

WEEKLY WELLNESS NEWS



JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH

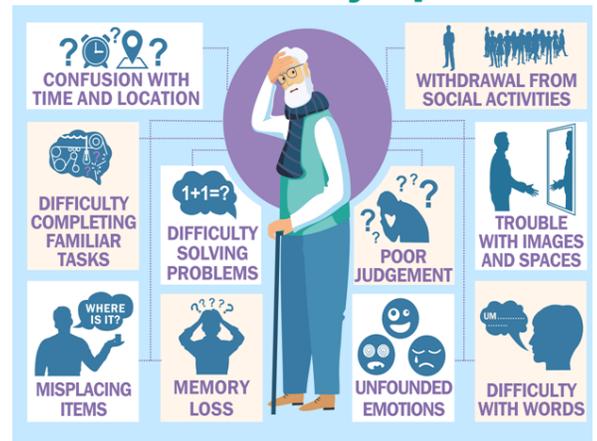
What is Alzheimer's?

Alzheimer's is a slowly progressing chronic disease that affects brain functioning. The disease is a form of dementia, which is a term that refers to other conditions with symptoms such as forgetfulness, memory loss and confusion. Cases are usually found in adults over age 65, however, diagnoses have been made for individuals who are younger. Younger/Early-Onset Alzheimer's occurs in people who are under 65 years of age, most commonly those in their 40's and 50's. Risk factors are age, family history, genetics, head injuries. Strong evidence has linked brain health to heart health



Alzheimer's disease accounts for approximately 60% to 80% of dementia cases.

Alzheimer's Symptoms



Prevention

There is currently no cure for Alzheimer's disease. Behaviors that can aid in preventing and minimizing the effects of the disease include exercising regularly - at least 30 minutes three to four days each week, eating a Mediterranean based diet and getting enough sleep. The Mediterranean diet includes fruit and vegetables, whole grains, legumes and fish as well as poultry, eggs, dairy and red wine in moderation. Red meats are advised to only be consumed sparingly.



"Your health is what you make of it. Everything you do and think either adds to the vitality, energy and spirit you possess or takes away from it." -Ann Wigmore



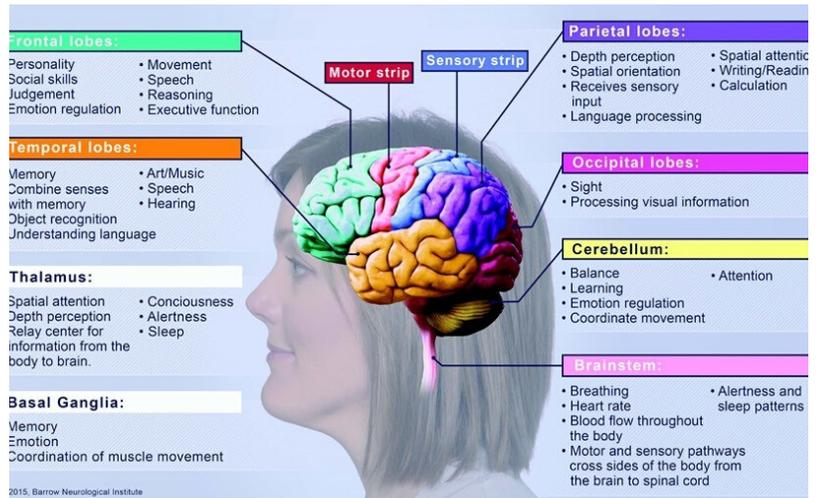
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ALL ABOUT THE BRAIN.

What About the Brain?

The brain is a three pound organ that has a fat percentage of 60%. It is comprised of billions of nerve cells that communicate with one another in connected networks called synapses. Brain size in females is slightly smaller than in males. It's important to keep your brain healthy and active.



The brain is not fully developed until age 25.

Safeguard Your Brain

You can protect your brain by not smoking, receiving timely, appropriate treatment for diabetes and heart disease, minimizing stroke risks through weight and cholesterol management and regularly engaging in physical activity. If consuming alcohol, do so in moderation - no more than one drink per day for women and no more than two per day for men.



Mind Sharpening Activities

You can strengthen your mind by continuing to learn, using all of your senses, believing in yourself, prioritizing brain usage, repeating what you know and spacing out repetition. Ongoing learning is believed to ignite processes that work to support and stimulate brain cells. Use of multiple senses to learn new material can aid in memory retainment. A positive outlook about the effects of aging on memory can lead to better memory preservation as you get older. Calendars are useful for keeping up with routine information which will allow you to focus more on learning and retaining new material. Try writing down or repeating out loud information you have just seen, heard or thought about. Instead of cramming information at the last minute, practice repetition by reviewing material after long periods of time have passed (i.e., once an hour, several hours, a few days). When study time is spaced out it leads to memory improvement.

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FUEL YOUR BRAIN THE PROPER WAY

Your body is only as healthy as what you put into it.



Did You Know?

The human brain has the capability to process information at a speed of more than 260 miles per hour. Properly nourishing the brain is vital in order to keep it functioning and in good health.

Salmon

Salmon contains high amounts of omega-3 fatty acids. These fatty acids are vital in brain health and have been linked to decreasing risks of developing heart disease, depression and arthritis. Mackerel, herring, lake trout and tuna are other omega-3 fatty acid containing fish.

Eggs

Egg yolks are an adequate source for choline and tryptophan. Choline has properties that lower inflammation and aid in memory maintenance and brain cell communication. Tryptophan is converted into serotonin - a hormone that controls sleep and mood.



Blueberries

Blueberries are rich in antioxidants, that stimulate oxygen and blood flow throughout the brain, resulting in better concentration.

Green Vegetables

Leafy greens are rich in vitamin E and K, beta carotene and folate. Vitamin E prevents cellular damage that occurs from free radicals. Vitamin K strengthens memory, beta carotene lessens cognitive decline and antioxidants prevent negative health outcomes caused by toxic free radicals.

Nuts

Almonds aid in memory improvement, pistachio nut oils are responsible for fatty acid preservation and preventing inflammation, and macadamias work to maintain healthy brain functioning. In comparison to other nuts, walnuts provide double the amount of antioxidants and are rich in the omega-3 fatty acid DHA that combats inflammation.



Dark Chocolate

Dark chocolate contains antioxidants, flavonoids and caffeine. Antioxidants protect against oxidative stress, which can lead to cell damage. Flavonoids cause blood to flow better to the brain, resulting in improvements to memory. Caffeine promotes healthy short term brain functioning.



Coffee

Caffeine works by blocking adenosine which is a chemical that causes you to feel tired. Research has revealed that caffeine drinkers tend to perform better on memory tests. Although coffee has benefits, it is important to drink in moderation as too much can cause unwanted side effects.

"A healthy outside starts from the inside." Robert Urich



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STIMULATE YOUR BRAIN WITH EXERCISE



Exercise and the Brain

Cardio workouts elevate your heart rate and cause more blood to flow to your brain. As you breathe harder, more oxygen is received by your brain resulting in the production of neurons in areas of the brain that control memory and thinking. Exercise also improves learning and mood. Research reveals that exercise is a significant part of a modifiable lifestyle that can decrease the chances of developing dementia.



Key Takeaways

- ✓ **Exercise often**
- ✓ **Do challenging activities**
- ✓ **Avoid Isolation**

Promote Brain Health

- Play mentally stimulating games
 - ex: Sudoku, crosswords, etc.
- Exercise regularly
 - dance, run, walk or whatever you're able to do
- Benefits of meditating daily
 - improved concentration
 - better sleep
 - improvement in mood
 - increased calm
- Maintain social engagement



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