

*Please keep in mind, the statements made in this report have not been evaluated by the FDA, and are not meant to diagnose or treat any disease or illness.*

## **What is Alzheimer's?**

Alzheimer's disease is a degenerative brain disease that can impair memory and the ability to reason, disrupt emotions, and in the later stages, impair physical functioning. It is typified as a disease associated with old age. Signs that a person may have Alzheimer's are a change to their personality, recent memory loss, problems with language, and disorientation. If you or a loved one has Alzheimer's, it is important to accept the fact that you will need to devote your attention to caring for the disease. Just taking a few pills, prescription or otherwise, won't do it, you need to be mindful at all times with what you are working with. Natural treatments can help to slow the progression of the disease, boosting the quality of life!

[Vitamin E](#) is a powerful [antioxidant](#) that helps to slow the destruction of brain cells. The vitamin can help to shield the neurons in the brain from free radicals, which will damage and age cells throughout the body. More importantly, it may also regenerate areas that have already been damaged, such as the areas on the brain's neurons that allow neurotransmitters to enter. 2,000 I.U. of [d-alpha tocopherol Vitamin E](#) is the commonly recommended dosage by alternative practitioners for Alzheimer's patients.

[Coenzyme Q10](#) provides energy to the brain's neurons (and the rest of the body) It's antioxidant qualities can also protect the neurons from free radical damage. The common recommended dosage of alternative practitioners is 200 mg a day.

[Ginkgo](#) maximizes the flow of blood to the brain, thus increasing oxygen, and further protecting the neurons from free radicals. Ginkgo is available in [tablet](#) and [liquid](#) formulas.

[Vinpocetine](#) is a derivative of the periwinkle plant, and has been in popular use in Europe for more than 25 years. It can increase blood flow to the brain, act as a dilator of cerebral blood vessels, and inhibits the stroke causing aggregation of blood cells, and enhances glucose and nutrient utilization in the brain.

[DHA](#) (docosahexaenoic acid) is a fat that is the building block for the brain. (This is [DHA](#) **not** DHEA) Alternative practitioners generally recommend 100 mg a day. [Fish oils](#) also provide valuable nutrients for the brain. They are rich in [Omega 3 fatty acids](#), nutrients that help to protect the brain cells.

There are also homeopathic and herbal formulas formulated to benefit Alzheimer's patients, such as [MemoRise](#) and [Brain Support](#).

***Also, stay physically active. Even a simple walk can have great benefits!***