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can be effective in the fight against dementia and Alzheimer's disease Natural foods rich in omega-3 fatty acids\u2013name - ly nuts, flaxseeds, and certain types of fish\u2013have long been linked to Alzheimer's prevention. Re-search in the Journal of Alzheimer's Disease as well as the European Journal of Nutrition, details

9Life-Changing Tips

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1 Slash intake of saturated fats and the trans fats found in pastries and fried foods. 2 Main diet staples should be vegetables, legumes, fruits and whole grains. 3 Eat lots of nuts or seeds per ...

How to beat Alzheimer's: Experts reveal seven golden rules ...

People with sleep disorders or those who do not get enough sleep have an increased risk of developing Alzheimer's and related dementias. 5. Maintain good cardiovascular health. Avoid diabetes, high blood pressure and obesity. 6. Participate in formal education, in any stage of life.

Lifestyle Changes Can Help Reduce the Risk of Dementia

READ Alzheimer s: Proven Tips and Techniques on How to Prevent, Delay, Detect, and Treat the Alzheimer s and Dementia Disease (Anti-aging, Aging, Health Wellness) BOOK ONLINE

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Remain engaged and active. Respond to challenges that will help maximize your independence and well-being. Gain a sense of control over your life. Keep in mind that what works well for one person, may not work for another. And, strategies that work for you one day, may not work the next.

Tips for Daily Life | Alzheimer's Association

Get your free fundraising pack. Make a splash. Make it matter. Swim a Memory Mile for a loved one and raise money to help us find a cure for dementia. We can't do it alone, but together we can beat it. Swim your mile over weeks, months or if you're feeling brave you can do it all in one go!

Swim a Memory Mile | Alzheimer's Society

3. Link with diabetes. Some researchers think type 2 diabetes can set you on a path to Alzheimer's. If so, there's a way to fight back - take regular exercise and eat sensibly.

The five most likely ways to beat dementia | New Scientist

How to get started. 1. Fill in our online form and we'll send you a fundraising pack. 2. Choose a location and plan your walk. 3. Tell your friends and family and get fundraising! 4. Put on your walking boots and help beat dementia.

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