

Title:

5 Steps To Staying Mentally Sharp And Preventing Alzheimer's Disease

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529

Summary:

If you want to stay sharp and in control of your life well into your golden years, there are p

Keywords:

alzheimer\'s, alzheimers, alzheimer\'s disease, alzheimer\'s prevention, dementia

Article Body:

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Statistics gathered from extensive research do point toward a higher risk of developing AD if

What can you do to break the cycle and prevent AD? Take action and take control today. Even if

It's Not Too Late to Make A Difference: Start the 5 Steps Today

1. Eat Right. It seems so simple, yet too many people just don't get enough of the mind presen

2. Supplement where necessary. Many diets lack the nutrients proven to promote brain health. T

3. Exercise. Originally it was thought that exercise increases blood flow and oxygen to the br

4. Lower Your Cholesterol. Many people with early dementia or AD symptoms may have actually ex

5. Do your Mental Exercises. Keeping up with current events, working puzzles each day, learnin

Five easy steps, when you think about it, can do much to make aging an event to celebrate inst

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