



EMPOWERING BRAIN HEALTH Age UK Virtual Dementia Hub

1pm Tuesday Nov 22nd, 2022



1. Breathing, Sleep & Dental

2. **Detox**

3. Genetics, Trauma, ACEs,
Infections & Ticks

4. Nature, Light & Grounding

5. **Nutrition** & Gut-Brain
Connection

6. **Movement & Exercise**

7. Stimulation – Cognitive,
Hormones & Thyroid

8. Stress Reduction

Empowering Brain Health



DEMENTIA PREVENTION & RECOVERY



Toups K, Hathaway A, Gordon D, Chung H, Raji C, Boyd A, Hill BD, Hausman-Cohen S, Attarha M, Chwa WJ, Jarrett M, Bredesen DE (2022) Precision Medicine Approach to Alzheimer's Disease: Successful Pilot Project. *Journal of Alzheimer's Disease*.

There are many ways to prevent decline...!

DEMENTIA PREVENTION THROUGH HOLISTIC LIVING WORKING IN PARTNERSHIP WITH **Chalfont Design**
Taking care outside

DRAW FROM THE EVIDENCE

- IMPROVE DIET & NUTRITION**
Eat more Herbs & Spices, Good Fats & Omega 3's.
Fast Regularly. Drink More Water.
Antioxidants, Nutrients, Healthy Gut & Less Inflammation.
- INCREASE EXERCISE & MOVEMENT**
Swim, Cycle, Sprint & Walk. Try Aerobics, Gardening,
Strength Training, Badminton & Ping-Pong.
Strength, Balance, Agility, Brain-derived Neurotrophic
Factor (BDNF) & Cerebral Blood Flow (CBF).
- GET GOOD SLEEP**
Get Outdoors Daily, Improve Sleep Hygiene & Unplug.
Daylight, Fresh Air, Vitamin D, Normalise Sleep-wake Cycle.
- REDUCE STRESS & ANXIETY**
Forest Bathing; Pets & Wildlife; Tai chi, Yoga,
Meditation, Deep Breathing, Reiki, Sauna & Massage.
Nature-relatedness & Relaxation; Energy Balance,
Oxygenation & Increased Serotonin; Peace & Gratitude.
- STAY SOCIALLY ACTIVE**
Join a Group. Be a volunteer. Sing in a Choir.
Try Social Dancing, Community Gardening &
Intergenerational, Multicultural Activities.
Meaning, Acceptance, Belonging,
Communication, Confidence, Empathy
& Friendship.
- CHALLENGE YOUR BRAIN**
Sketch, Sew, Paint & Create. Do Math, Puzzles & Computer Games.
Join U3A, Play Music & Learn Something New.
Stimulate Cognition; Improve Memory; Grow Brain Cells;
Build Cognitive Reserve, Maintain Life Skills & Function.

Useful Resource Links: [1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#)

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2. Detox

Detoxification Basics

- **Eat plenty of vegetables** The best source of minerals and high in fibre.
- **Keep elimination routes flowing** Bowels & skin
- **Sweat** Sauna, exercise & eat hot/spicy food like chili
- **Drink filtered water** 2L water daily
- **Eat organic foods** Cruciferous vegetables, asparagus, onions, beetroot, lemons, broccoli sprouts, mung beans, garlic, rosemary, berries, pomegranate & artichokes
- **Try Dry skin brushing** to move your lymph
- **Try Dandelion leaf tea, nettle tea & celery seed tea**
- **Old metal fillings that are cracked or loose?** See a skilled biological dentist for amalgam removal - 1-2 at a time (*for instance Cote Royd dental practice in Huddersfield*)



Avoid saunas if you have cardio-vascular issues!

CONSULT YOUR DOCTOR FIRST

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2. Detox

15 DETOX FOODS THAT SUPPORT NATURAL DETOXIFICATION



GINGER



CHLORELLA



LEAFY GREENS



TURMERIC



BEETS



**CRUCIFEROUS
VEGETABLES**



AVOCADO



LEMON



APPLES



GREEN TEA



GARLIC



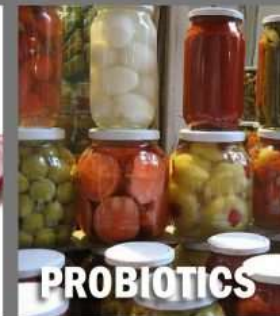
CILANTRO



BLUEBERRIES



RED ONIONS



PROBIOTICS

OAWHealth.com

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2. Detox



Empowering Brain Health

5. Nutrition

The Basics:

- Eat good fats
- Eat good carbs
- Avoid processed foods
- Limit eating to within 12 hours a day



- Stop eating 3 hours before bedtime

GOOD CARBS

BAD CARBS

VS

HELPFUL CARBOHYDRATE GUIDE

GOOD CARB EXAMPLES

- Fresh Fruits
- Fresh Vegetables
- Legumes
- Beans
- peas
- lentils
- Whole Grains
- brown rice
- quinoa
- pure oats
- Pumpkin Seeds
- chia seeds
- sunflower seeds
- sweet potatoes
- potatoes
- walnuts
- peanuts
- almonds
- macadamia nuts
- hazelnuts

WHY?

- High fiber
- Natural sugars
- Low glycemic
- Low insulin levels
- Slow digestion
- Prolonged energy
- Keeps you full longer
- Help with weight loss

BAD CARB EXAMPLES

- Fruit Juices
- Soda or Pop
- Cookies
- pastries
- cakes
- White bread
- white crackers
- Regular pasta
- Chocolates and any other candy
- Ice cream
- frozen yogurt
- any other frozen sweet treat
- Potato chips
- French fries

WHY?

- Low fiber
- Refined/Processed
- Fast Digestion
- Hunger comes quicker
- Energy levels deplete quicker
- Added sugars
- High insulin levels
- High glycemic
- Carbs convert into fat cells
- Causes weight gain

Learn more over at: www.HealthyHappySmart.com

Natural News

GOOD FAT VS. BAD FAT

✓
Natural

BUTTER

✓
Natural

TALLOW

✓
Natural

LARD

✓
Natural

COCONUT OIL

✓
Natural

AVOCADO OIL

✓
Natural

OLIVE OIL

✗
Processed

CANOLA

✗
Processed

SOYBEAN

✗
Processed

SUNFLOWER

✗
Processed

CORN

✗
Processed

SAFFLOWER

✗
Processed

GRAPESEED

✗
Processed

MARGARINE

NATURE DOESN'T MAKE BADFATS.

FACTORIES DO.

Empowering Brain Health



Good for
brain
health



			
वल्ह - Walnut	एडो - Eggplant	कोफ़ी - Cauliflower	कोफ़ी - Cauliflower
			
टोमेटो - Tomato	किली - Chili	ऑन - Onion	बोटल गार्ड - Bottle gourd
			
कार्ट - Carrot	लेडी'स फिंगर - Lady's finger	बोटल गार्ड - Bottle gourd	पंपकिन - Pumpkin



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5. Nutrition

Brain Food

Empowering
Brain Health



Olive Oil

= Cell Protection!



Wild Salmon,
Mackerel, Trout

= Think Faster!



Yogurt +
Mixed Nuts
= Calming



Avocados
= Brain Fuel
Glucose!



Almonds
Ounce a Day!



Blueberries
= Long Term
Memory!



Green Tea /
Peppermint
= Concentration!



Seeds
- TBSP
- Flax
- Tahini
- Sesame
- Sunflower
= Sharper Senses!



Salad w/
Vinaigrette
= To Energize!



Water
Cells!



Tuna
= Vitamins A, B12, B6

Vegetables

- ☒ Spinach
- ☒ Broccoli
- ☒ Cauliflower
- ☒ Brussels Sprouts
- ☒ Sweet Potato
- ☒ Squash
- ☒ Onions / Carrots



Arugula / Spinach

= Good Moods!
Vitamin B + Iron



Garlic

Fresh Only!



Brown Rice

Wholegrain
/ Oatmeal
Cardiovascular



Cacao/Chocolate
= Cell Defense/memory!



Coffee

= Short Term
Memory!



Eggs

Busy
Brain

Fruit

- ☒ Dark Berries
- ☒ Plums
- ☒ Oranges/Blackcurrant
- ☒ Red Grapes/Peppers
- ☒ Acai
- ☒ Cherries
- ☒ Kiwis
- ☒ Pomegranate















Antioxidants reduce your risk for Alzheimer's disease



eat more TURMERIC

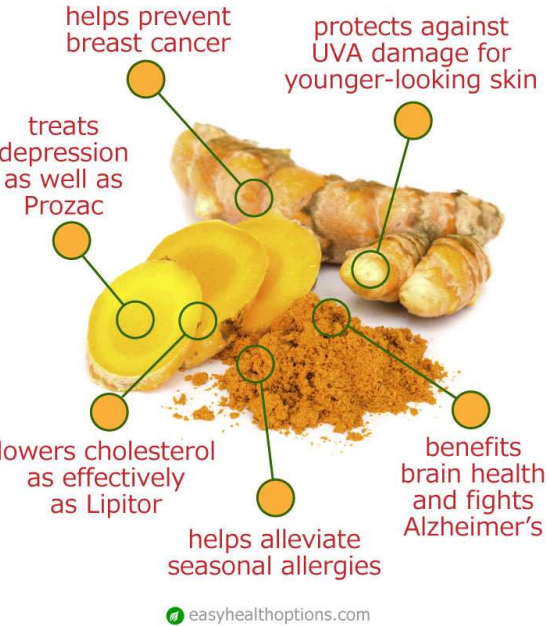
10 FOODS THAT LOOK JUST LIKE THE BODY PARTS THEY'RE GOOD FOR!

 CARROTS → THE EYE	 WALNUTS → THE BRAIN	 GINGER → THE STOMACH	 FIGS → THE TESTES
 TOMATOES → THE HEART	 KIDNEY BEANS → THE KIDNEYS	 CITRUS → THE BREAST	 GRAPES → THE LUNGS
 SWEET POTATOES → THE PANCREAS	 AVOCADOES → THE UTERUS		

every time YOU eat or drink YOU are either Feeding a disease or FIGHTING it!



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- helps prevent breast cancer
- protects against UVA damage for younger-looking skin
- treats depression as well as Prozac
- lowers cholesterol as effectively as Lipitor
- helps alleviate seasonal allergies
- benefits brain health and fights Alzheimer's

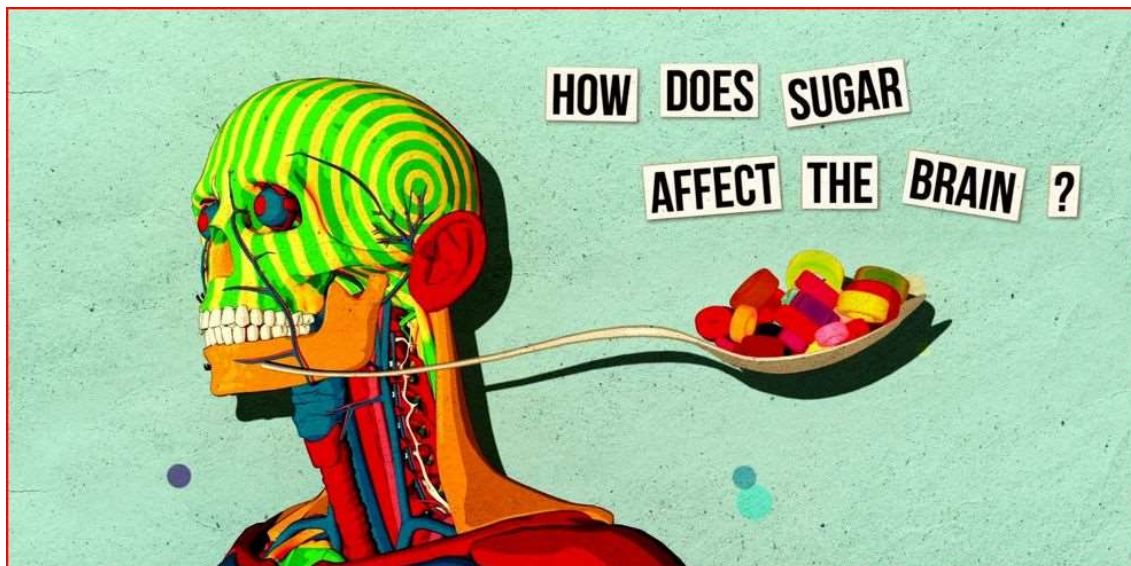
easyhealthoptions.com

Avoid processed food...



Limit simple carbs - Bread, pasta, crackers, pastry, cake, pizza, fried foods, etc.

Switch from Crap to Clean!



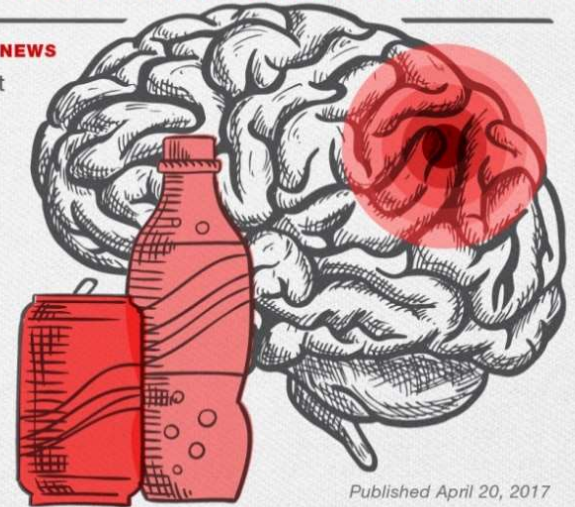
DIET SODA TOUGH ON THE BRAIN?

By AMERICAN HEART ASSOCIATION NEWS

New research suggests drinking at least one artificially sweetened soda a day greatly increases the risk of stroke and Alzheimer's disease, compared with less than one drink a week.



Source: Stroke



Published April 20, 2017

Avoid SUGAR and Artificial Sweeteners

August 2013, *New England Journal of Medicine* "even subtle elevations of fasting blood sugar translates to **dramatically increased risk for dementia.**"

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6. Movement & Exercise



Table tennis is a good mind-body workout

Sport and Physical Exercise

- Sport combines the Physical & Cognitive.
- Cardio and Strength training are specifically recommended.
- Cardio gives the brain oxygen and nutrients.
- Exercise makes new brain cells.



- Exercise dramatically increases BDNF.
- Exercise is anti-inflammatory and it lifts your mood.
- **Exercise** reduces your risk for Alzheimer's.

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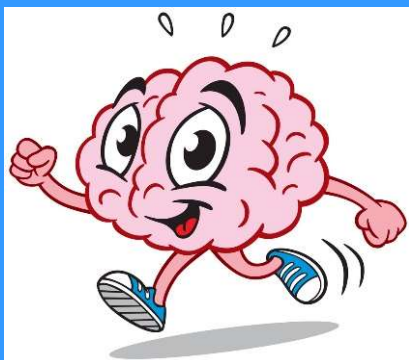
*It is never too late to be
what you might have been.*
George Eliot



6. Movement & Exercise



Dancing is
great social
exercise!



Tai chi
Moving
meditation
Yoga



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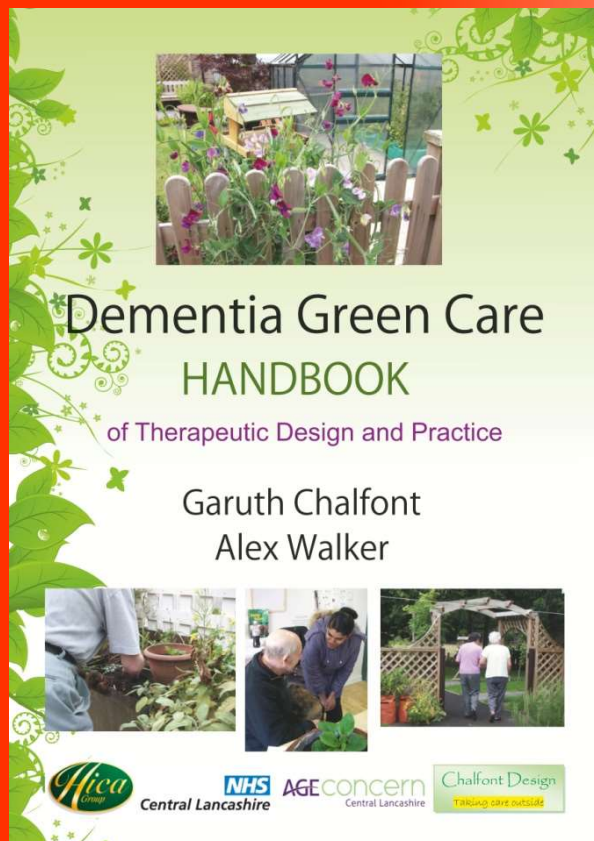
Dementia Health Blog Back on Track

Don't give up, sharpen up!

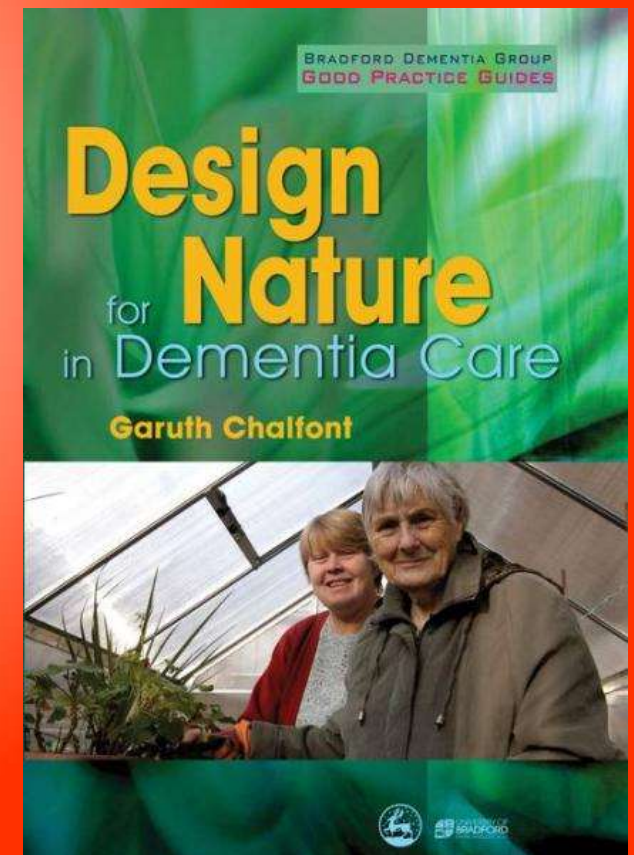
<https://dementiapioneers.uk/>



On twitter @Garuth_Chalfont



*Garuth Chalfont, PhD
Health Researcher*



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