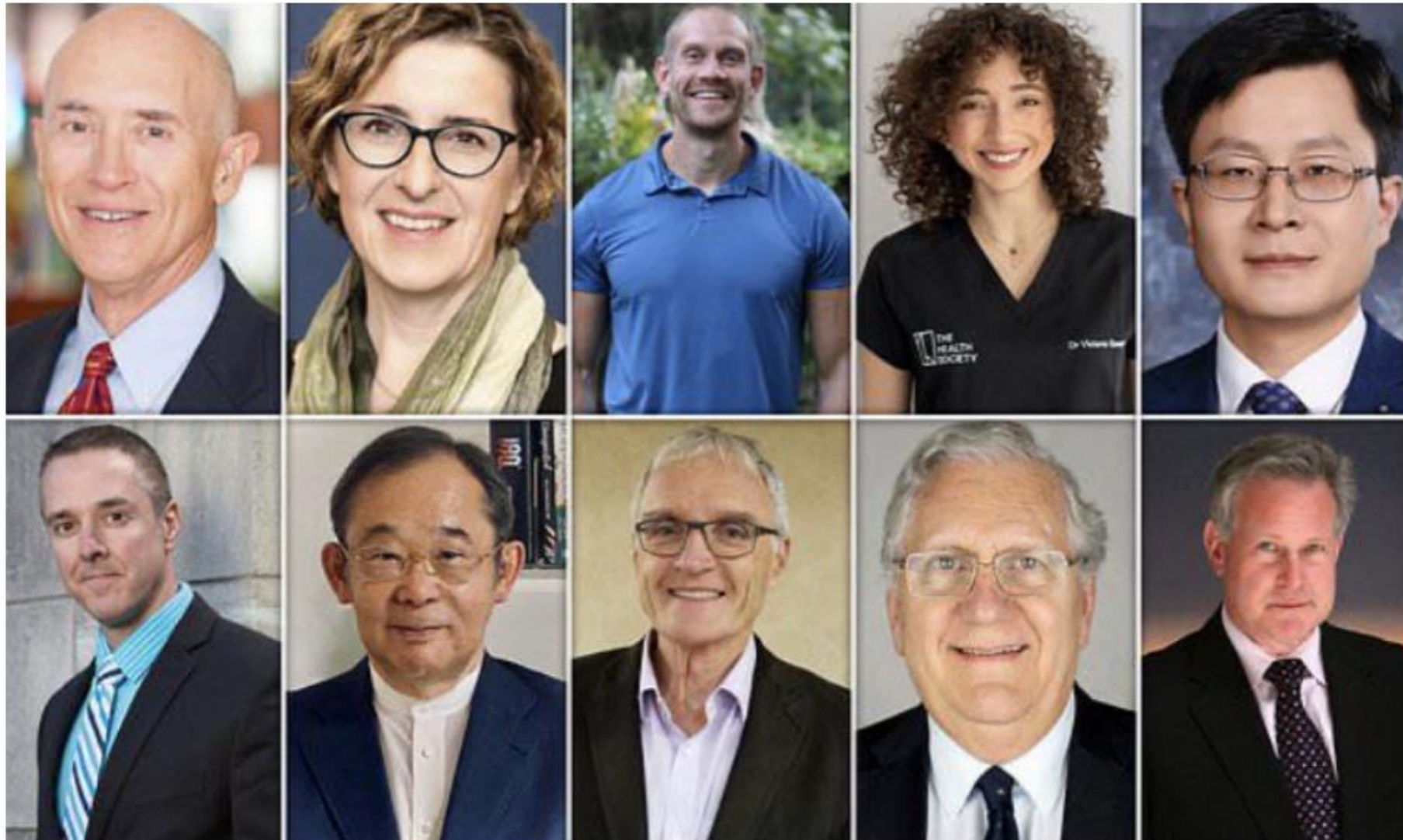


EXCLUSIVE **Want to avoid Alzheimer's?**
What the experts do themselves to slash
their risk of getting the memory-robbing
disorder...

Daily
Mail

May 1st



Want to avoid Alzheimer's? What the experts do to slash their risk...

Only about one in a hundred cases of Alzheimer's disease are caused by genes. Scientists say cutting sugar and carbs, exercising and takin...

www.dailymail.co.uk

MailOnline reveals what experts themselves do to cut their risk ahead of Alzheimer's prevention day.



Alzheimer's Prevention Day

Learn how to dementia-proof your diet & lifestyle.

May 15th 2024

8 Things You Can Do to Help Prevent Alzheimer's

 Low Carbs & GL

 Healthy Gut

 Up Brain Fats

 Active Body

 Ensure B Vitamins

 Active Mind

 Antioxidants

 Sleep & Calm

find out more at www.alzheimersprevention.info

to take your test,
scan here or visit



Check Your Risk

TAKE THE FREE 3 MINUTE TEST

This short Alzheimer's Prevention Check will help you discover simple steps to take to reduce your risk.

The Lancet Neurology: Neurological conditions now leading cause of ill health and disability globally, affecting 3.4 billion people worldwide

Published March 14, 2024

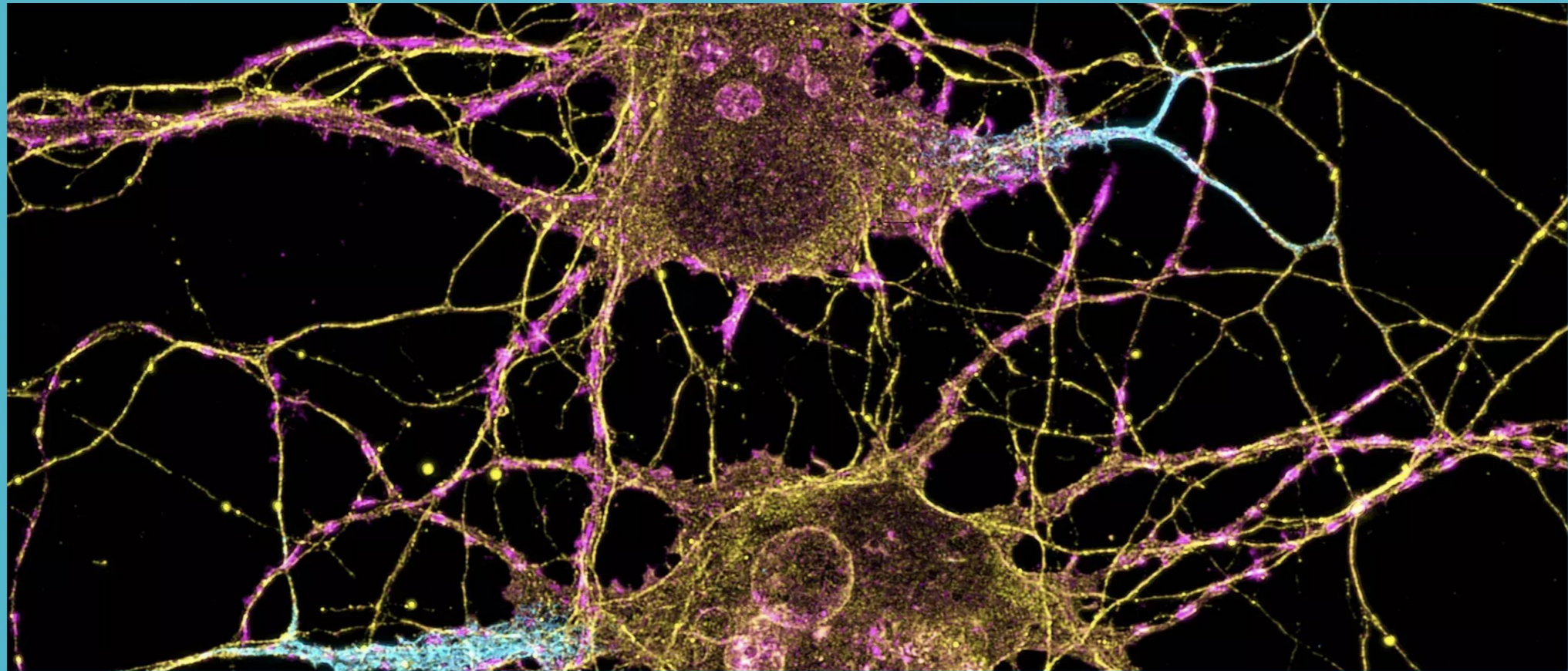


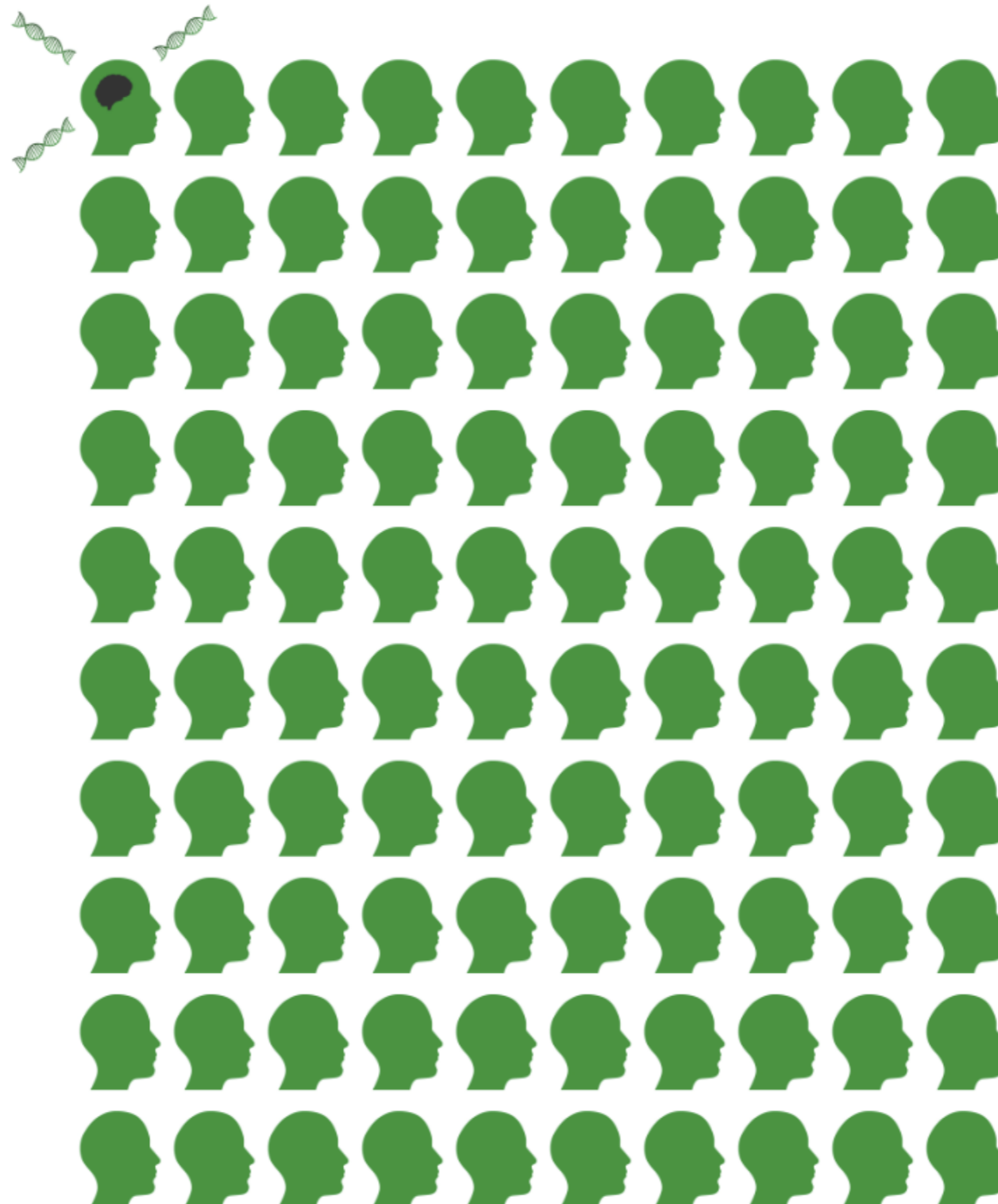
Photo by Leterrier, NeuroCyto Lab, INP, Marseille, France.

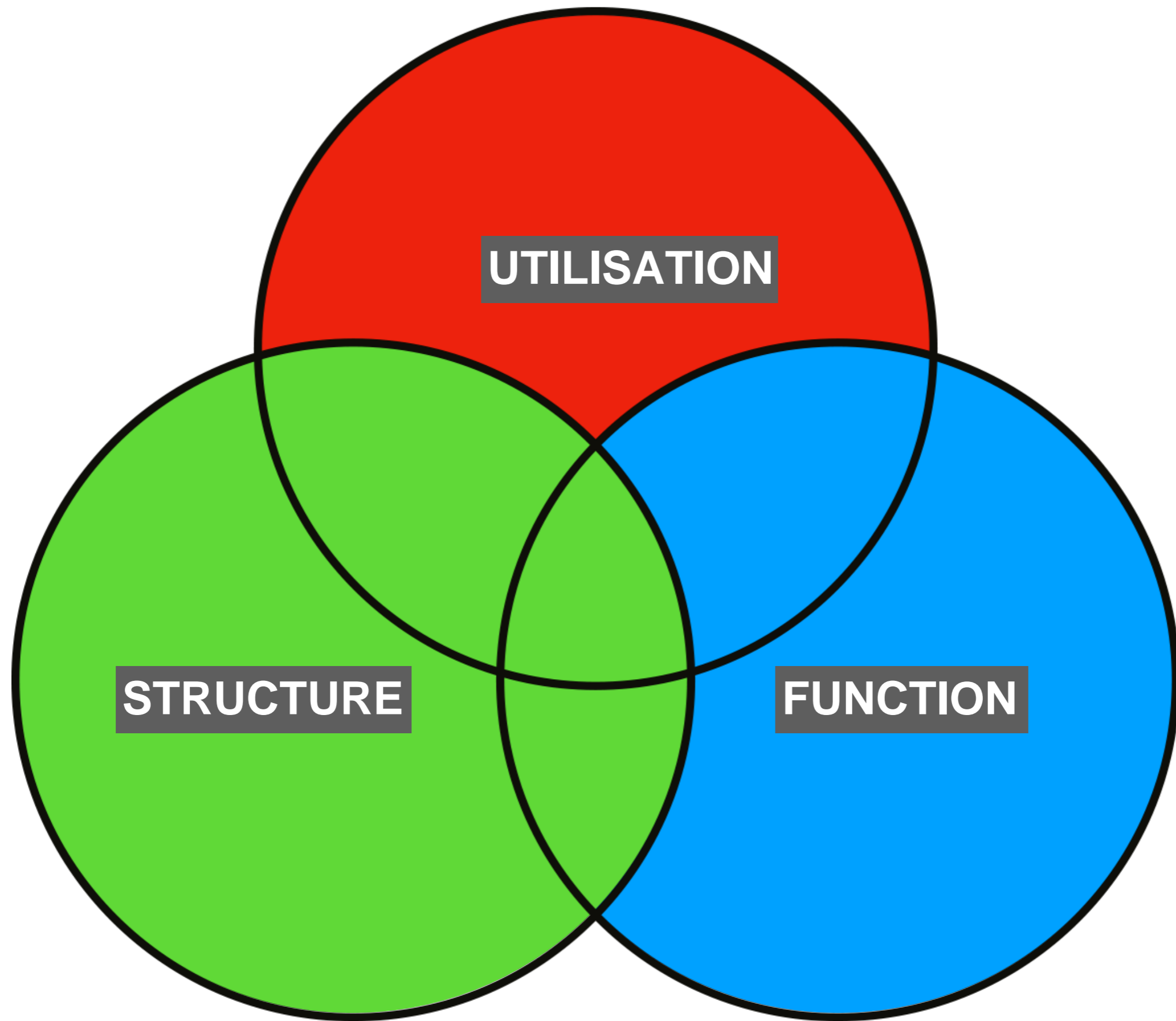
“Nervous system diseases - from dementia to ASD - are the leading cause of Disability Adjusted Life Years and Years of Life Lost affecting 3.4 billion people (43% of world’s population).”

Global Disease Burden collaborators, Lancet Neurology April 2024

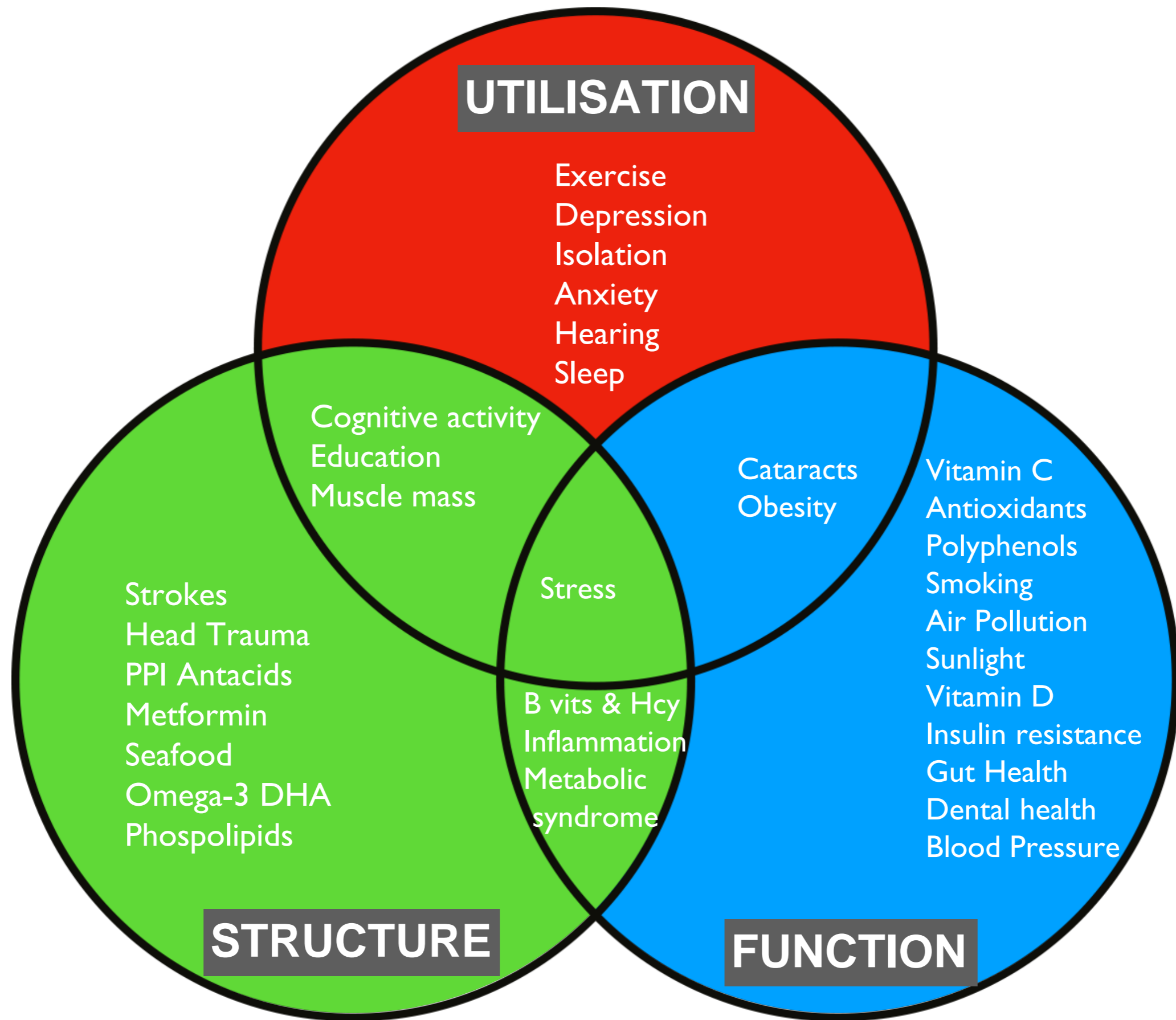
Less than 1% of Alzheimer's is caused by genes

(APP and Presenilin are rare causative genes)



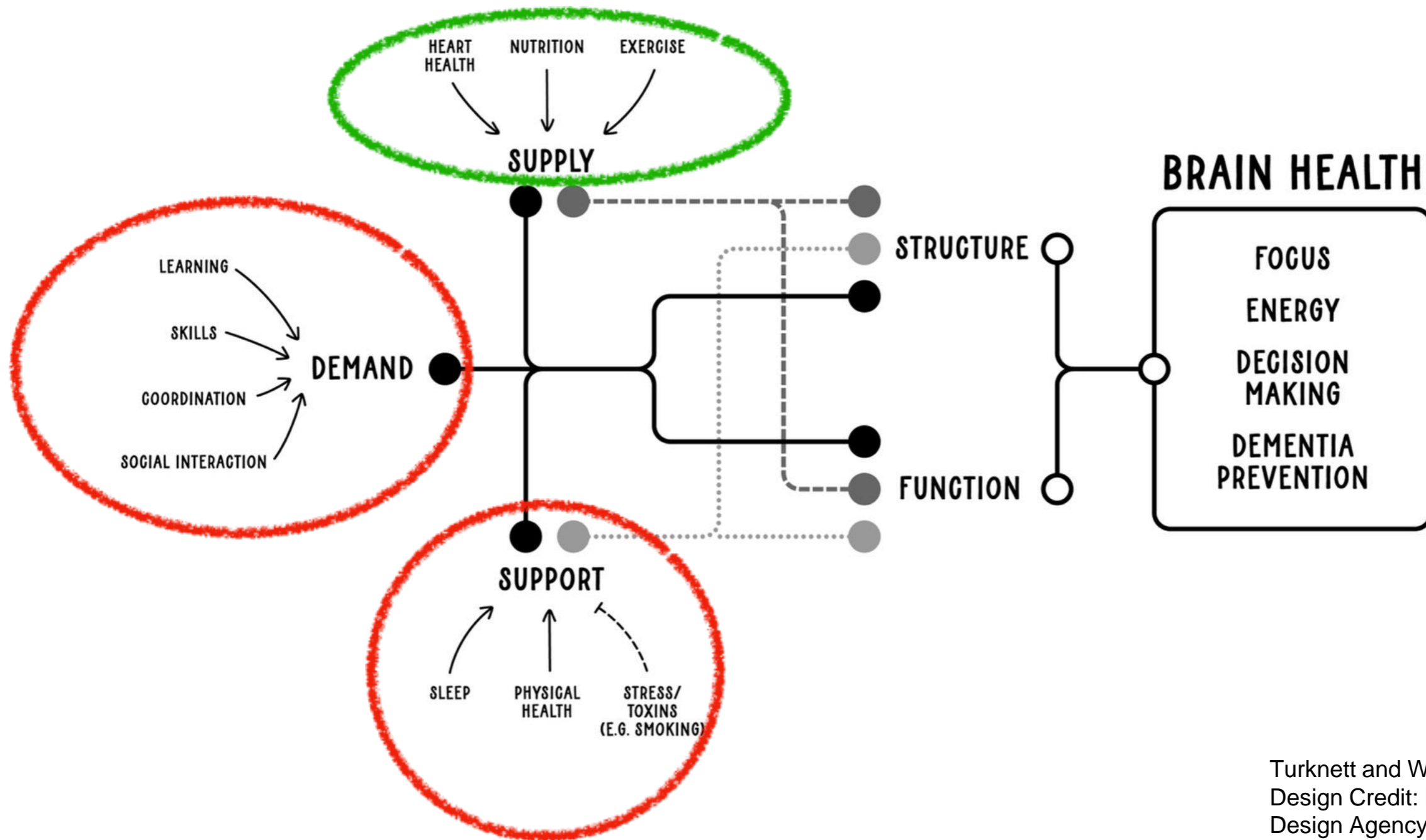


A systems based approach to cognitive decline



A systems based approach to cognitive decline

The Demand Model of Cognitive Function



Turknett and Wood, Cell 2022
Design Credit: Derek & Eric
Design Agency

8 Things You Can Do to Help Prevent Alzheimer's



Low Carbs & GL

Avoid sugar and eat a low glycemic load diet



Healthy Gut

A healthy gut and gums (dental health) is key



Up Brain Fats

Eat fish and supplement for omega-3 & vitamin D



Active Body

Exercise, build muscle and keep physically active



Ensure B Vitamins

Keep your homocysteine low with B vitamins



Active Mind

Keep yourself socially and intellectually active



Antioxidants

Eat antioxidants & polyphenol rich veg, berries, spices



Sleep & Calm

Sleep Well, Build Stress Resilience, Live Purposefully



Alzheimer's Prevention Day

Learn how to dementia-proof your diet & lifestyle.

FIND OUT MORE AT
www.alzheimersprevention.info

BRAIN FATS



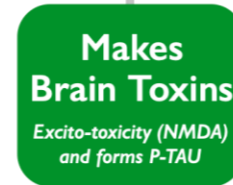
METHYLATION



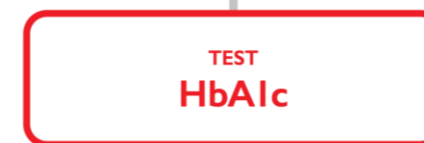
GLYCATION



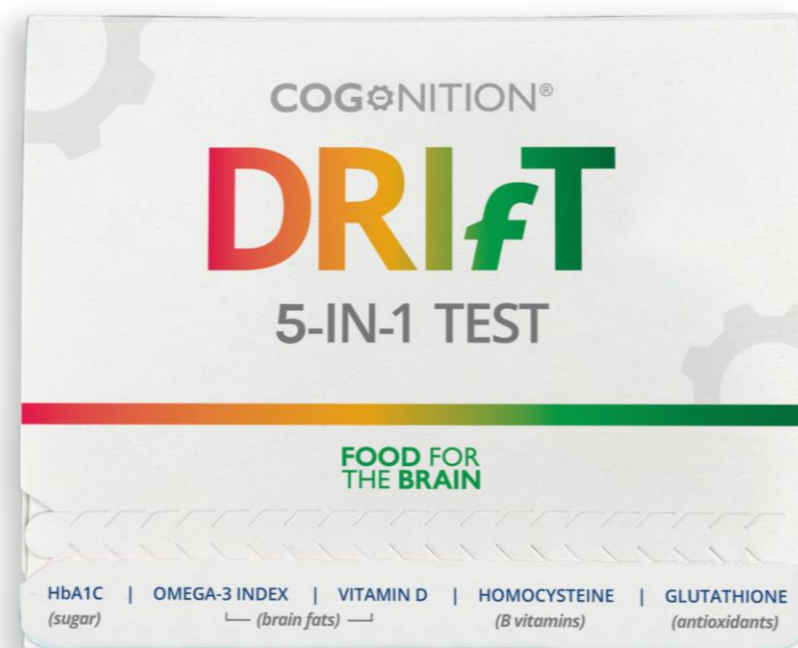
OXIDATION



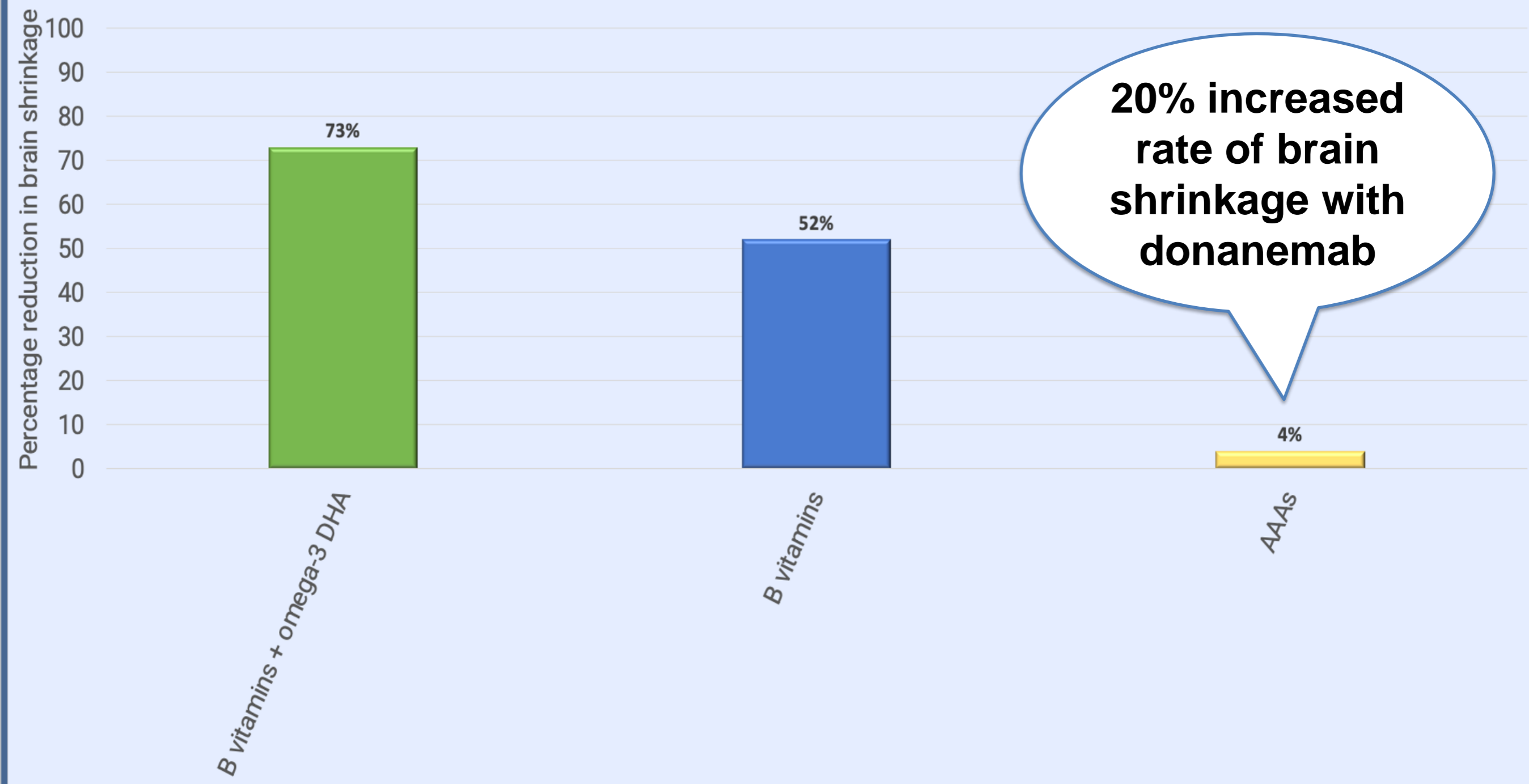
BRAIN CELL DEATH ☠️ ☠️ **BRAIN CELL DEATH ☠️ ☠️** **BRAIN CELL DEATH ☠️ ☠️** **BRAIN CELL DEATH ☠️ ☠️** **BRAIN CELL DEATH ☠️ ☠️**



- Omega-3 Index
- Vitamin D
- Homocysteine

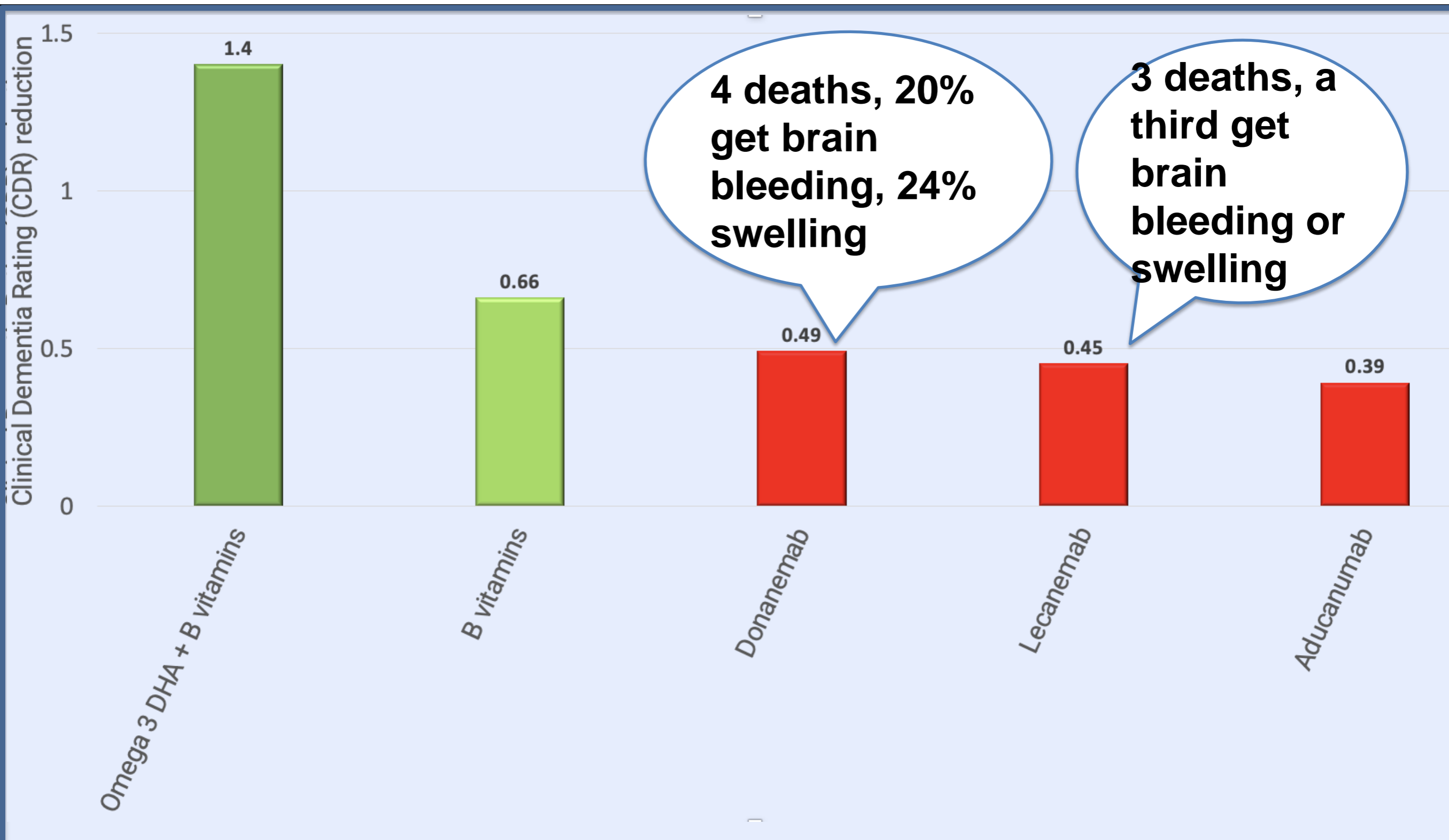


- HbA1c
- Glutathione Index (GSH/GSSG)



Reduction in brain shrinkage B vitamins and omega 3 vs AAAs.

Sources: [Jernerén F, Elshorbagy AK, Oulhaj A, et al. Am J Clin Nutr. 2015 Jul;102\(1\):215-21;](#) [Schwarz AJ, Sundell KL, Charil A, et al. Alzheimers Dement \(N Y\). 2019 Jul 30;5:328-337;](#) [Smith AD, Smith SM, de Jager CA, et al. PLoS One. 2010;5\(9\):e12244.](#)



Clinical Dementia Rating (CDR sob) reduction from B vitamins, Omega-3 and anti-amyloid drugs

Sources: [Oulhaj A, Jernerén F, Refsum H, et al. J Alzheimers Dis. 2016;50\(2\):547-57;](#) [Van Dyke C N Engl J Med 2023 Jan 5;388\(1\):9-21;](#) [Tampi RR, Forester BP, Agronin M. Drugs Context. 2021 Oct 4;10:2021-7-3;](#) [Jernerén F, Cederholm T, Refsum H, et al. J Alzheimers Dis. 2019;69\(1\):189-197.](#)

YOUR COGNITIVE FUNCTION SCORE



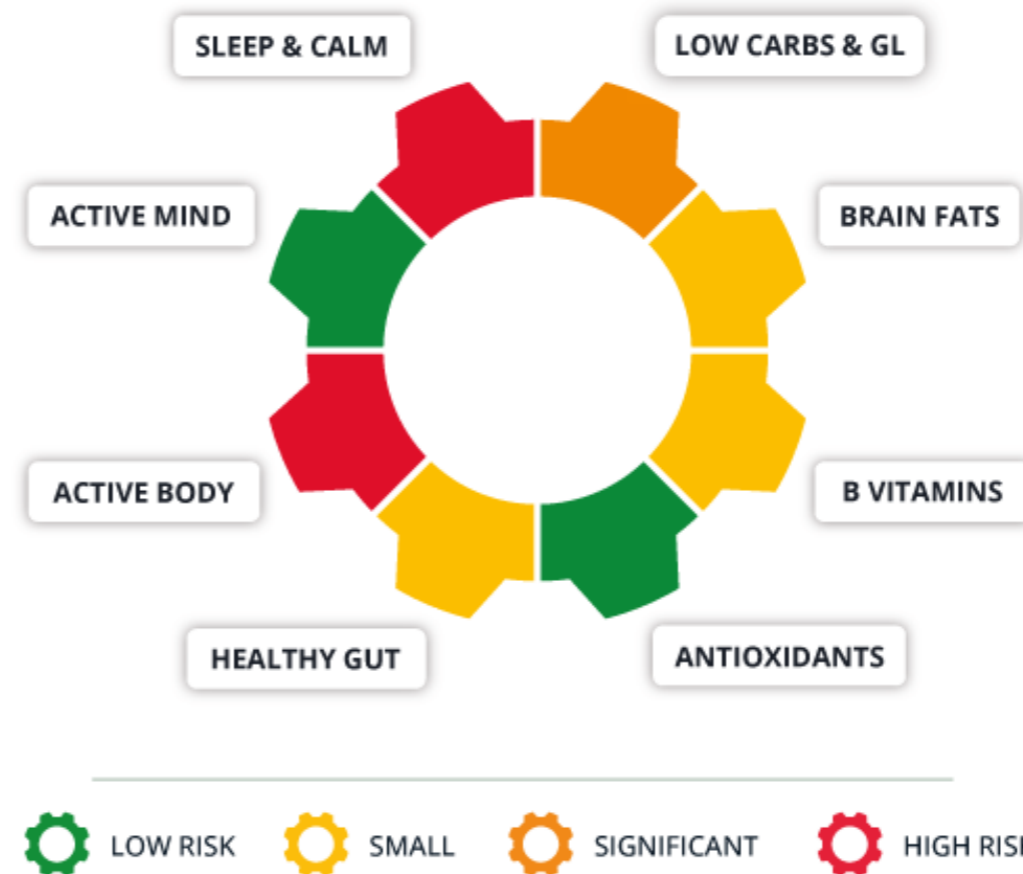
Your Cognitive Function Test result showed that you performed at or above the norm for your age. This suggests that you are not showing the early cognitive function problems that that can be a symptom of future cognitive impairment and Alzheimers disease. To find out more about what your score means see [Interpreting Your Cognitive Function Test Results and Frequently Asked Questions](#).

YOUR DEMENTIA RISK INDEX



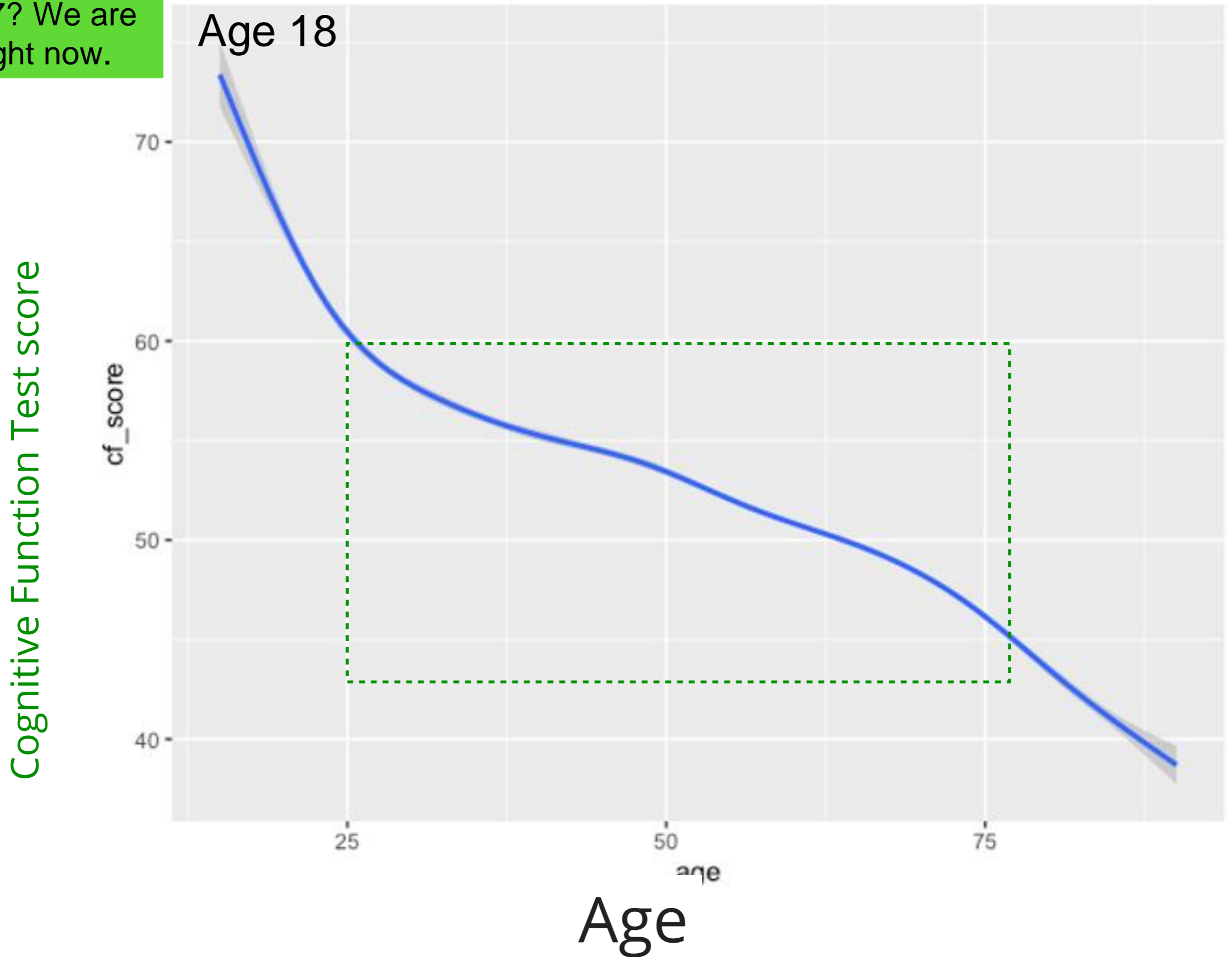
You are aiming for a Dementia Risk Index (DRI) score of 0% which means you have no risk and are doing all the right things to reduce your future risk of cognitive decline. The cogs show your weakest and strongest domains. Your aim is to get all domains into the green.

YOUR RISK FACTORS

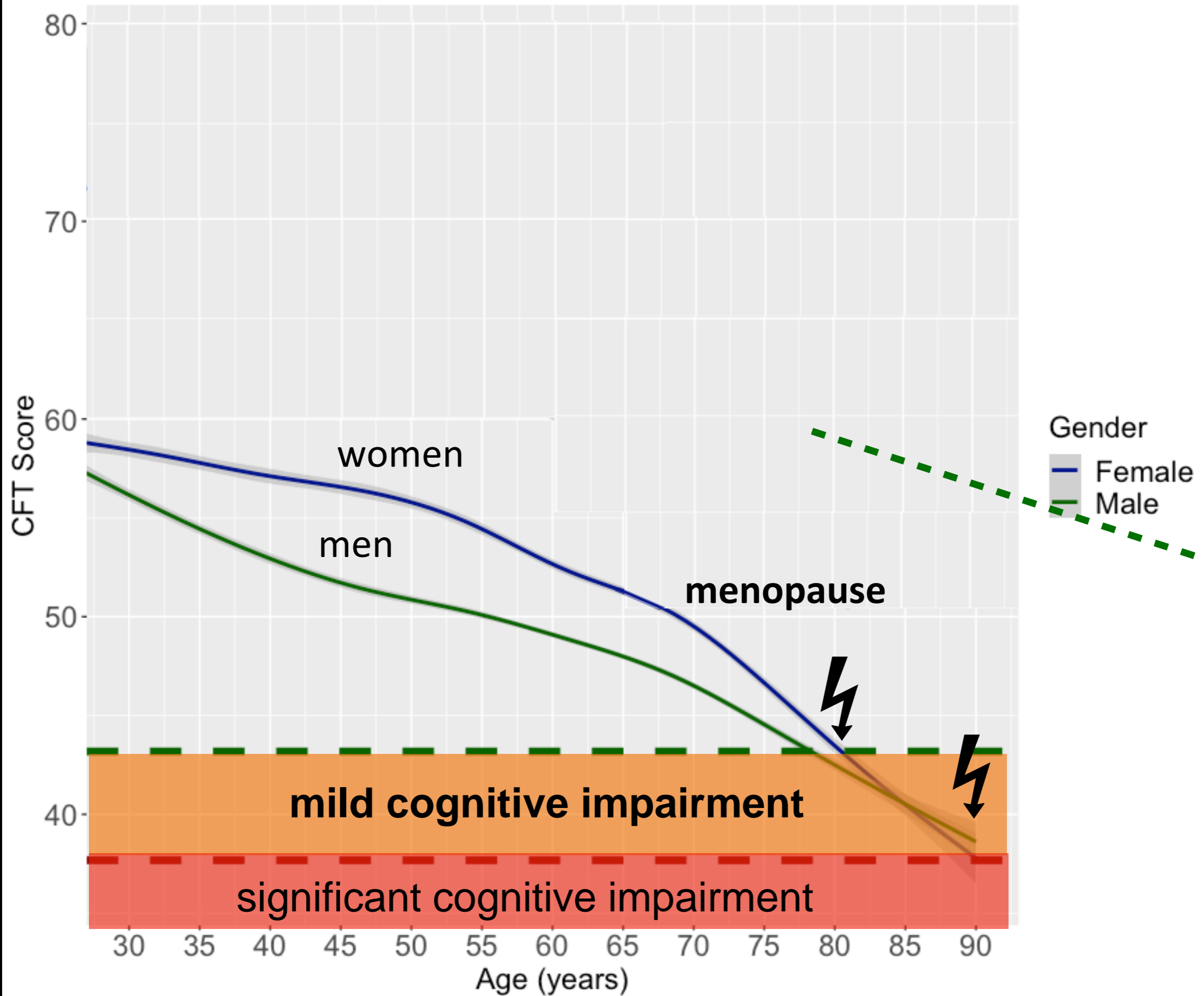


what happens between age 5 and 17? We are studying right now.

CFT score by age (156,806 people)



CFT by Age and Gender



See **COGNITION**[®] benefits

UPGRADE YOUR BRAIN

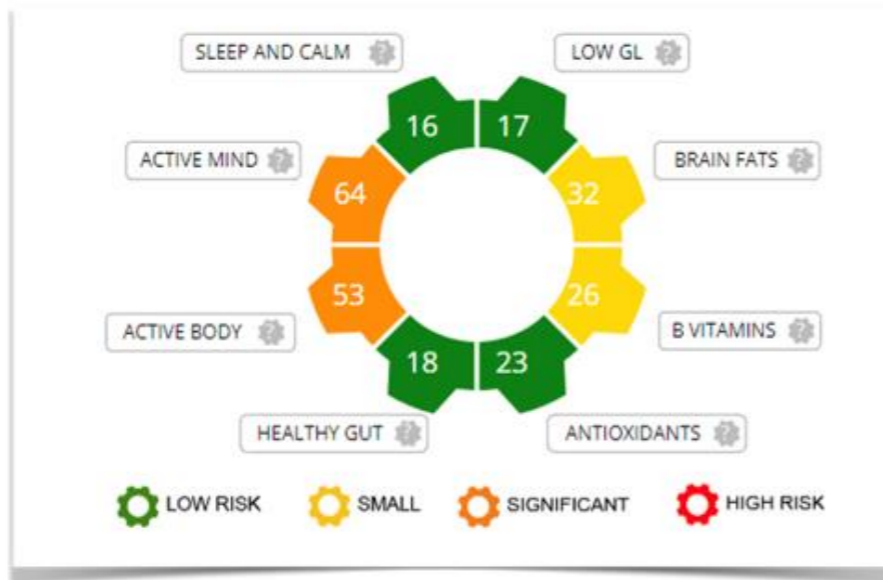
Name: Nodge

BEFORE 15th December

AFTER 14th March

YOUR COGNITIVE FUNCTION SCORE

YOUR COGNITIVE FUNCTION SCORE



YOUR DEMENTIA RISK INDEX

YOUR DEMENTIA RISK INDEX

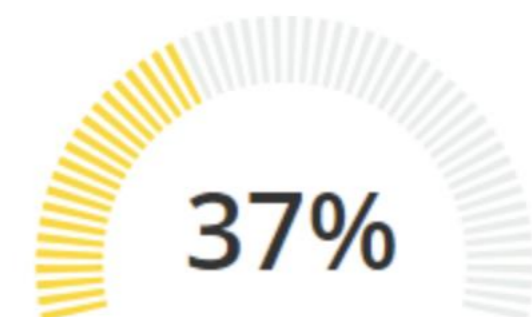
YOUR DEMENTIA RISK INDEX



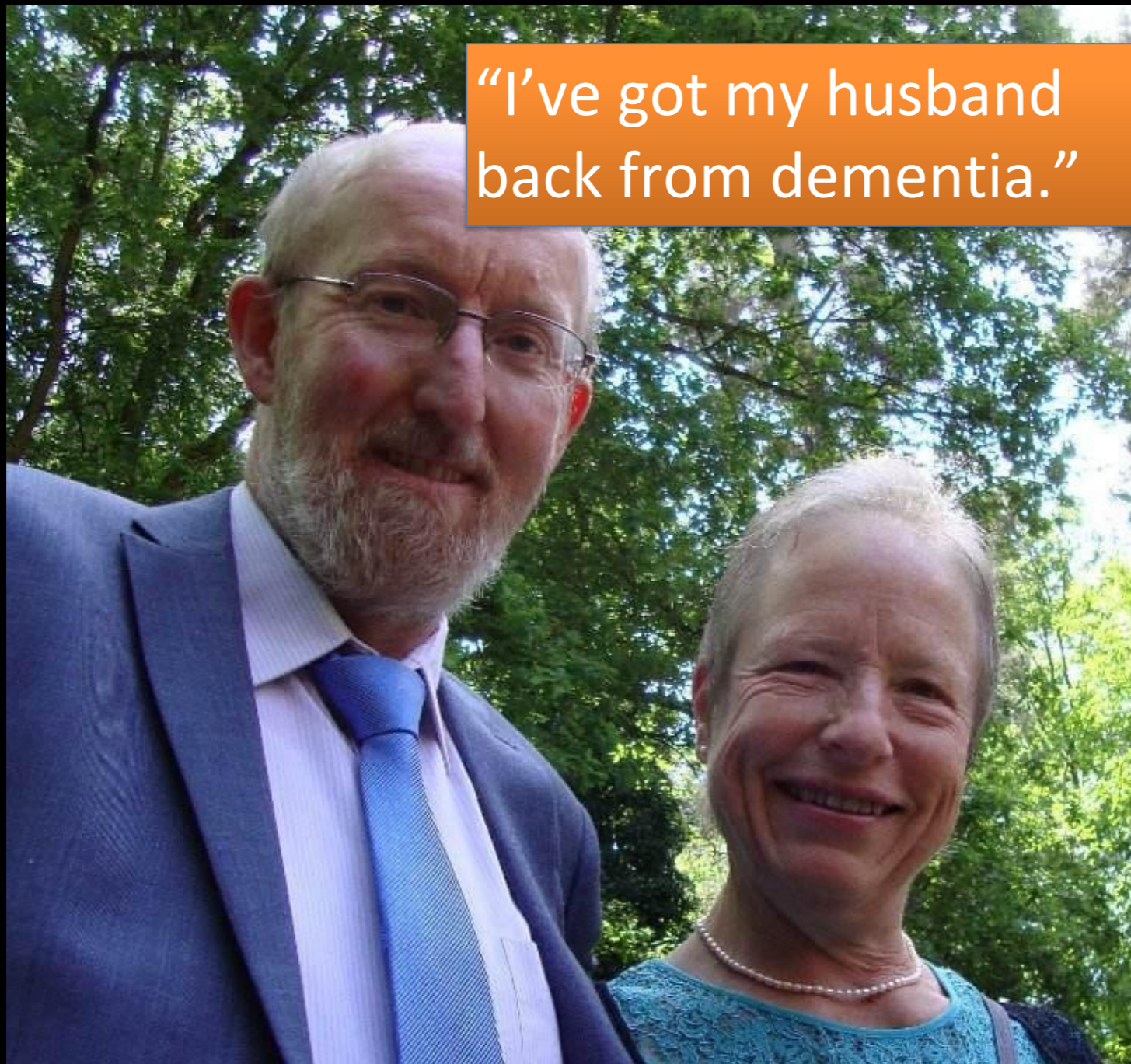
Baseline



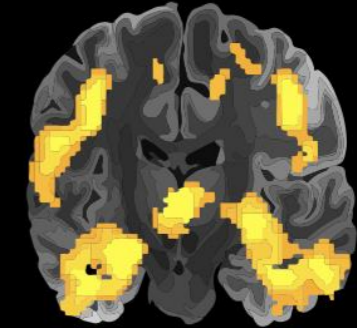
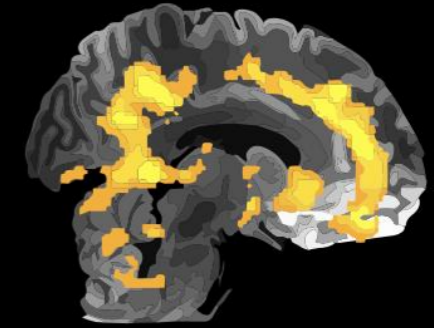
After 3 months



After 6 months

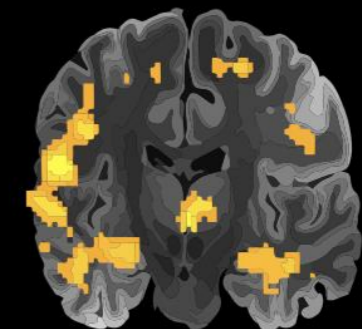
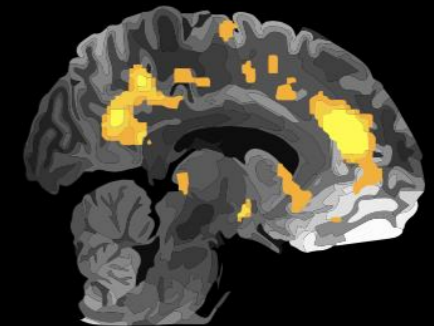


“I’ve got my husband back from dementia.”



PLACEBO

YELLOW = BRAIN SHRINKAGE OVER 1 YEAR



VITAMIN TREATMENT

“I’ve got my husband back from dementia”

FOOD FOR THE BRAIN

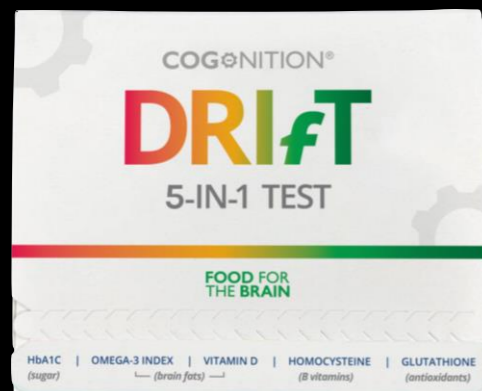
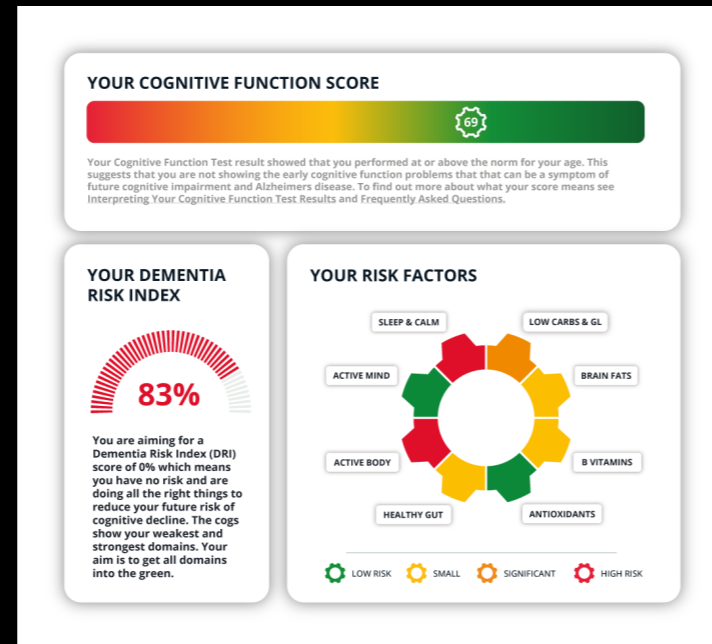
 Take the Cognitive Function Test

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Registered Charity No. 1116438

Over 430,000 tested - we want to reach 1 million - inc you



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Alzheimer's Prevention Day

Learn how to dementia-proof your diet & lifestyle.

Become Part of the Story: Upload Your Video

Make your contribution to this global movement: what do you do to help prevent alzheimers?

- Make your 30 second video
- Share to social media
- Send to apd@foodforthebrain.org to join the campaign



Alzheimer's Prevention Day

Learn how to dementia-proof your diet & lifestyle.

FIND OUT MORE AT
www.alzheimersprevention.info



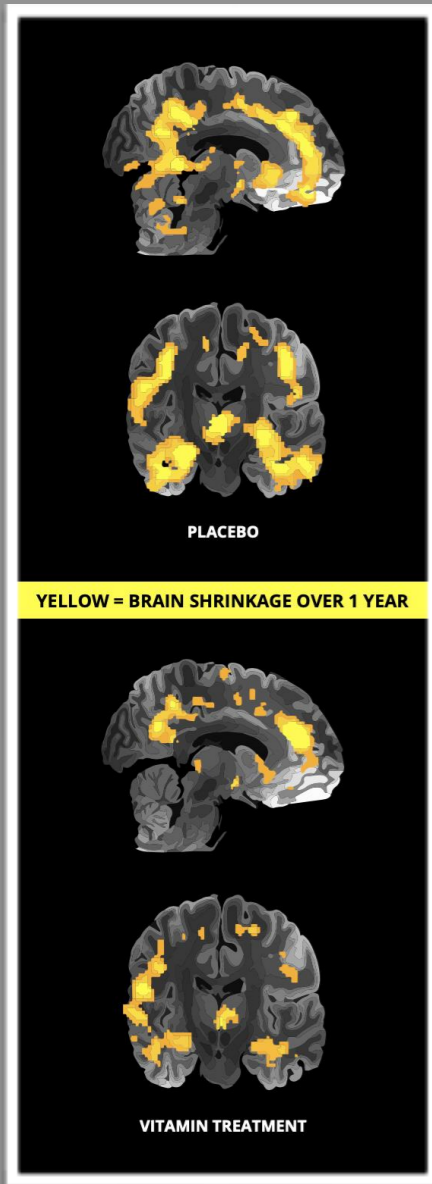
Alzheimer's Prevention Day

Learn how to dementia-proof your diet & lifestyle.



We go foraging to help
prevent Alzheimer's

Dorothy and Nodge



Take the Cognitive Function Test

@
foodforthebrain.org

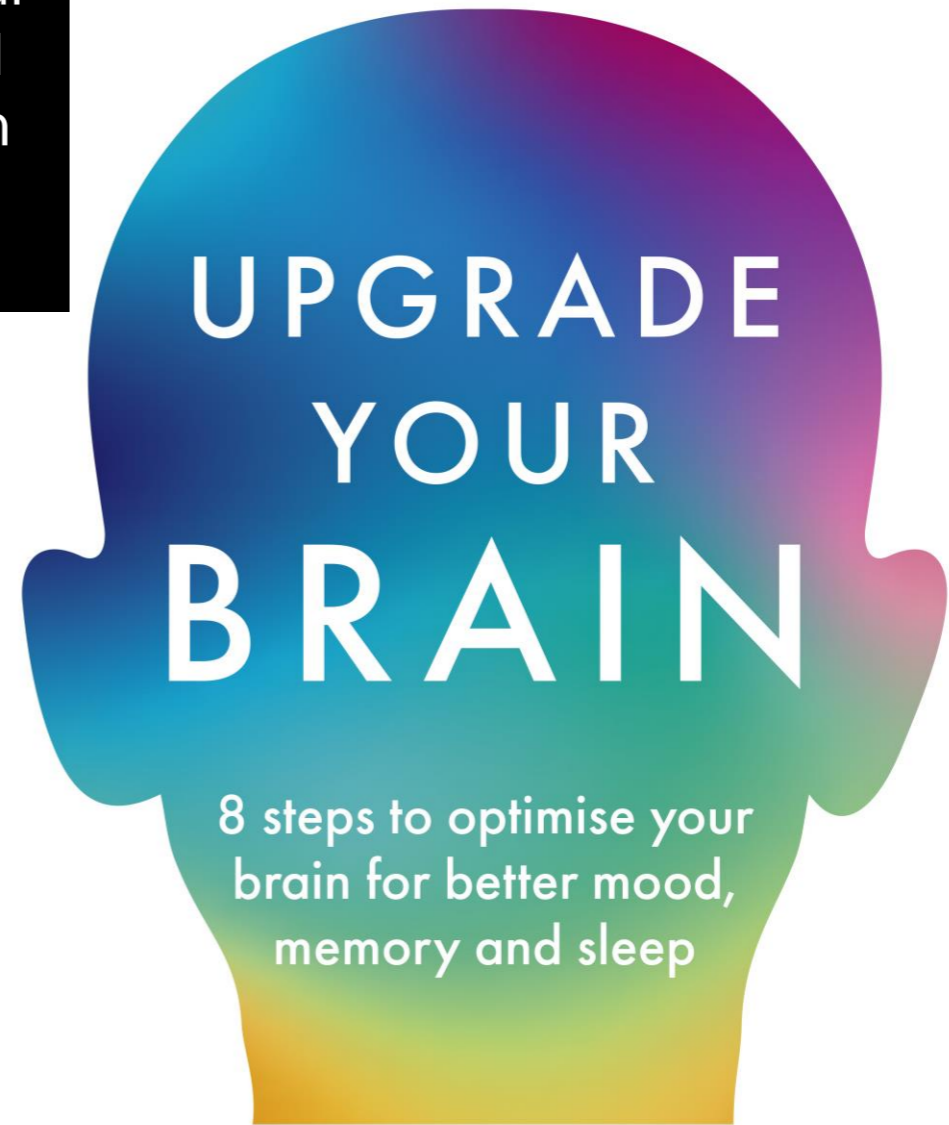
Registered Charity No. 1116438

"I've got my
 husband back from
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Dr David Perlmutter, Neurologist.

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