

5 Things You Probably Don't Know About Alzheimer's Disease and Nutrition

- 1.) While having a family history of dementia and Alzheimer's makes a person 2X more likely develop these conditions, obesity may be a much better indicator. According to a 2008 study on Neurology, people with high amounts of abdominal fat between the ages of 40 and 45 were 3X more likely to develop dementia.
- 2.) According to a study by the National Institute on Aging, obese people tend to have 8% less brain tissue than normal-weight individuals and their brains look 16 years older than the brains of lean individuals. Where are obese people losing this brain tissue? Alarmingly, in their frontal and temporal lobes – areas of the brain that are critical for planning and memory.
- 3.) Thinking of going to a vegetarian diet to lose the weight and help your brain? You might want to think again. According to an Oxford University study, those on a meat-free diet are 6X more likely to suffer brain shrinkage.
- 4.) Beer or Wine? The Hippocampus in the human brain, according to another Oxford University study, is 10% smaller in beer drinkers than wine drinkers. This is important because damage from Alzheimer's begins in the Hippocampus.
- 5.) Sirtuin 1 Pathway, activated by Red Wine Molecule (Resveratrol), lowers inflammation in neuron support cells, preventing deposition of Beta Amyloid Plaques associated with Alzheimer's Disease. If you are like 99% of us, you probably didn't know half the words in that last sentence. Essentially, red wine can be good for your brain. This molecule can also be gained through eating red grapes for those who don't drink wine.