

## Nutrition, Dementia and Dietary Supplements

**Charles D Shively\***

Chief Executive Healthcare Officer, [www.AskDrS.org](http://www.AskDrS.org) and Founder, The Boca Ciega Research Consortium, Pinellas, USA

**\*Corresponding Author:** Charles D Shively, Chief Executive Healthcare Officer, [www.AskDrS.org](http://www.AskDrS.org) and Founder, The Boca Ciega Research Consortium, Pinellas, USA.

**Received:** May 21, 2019; **Published:** July 18, 2019

### The link between nutrition and cognitive decline

Are there foods and dietary supplements that boost memory? YES! Are there foods that increase risks for cognitive decline and Alzheimer's Disease (AD). YES! Poor diet impacts memory and contributes to many serious health problems, including AD.

There are over 50 million people worldwide today who have dementia with nearly 65% having AD. It is estimated that three-fourths of these individuals have not received a diagnosis. The World Alzheimer Report [www.alz.co.uk](http://www.alz.co.uk) reports that nearly 10 million new cases of dementia worldwide are now occurring yearly. This is one new case every 3.2 seconds! The healthcare cost for dementia worldwide has risen to over \$1 trillion US yearly. Not surprisingly, the fastest growth is in the elderly population and is taking place in lower to middle income families in China, India, Southern Asia and the Western Pacific.

### Why do some foods cause memory loss?

Just as other primary body functions demand select types of foods and dietary supplements, the brain needs has its own preferred "fuel". Consuming too little of healthy fats, fruits, vegetables, lean proteins and adequate vitamins and minerals when combined with eating many complex carbohydrates, processed foods and sugar, the result is a stimulation and production of toxins in the body. Just as sugar is a chronic inflammatory ingredient, this diet recipe leads to a build-up of plaques in the brain, blocked synapse junctions and impaired cognitive function. Typically lost in any discussion about cognitive decline is the fact that these effects apply to all age groups and not just seniors.

### What foods cause memory loss?

Many of the foods that are traditionally thought of as staples in any diet are those that contribute to memory slowness. White foods like white bread, white flour, white rice, pasta and white sugar are actually toxic to the brain. These white foods cause a spike in insulin production and create toxins that are sent to the brain. Processed cheeses such as American cheese, mozzarella sticks and Cheez Whiz build up unhealthy proteins in the body that are associated with AD. Processed meats such as bacon, sausages, and cold cut meats which are smoked contain nitrosamines, which cause the liver to produce fats that are toxic to the brain. Beer contains nitrites and research shows a strong link to AD. Even microwave popcorn increases amyloid plaques in the brain due to the presence of the chemical, diacetyl.

It is no wonder that the expected worldwide growth of dementia and AD will escalate and even double by 2035. What if everyone had known before what they know now?

### What foods and dietary supplements support memory boost?

If an individual intensively modifies their lifestyle diet, epidemiological studies generally report the positive potential neuronal protective effects for the brain. Dietary habits are very difficult to change. Yet the inclusion of just a few foods and micronutrients found in dietary supplements... while reducing consumption of those foods that impair cognitive function...can help boost memory. Modifying diet

to include leafy green vegetables daily, cold-water fish including salmon twice a week, use of berries and dark-skinned fruits regularly, nut meats and even coffee and dark chocolate can help boost memory. Use of selected oils for salads and cooking condiments such as extra virgin olive oil and even cold-pressed virgin coconut oil boost memory. Daily brain fuel supplementation should include major nutrients reported in the literature that support memory boost include selenium, vitamins C and E, transition metals (iron, zinc, manganese and others), vitamin D, B-complex vitamins and omega-3 fatty acids. One diet plan just reviewed by this author, the low glycemic-high protein (LGHP diet), offers these critical major nutrients.

### **The cognitive function test**

For those individuals who desire to assess their current cognitive decline status, a free 15 - 20 minute online assessment involving different activities and memory recall is available at [www.foodforthebrain.org](http://www.foodforthebrain.org). A written confidential summary of results including prevention steps to assist with continued prevention of cognitive decline will be provided. The Cognitive Function (CFT) test will provide the current level of cognitive impairment and potential risk of AD. It is important to know the symptoms showing in everyday life that suggest Mild Cognitive Impairment (MCI). Those individuals with MDI can experience cognitive decline much faster than someone whose brain is aging normally. The CFT is an important assessment tool which is applicable to individuals 50 and over.

DO IT! NOW!!!

**Volume 7 Issue 8 August 2019**

**©All rights reserved by Charles D Shively.**