With 5.4 million Americans suffering from Alzheimer’s disease, it may be time to call it an epidemic. By the year 2050, the number sky rockets to over 16 million living with the disease which is on par for obesity and diabetes.

(Newswire.net -- June 16, 2013) Portland, OR -- There is no known cure for Alzheimer’s and the current drugs are of little or no benefit which indicates that the best defense is prevention through an optimal diet, exercise and staying socially and mentally active.

People who experience very little decline in their cognitive function up until their deaths have been found (post-mortem) to be free of brain lesions, showing that it’s entirely possible to prevent the damage from occurring in the first place..

Two recent studies suggest that the naturally occurring compounds in cinnamon, as well as vitamins B12, B6, and folate may delay the onset and/or slow progression of the disease.

The first study published in the Journal of Alzheimer’s Disease, found that cinnamaldehyde and epicatechin, two compounds found in cinnamon, appear to inhibit a particular protein called tau. Tau is a major player in the structure and function of neurons.

The other study, published in Proceedings of the National Academy of Sciences, found that vitamins B6, B12, and folic acid may help slow the progression of the disease, confirming and supporting previous studies. Participants of the study were given a high-dose B-vitamin treatment consisting of:

- 0.8 mg folic acid
- 20 mg vitamin B6
- 0.5 mg vitamin B12

Dr. A. David Smith, senior author of the study told Bloomberg News that this B-vitamin treatment is “the first and only disease-modifying treatment that’s worked. We have proved the concept that you can modify the disease.”

Vitamin B12 comes in a variety of forms and it is typically injected because it is not absorbed well by most people, especially in the elderly who need it most. The major reason is that it is one of the largest vitamins known. A better alternative to B12 injections would also be a sublingual form, which is absorbed very similarly to the injections.

Follow these tips and help reduce your Alzheimer’s risk:

1. Reduce or eliminate your intake of sugar and fructose
2. Increase your magnesium levels
3. Optimize your vitamin D 4. Include vitamin B12 5. Increase your intake of vegetables which are rich source of folate
6. Take a high quality omega-3 supplement 7. Eliminate mercury from your diet
8. Avoid aluminum (found in antiperspirants and non-stick cookware)
9. Exercise regularly
10. Avoid flu vaccinations (often contain mercury and aluminum)
11. Daily exercise your mind
12. Eat some blueberries
13. Avoid anticholinergic and statin drugs

Sources:

Alzheimer's Association 2011 Alzheimer's Disease Facts and Figures
Proceedings of the National Academy of Sciences May 20, 2013
Bloomberg May 20, 2013

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