

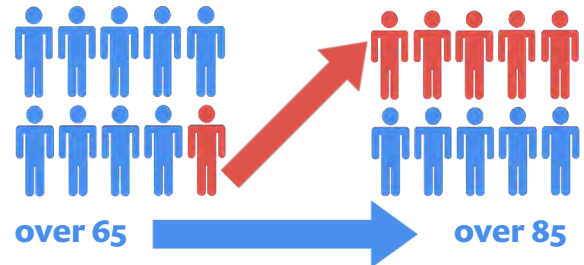
# Alzheimer's disease (AD)



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Health Professionals UK

Promoting Sustainable Health and Nutrition

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



**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**.



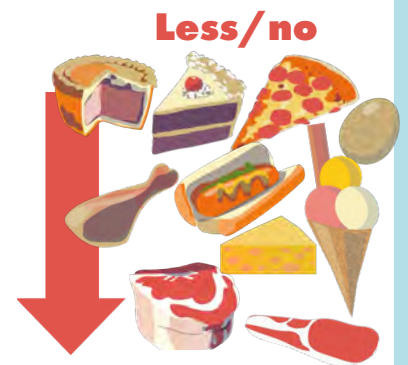
The processes responsible for developing chronic conditions can contribute to brain damage over time but can be **modified through healthy lifestyle habits**, even in older age.



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.



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## 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

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Risk reduction of cognitive decline and dementia: [WHO guidelines](https://www.who.int/news-room/fact-sheets/detail/dementia)

The Alzheimer's solution book by Drs Sherzai

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

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