

DEMENTIA

Acquired deficit in cognitive functioning

What should I eat

- High-fat, moderate protein, low net carb diet since
 - High-carb diet: ↑ risk by 89%
 - High-fat diet: ↓ risk by 44%
- Diet rich in flavonols - antioxidants found in fruits, vegetables and tea
- Animal-based omega-3 fats, such fish as sardines, mackerel, anchovies, salmon, herring

What should I avoid

- Trans-fats and processed oils, such as corn or canola oils, margarine, shortening, hydrogenated or partially hydrogenated fats
- Processed and refined foods, those cooked in vegetable oil at high temperatures, sadly, this includes restaurant foods
- Heavy metal exposure, such as aluminum or mercury in antiperspirants, cosmetics, toiletries, or dental amalgams
- Other chemicals, such as pesticides, insecticides, fragrances, air fresheners, scented candles, harsh cleaning products, etc.



In order to reduce risk...

- *Normalize your vitamin D levels (40-60 ng/ml)*
 - Low levels ↑ risk for dementia by 53%
 - Severe deficiency ↑ risk for dementia by 125%
- *Normalize your blood pressure*
 - High blood pressure leads to a decline in cognitive function for adults of all ages
- *Exercise*
 - Not only does exercise reduce risk of dementia but even a short walk helps reduce mortality risk
- *Practice cognitive stimulation*
 - Puzzles, sudoku, word games, group games, etc.