

What is Alzheimer's Disease? According to the journal of Alzheimer's Disease, it's a **metabolic disease** in which brain glucose and energy production are impaired.(0)

In order to prevent, avoid and give the body a chance to heal itself we must first become aware of the root causes.

1- In order to give the brain the rest it needs, we must have good sleeping habits. Sleeping well~ means we are not dehydrated at bedtime or trying to process stimulants in our system such as caffeine or sugar related products.

A good night sleep involves releasing toxins while keeping hormone levels in check. People with Alzheimer's are commonly deficient in melatonin levels, likely due to the inability of their pineal gland to produce adequate quantities.(2) To make matters worse, elderly people with insomnia have impaired melatonin production. (3) Melatonin is carried from the brain to all areas of the body. However did you know, melatonin and serotonin work together? For brain health we must make time for sunshine. This means getting your vitamin D from sunshine and removing things that delete vitamin D such as wi-fi and EMF's. You may want to redesign your bedroom to become sleep friendly.

2- Before bed we must avoid unnecessary chemicals. Fluoride is an excitotoxin and an endocrine disruptor. It is found in city water, toothpaste, mouthwash and sprayed on conventional produce. Fluoride is linked to calcification of the pineal gland and disrupts melatonin levels. A recent study found that the degree of pineal gland calcification (and pineal cyst volume) in study participants correlated negatively with sleep rhythm disturbances.(1)

3- It's no secret the gut and the brain are connected. In my book, Path to a Healthy Mind & Body you'll learn foods and toxins can

disrupt our gut microbiome, hormones, memory, moods, and brain function. You'll also find easy solutions.

One is, buy organic and leave the GMO's behind. Chemicals and synthetics in our food play a causative role in inflammation which disrupts our cholesterol, blood sugar, and cortisol levels and appears to significantly increase the risk of dementia, Alzheimer's, diabetes and weight gain. Poor gut microbiome can be linked to Glyphosate found in Roundup Ready.TM Glyphosate along with a western diet has the ability to induce diseases such as Alzheimers, depression, and obesity.(4) Having poor gut bacteria (microbiome) is one of the leading causes for metabolic disorders.

4- Ditch the hot dogs. Pro-inflammatory foods will increase inflammation and raise your risk for Alzheimer's, and Parkinson's disease. For instance, loading up on processed meats such as lunch meats, hot dogs, and sausages contain chemicals such as nitrites and sulfites that are associated with increased inflammation and chronic disease.

5-Eat good fats such as organic avocados and raw almonds. Trans-fats exert an inflammatory effect within the body that creates a stiffening of the arteries and constricted blood vessels. This can that lead to less blood flow to the brain. Trans-fats can be found in pie crust, deep fried foods, margarine, canned frosting, bread, popcorn, peanut butter, non-dairy creamers, and much more. The average human life span can be cut short from fried and processed foods. There is mounting evidence that Advanced Glycation End products caused by processed foods may be implicated in the development of chronic degenerative diseases, Premature Aging, Alzheimer's and Diabetes.

6- Implement an exercise routine. Exercise increases brain activity. Studies show people who had Alzheimer's disease or mild cognitive impairment experienced less gray matter volume reduction over time if they exercise.(5)

7- Alcohol is not a health food! And sugar is more addictive than cocaine. These culprits can really speed up the aging process and increase risk for Alzheimer's disease. My father drank sodas and ate ice cream every night before bed. He passed away from the degenerating effects of Alzheimer's disease. Our cells suffer from nutrient depletion, poor circulation, liver inflammation, and dehydration when ingesting these endocrine disruptive toxins.

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footnotes:

0- <http://www.ncbi.nlm.nih.gov/pubmed/16340083>

1- Morphology and function: MR pineal volume and melatonin level in human saliva are correlated.

2- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3001215/>

3- <http://patient.info/doctor/pineal-gland-and-circadian-rhythms>

4- <http://www.mdpi.com/1099-4300/15/4/1416>

5- <http://www.amenclinics.com/blog/burning-calories-associated-greater-gray-matter-volume-brain-reduced-alzheimers-risk/>