



BABY BOOMERS FACE ALZHEIMER'S EPIDEMIC

This disease is now the seventh deadliest illness.

People under the age of 65 are inexplicably stricken with so-called "early-onset Alzheimer's".

Alzheimer's is just as much a threat to our adults as the rampant rise in autism is to our children.

CLEARLY SOMETHING IS WRONG. But what?

Alzheimer's is NOT a normal part of aging, any more than autism is a "stage" that children commonly go through.

WHAT IS ALZHEIMER'S?

Alzheimer's disease is a chronic form of dementia that results in severe memory loss and eventually death.

The average lifespan of someone with Alzheimer's is about eight years, although many can survive a lot longer with proper care.

It is not entirely clear what causes Alzheimer's disease, but it (as well as autism) are related to thyroid hormone dysfunction, intracellular T3 (immune system cells) deficiency, and diabetes.

RISK FACTORS FOR ALZHEIMER'S DISEASE

The risk factors for Alzheimer's include genetic, environmental and dietary factors.

Primary dietary risk factors include trans-fatty acids that are found in so many processed foods (labeled as partially-hydrogenized vegetable oils).

One study also found that elevated homocysteine levels were associated with an increased risk of Alzheimer's. Homocysteine levels are elevated when you are deficient in vitamin B6, folate, and vitamin B12.

Primary environmental factors include: smoking, obesity, and exposure to fluoride, aluminum and mercury.

HOW TO PREVENT ALZHEIMER'S

Fortunately, there are ways to reduce your chances of getting Alzheimer's.

Simple lifestyle changes can keep your brain in optimal working order well past your 60's.

Eat a nutritious diet with plenty of vegetables and pay special attention to avoiding sugar.

Eat plenty of high- quality omega-3 krill oil or fish oil. Avoid most fish contaminated with mercury.

Avoid aluminum, such as antiperspirants, cookware, etc.

Exercise three to five hours per week.

Wild blueberries, which have high anthocyanin and antioxidant content are known to guard against Alzheimer's and other neurological diseases.

Challenge your mind daily. Mental stimulation, such as traveling, learning to play an instrument or doing crossword puzzles, is associated with a decreased risk of Alzheimer's. Researchers suspect that mental challenge helps to build up your brain, making it less susceptible to the lesions associated with Alzheimer's disease.

WellPoint Nutraceuticals Lifeforce and WellPoint Imun Rx are formulated to enhance and support immune system and other body functions. These two formulations are a good addition to daily regimen.