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.

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™

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

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 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 www.AlzheimersPrevention.org for more information and tips on this topic.

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 25 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.

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 their risk of Alzheimer’s disease by 50 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 the risk of Alzheimer’s
- Improvement in your genes via healthier telomeres 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:

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.

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.

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

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

- Reversal of amyloid plaque, which may increase the risk of 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.

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.

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

- Reversal of amyloid plaque, which may increase the risk of 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.

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.
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 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 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.

The Alzheimer's Research and Prevention Foundation 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!

The 4 Pillars of Alzheimer’s Prevention

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.

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!

The 4 Pillars of Alzheimer’s Prevention™

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

The Alzheimer’s Research and Prevention Foundation 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!

The 4 Pillars of Alzheimer’s Prevention™ Educational Material Series

www.alzheimersprevention.org

© 2007-2016 ARPF

To be reproduced with written permission only.

This eco-friendly brochure is printed using soy inks on 55% recycled fiber and processed chlorine free.