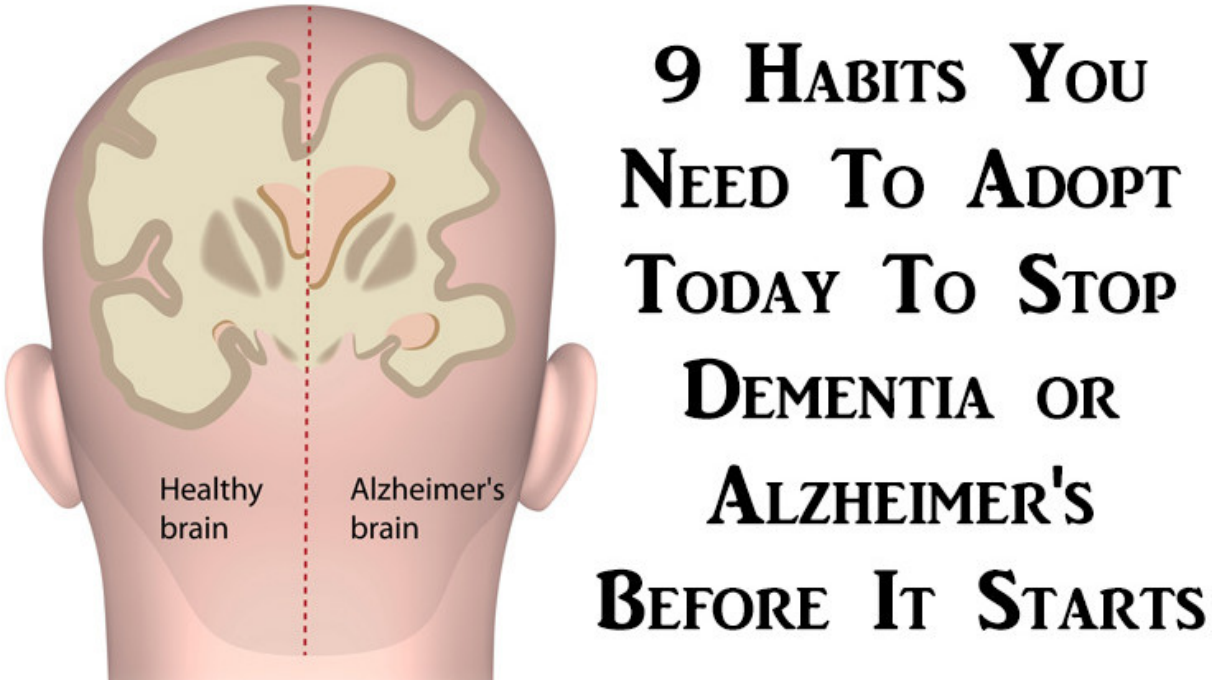
HEALTHY TIPS

9 Habits You Need To Implement Today To Prevent Dementia & Alzheimer's

By bestfolkmedicine · 19/06/2018 · 2 min read



Dementia can happen in different forms, for example, Parkinson's, vascular dementia, and Huntington's, as well as Alzheimer's. This is a progressive illness characterized by signs like depression, apathy, loss of memory, and others.

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Risk Factors for Dementia

Improper thyroid function

Sedentary lifestyle

Head injuries

Unhealthy diet

Vitamin deficiencies

Specific meds

High cholesterol

Hypertension

Diabetes

Smoking

Alcohol abuse

How to Decrease Your Risk of Dementia

Avoid excessive alcohol consumption– people with alcohol abuse issues have a much higher risk of dementia than people who drink alcohol from time to time or do not consume it at all.

Elevate your vitamin D levels- according to research, low levels of vitamin D are associated with cognitive decline and subsequently, symptoms of dementia. This being said, make sure you get enough vitamin D from the sun and from foods which contain it. If necessary, add vitamin D supplements too.

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Increase your vitamin B levels- this vitamin has the power to minimize a molecule known as HC, which is damaging to the vascular system and can lead to strokes and heart problems, which further elevate the chance for cognitive decline.

Avert head injuries- protecting the head should always be your primary concern, especially if you play sports. Therefore, when riding a bike or a bicycle, make sure you put on a helmet; if you play winter sports, also wear adequate head gear.

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Balance your numbers- you need to always measure your weight, cholesterol levels, and blood pressure and keep them balanced because problems with the cardiovascular and metabolic health make you more prone to dementia.

Be socially active- isolation can have a negative impact on the overall health. This being said, find time to walk in nature with friends, drink coffee several times per week with friends and family members, and celebrate important events like birthdays surrounded by people you love.

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Cease smoking- smoking is very damaging to the whole body, including the brain. Namely, studies suggest that people who regular smoke have a 45 percent higher chance of Alzheimer's when compared to people who do not smoke.

Be more physically active- for a strong vascular system, you need to enhance your blood flow; this can be achieved by regular daily workout of at least 30 minutes.

Challenge the brain- research indicates that dementia onset can be slowed down for 5 years if you are bilingual, i.e. if you speak two languages. In addition to learning other languages, you can also challenge the brain by doing crossword puzzles daily.

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Check out the video below if you want to learn more about the brain and dementia:

Read online: https://bestfolkmedicine.com/2018/06/9-habits-you-need-to-implement-today-to-prevent-dementia-alzheimers/
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