



ALZHEIMER'S
RESEARCH & PREVENTION
FOUNDATION™
a 501(c)(3) charitable organization

Working Towards Prevention Since 1993

The 4 Pillars of Alzheimer's Prevention™

- 1 Diet and Supplements
- 2 Stress Management
with Yoga and Meditation
- 3 Physical and Mental Exercise
- 4 Spiritual Fitness™

*Part of The 4 Pillars of Alzheimer's Prevention™
Educational Material Series*



www.alzheimersprevention.org

Yes, you can make a difference

when you choose to educate yourself
with the proper prevention strategies.

Don't be another sad statistic...

take control of your future health —

start today with

The 4 Pillars of Alzheimer's Prevention

The Alzheimer's Research and Prevention Foundation is a charitable organization registered in Florida under s.496.411(3), F.S. A copy of the official registration may be obtained from the division of consumer affairs by calling 1-800-435-7352 Toll-Free within the state. Registration does not imply endorsement, approval, or recommendation by the state. ARPF's registration number in Florida is CH-31726.

Alzheimer's Disease

Alzheimer's disease currently affects more than 5 million Americans. One out of eight people 65 and older has the disease, and for those over 85, this number jumps to one out of every two.

The ARPF believes that memory loss is neither a normal nor natural part of aging. You can take action today to maximize your brain power and reduce your risk of developing Alzheimer's, by following The Four Pillars of Alzheimer's Prevention.

If you or your loved one is experiencing early signs of cognitive difficulty, you should consult your healthcare provider for appropriate screening. Please see the ARPF brochure *MCI and Early Alzheimer's Disease* for more information and tips on this topic.



Please Join Us Today!

Our research is made possible by generous donations from people like you. To learn about our educational materials and program, Kirtan Kriya memory exercise CD, or to make a donation, visit us at:

www.AlzheimersPrevention.org

The 4 Pillars of Alzheimer's Prevention

1. Diet & Supplements

Building a better memory, preventing memory loss, and impacting Alzheimer's disease have been shown to be dependent on your lifestyle, and not just your genes. Your brain is a flesh-and-blood organ and needs the proper fuel to function well. Your diet is critical to its health—and you can help!

The Alzheimer's Prevention Diet

- **20% "good" fat**
such as extra virgin olive oil, avocado, nuts, flax seed oil, and Omega-3 from fish.
- **40% lean protein**
preferably fish, chicken, turkey, and soy.
- **40% complex carbohydrates**
such as fresh vegetables, legumes, whole grains, and fresh fruit.
- **Superfoods for the brain**
blueberries, spinach, and others.

Supplements and Memory Specific Nutrients

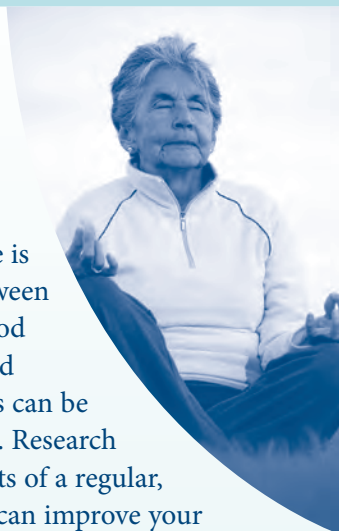
Everyone should take a high potency multiple vitamin and mineral supplement that includes folic acid. Folic acid reduces homocysteine levels, which may be a risk factor for both heart disease and memory loss. Vitamin C has been shown to reduce the risk of Alzheimer's disease by 20 percent, when taken with Vitamin E. Memory specific nutrients include ginkgo biloba, phosphatidyl serine, Omega-3 oils, huperzine-A, vinpocetine, acetyl-L-carnitine, coenzyme Q10, and alpha lipoic acid.

2. Stress Management

Balancing stress is a vital part of an Alzheimer's prevention strategy. There is a proven relationship between high cholesterol, high blood pressure, high cortisol, and Alzheimer's disease. Stress can be a key factor in all of these. Research has shown that the benefits of a regular, stress-relaxation practice can improve your health, and especially improve focus, attention, and optimal mental performance.

Doctors and health officials have come to realize how heavy a toll stress is taking on our health. The stress hormone cortisol damages the cells in the memory center of your brain. The problem is that, as you age or develop an illness, you have a decreased ability to handle stress and lower your blood cortisol levels naturally. This can cause memory loss. Wouldn't it be wonderful if we could find some way to change this? This is where stress-relaxation techniques fit into the picture. They work by reducing stress, thus lowering cortisol, and improving many aspects of mental function. Of course, stress management has many other positive benefits as well, such as improved heart function, reduced anxiety, less chronic pain and increased longevity.

Although many types of stress management techniques are effective, the ARPF is excited to share with you our ground breaking meditation and memory research. Since the year 2000, we have completed many studies examining the effects on brain and memory of a special 12 minute yoga meditation called Kirtan Kriya.



What we have discovered thus far is that simply practicing this yoga meditation has profound effects on not only your brain and memory but also on your mood, energy, genes, cells, immune system, sleep, your overall health and psychological and spiritual well-being. That's why we call it The Mind/Body Medical Treatment for Memory Loss and Alzheimer's Disease™.

For a complete and up-to-date review of ARPF research and list of publications in prestigious, peer-reviewed medical journals, please see the Research section on our website at www.alzheimersprevention.org.

3. Exercise

We recommend including physical and mental exercise to your Alzheimer's prevention program. We must take a proactive role in retaining the strength and vitality of our brain as we age. Just as our body needs strength-building exercise to keep fit, so does our brain.

The Importance of Physical Exercise

Physical exercise is imperative because it reduces your risk for developing Alzheimer's disease by 50 percent. Moreover, women in one study who had a regular exercise program from age 40 to 60 had a dramatic reduction in cognitive decline. Research recommends doing 150 minutes a week of cardio and strength training.

Examples of great aerobic exercise include jogging, dance classes, swimming, and tennis. Strength training maintains muscle mass, prevents osteoporosis, and creates a bigger, stronger brain.



Mental Exercise or Brain Aerobics

Mental exercise has been reported by neurologists to reduce your chance of developing Alzheimer's disease by 50-70 percent. Everyone should spend at least 20 minutes, every day, doing mental exercise. Challenging the brain with new or different tasks improves brain function. Please see the ARPF *Brain Aerobics* brochure for more information and tips on this topic.



4. Spiritual Fitness

Increased consciousness and cognition is the final frontier of Alzheimer's prevention. Developing your Spiritual Fitness, or psycho-spiritual well-being, may very well help reduce your risk of Mild Cognitive Decline (MCI) and even Alzheimer's.

Aspects of Spiritual Fitness are outlined here:

- Socialization or being with like-minded people
- Acceptance and forgiveness of yourself and others
- Patience and allowing yourself to be in the moment
- Compassion and empathy towards yourself and others
- Purpose or meaning in life via self-discovery and building your legacy
- Sense of spirituality, regardless of origin or religion
- Volunteering or service without thought of self-reward

Modern research suggests that some of the most striking brain benefits of Spiritual Fitness are:

- Reversal of amyloid plaque, which may increase risk of Alzheimer's
- Improvement in your genes via healthier telomeres
- Slowing of Alzheimer's progression

About ARPF

What if we could reduce the risk of Alzheimer's and many people could avoid developing dementia?

For those who have it, what if there was a way to slow down its progression, so that they could live a healthier and more meaningful life for much longer?

The Alzheimer's Research and Prevention Foundation provides an alternative to the "magic bullet" drug approach by researching the lifestyle approach and educating the public about these tools.

The Alzheimer's Research and Prevention Foundation is dedicated to the prevention of Alzheimer's disease by funding research studies and providing educational outreach and memory screenings.

For over 20 years, the ARPF has been on the leading edge of research, advocacy, and education about an integrative or holistic approach to preventing memory loss and Alzheimer's disease.

WE DO THIS BY:

- **Researching** innovative and breakthrough modalities in the integrative medical approach to the risk reduction and prevention of this disease.
- **Educating** healthcare professionals, patients, and their families, as well as the public, on the known aspects of Alzheimer's disease, with particular emphasis on the prevention and treatment of early stage memory loss.
- **Providing Free Memory Screenings** so that people can establish a baseline of their working memory, and to begin the conversation with individuals who may be concerned about their cognitive function.
- **Facilitating communication** among health care professionals to share the results of our research, and between Alzheimer's organizations and the public to increase awareness of the disease and inform them about the resources available in our greater communities.

ARPF Research Projects

SPECT Scans Before and After Kirtan Kriya.

This took place in 2003 on healthy subjects, in conjunction with the Amen Clinic (UC Irvine, CA).

How Meditation Affects Stress and Wellbeing.

This project was completed in 2007 and was part of a fully funded University of Pennsylvania School of Medicine study.

Kirtan Kriya and SPECT Scans in Subjects with Memory Loss.

This breakthrough study, which was completed in 2008, examined the effectiveness of this yoga meditation on people with a diagnosis of memory loss. Final data shows that memory loss was reversed and well being enhanced by doing this 12 minute exercise daily.

Meditation Use to Reduce Stress Response and Improve Cognitive Functioning in Older Family Dementia Caregivers.

This study was completed at UCLA in 2011 and showed groundbreaking results, which have been presented at various medical conferences.

Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER).

Organized by the National Institute for Health and Welfare of Finland and the Karolinska Institute in Sweden, this is the largest study ever done on the lifestyle approach to the prevention of Alzheimer's disease, and ARPF is a supporter of the study. In addition, ARPF sponsored the telomere measurements in the FINGER study population, as well as the 7 year follow-up study.

Kirtan Kriya Meditation vs. Simple Relaxation for Improving Memory and Related Outcomes in Adults at Risk for Alzheimer's Disease.

This project is a collaboration with the West Virginia University School of Public Health and began in 2013.

Yoga and Kirtan Kriya Meditation vs. Memory Training in People with MCI

This project is underway at UCLA, Dept of Psychiatry.

New research pending

The ARPF is a 501(c)(3) non-profit organization dedicated to preventing Alzheimer's disease by funding research studies and providing educational outreach and memory screenings.

We believe that The 4 Pillars of Alzheimer's Prevention allow the greatest chance of preventing Alzheimer's disease. This approach utilizes the best of conventional medicine, combined with the best of integrative or holistic medical modalities such as diet, brain-specific nutrients, stress management, physical and mental exercise, and spiritual fitness.

Our mission is made possible by the generous contributions from people like you. **Thank you for your continued support!**

Discover more at:
www.AlzheimersPrevention.org
or call 1-888-908-5766

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