

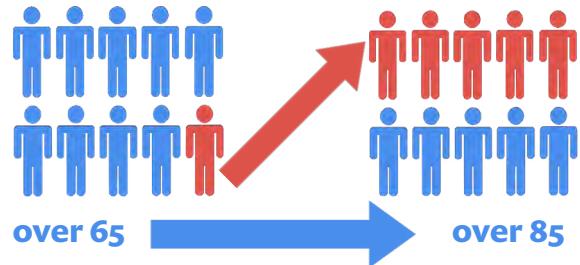
Alzheimer's disease (AD)

Alzheimer's disease (AD) is the commonest type of dementia and the fastest growing chronic disease epidemic of the 21st century.



PLANT-BASED
Health Professionals UK

Promoting Sustainable Health and Nutrition



1 in 10 people over 65 and 50% of over 85's suffer from AD

The Lancet Commission recognises 14 modifiable factors which altogether account for 45% of AD.

Before AD becomes apparent there is a preclinical phase which can last 20 years and this presents an **opportunity for prevention**.

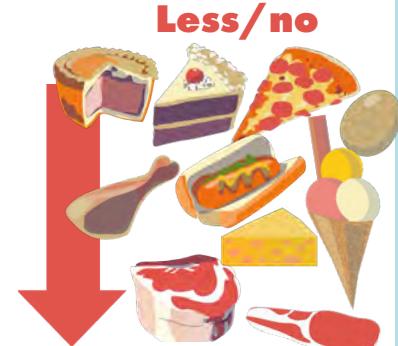


The processes responsible for developing chronic conditions can contribute to brain damage over time but can be modified through **healthy lifestyle habits**, even in older age.



Research studies now show that **comprehensive lifestyle interventions**,

which include a brain healthy diet (rich in green, leafy vegetables, berries, pulses, wholegrains, nuts and low/absent in animal products and ultra-processed foods), regular exercise, mental stimulation and stress management can improve cognition and may delay progression of early AD.



Alzheimer's disease (AD)

To maintain cognition in older age:



Avoid hypertension, type 2 diabetes, high cholesterol and obesity by eating a healthy diet

Eat a colourful diet rich in phytonutrients (supplemented with vit B12) emphasising:



The NEURO programme created by Team Sherzai is designed to help you prevent AD. It consists in whole food plant-based diet, exercise, relaxation, sleep hygiene and cognitive/social engagement.

References

Sherzai D, Sherzai A. Preventing Alzheimer's: Our Most Urgent Health Care Priority. *Am J Lifestyle Med.* 2019;13(5):451-461. Published 2019 May 9. doi:10.1177/1559827619843465

Livingston G, Huntley J, Liu KY, et al. Dementia prevention, intervention, and care: 2024 report of the Lancet Standing Commission. *Lancet.* 2024;404(10452):572-628. doi:10.1016/S0140-6736(24)01296-0

Baker LD, Espeland MA, Whitmer RA, et al. Structured vs Self-Guided Multidomain Lifestyle Interventions for Global Cognitive Function: The US POINTER Randomized Clinical Trial. *JAMA.* Published online July 28, 2025. doi:10.1001/jama.2025.12923

Ornish D, Madison C, Kivipelto M, et al. Effects of intensive lifestyle changes on the progression of mild cognitive impairment or early dementia due to Alzheimer's disease: a randomized, controlled clinical trial. *Alzheimers Res Ther.* 2024;16(1):122. Published 2024 Jun 7. doi:10.1186/s13195-024-01482-z

Risk reduction of cognitive decline and dementia: [WHO guidelines](#)

The Alzheimer's solution book by Drs Sherzai

<https://plantbasedhealthprofessionals.com/diet-lifestyle-and-brain-health>