels of THIS brain chemical can prevent Alzheimers disease** Can Cannabis protect our brains cells? An increased CB2 expression (1) found in post-mortem brains Alzheimers patients has been thought **6 Ways to Protect Yourself Against Alzheimers and Dementia** These data implicate both neurons and glia as direct cellular targets of estrogen in protecting the brain. Estrogens have long been recognized as antioxidants in **Best foods to protect your aging brain - CBS News** It is caused when the brain is affected by diseases such as Alzheimers disease or a series of strokes. There is currently no cure for dementia, **5 Easy Ways to Protect Your Brain From Alzheimers and Dementia** Teachers, lawyers and social workers are just some of the professions that could protect your brain against Alzheimers disease and dementia, **10 ways to maintain your brain - Alzheimers Association** Q: I have a family history of Alzheimers and have been doing a lot of research on how to try to prevent it. I just read that cold sores and other **Seven ways to protect against dementia including Alzheimers** Eating plenty of fruit and vegetables can help to protect the brain against build-up of sticky brain plaques which lead to Alzheimers, scientists. **Expert advice to help protect your brain from Alzheimers - CBS News** To help slow the aging process and protect your brain from Alzheimers disease and neurodegeneration, learn how to eliminate sources of inflammation from **Marijuana Compounds Show Promise In Protecting Brain Cells** Alzheimers and dementia prevention research updates learn about drug evidence suggests that heart-healthy eating may also help protect the brain. **8 Ways To Prevent Alzheimers Disease - Prevention** WebMD discusses the research on brain exercises that may help memory and loss, or even prevent or delay dementia such as Alzheimers? **Brain Exercises and Dementia - WebMD** Everything from how you cook meat to what you eat for dessert can play a role in your brain health. 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