

## Healthy Habits and Regular Exercise Can Naturally Prevent Alzheimer's Disease

By [Christian Goodman](#)

According to a 2009 report from the Alzheimer's Association, Alzheimer's disease afflicts 5.3 million Americans, and the association predicts that the number will grow to 8 million in the next 20 years. There is no medical cure for Alzheimer's disease, but two recent studies suggest that healthy habits can prevent and delay the disease.

This has been published in the medical journal *Dementia and Geriatric Cognitive Disorders* in 2009. If an individual who has moderate high cholesterol in their mid 40's are suppose have twice the chance of developing the disease when they reach 60. It further explains that the study followed 9,844 subjects for 30 years and found that people who are suffering from high levels of cholesterol such as 240 or more do have 57% more chance to develop Alzheimer's disease. Moreover, people with border cholesterol say from 200 to 239 have 23% chance of developing the disease.

Some neurological studies in animals have suggested that high cholesterol levels in the blood might further the development of a brain-clogging substance known as beta-amyloid protein.

Other risk factors for developing Alzheimer's disease include high blood pressure, diabetes, obesity, smoking, and a high-fat diet. Excluding smoking, all of the above risk factors are related to diet. A healthy diet is the best way to prevent Alzheimer's. Unfortunately, the typical American eats a diet high in fat, sugar, and processed foods. A healthy diet should include less fat and more whole fruits and vegetables. A 2009 study published in the *Journal of the American Medical Association* concluded that individuals who ate a Mediterranean diet (comparatively high in fruits, vegetables, fish, and olive oil) and exercised regularly enjoyed a lower risk of Alzheimer's disease by as much as 50 percent.

When speaking about preventing Alzheimer's exercise seems to be more helpful than diet. It is found by researchers that exercise alone can decrease the risk by 50 percent and 40 percent risk can be cut down by following proper diet. For this study the researcher researched with 1880 persons for a range of five and half years.

Blood flow gets reduced and our cardiovascular systems gets weak when there is little or no exercise. When blood flow reduces tissues can get damaged and the cells will begin to die. Both heart and brain is kept healthy by doing regular exercise as blood flows strongly due to exercise.

Certain neuroprotective substances in the body is created and boosted by exercising regularly. When there is more physical activity brain automatically gets active as both are interrelated.

"Regular physical exercise is probably the best means we have of preventing Alzheimer's disease today, better than medications, better than intellectual activity, better than

supplements and diet," said Dr. Ronald Peterson, director of the Alzheimer's Research Center at the Mayo Clinic.

A gym-sculpted physique is not required to get the benefits of Alzheimer's protection. The important thing is to avoid inactivity. Inactivity - non-movement - allows the body to start breaking down. Movement - physical activity - allows the body to regenerate itself. Get out of your chair and get moving!

Christian Goodman a natural health researcher has created a set easy and simple exercise to prevent and delay Alzheimer's disease. This program will be very helpful.