

Cognitive Decline Summation

The amount of materials available regarding the prevention and treatment of cognitive decline is becoming complex and confusing. This brief paper is an attempt to summarize what is most likely to be of help and, hopefully, to aid in deciding where to expend valuable dollars.

Essential

1. Stay active, physically and mentally, as best as you can.
2. Obtain adequate rest—sleep 7-9 hours each night (naps are OK but should be limited to about ½ hour in duration).
3. Institute an Anti-inflammatory diet (ask if more detailed handout desired)
 - a. Increase vegetables, fruits, fish, legumes, and whole grains
 - b. Eat the right kind of fats (there are good and bad fats)
 - c. Do away with bad fats, processed foods in general, *heavy* dairy intake—eat fresh
4. Fish Oil Supplementation
 - a. High quality product essential—avoid contaminated fish source
 - b. Need 2500-5000 mg daily (count only EPA and DHA)—DHA needs to be 1000 mg or more daily
 - c. Flax seed and other vegetable sources will *not* substitute for fish source
5. Magnesium-L-threonate (must be this type of magnesium supplement)
 - a. 1500 mg daily if weight less than 154 pounds
 - b. 2000 mg daily if weight 154 pounds or more
6. Prevagen 40 mg daily (professional strength, cannot obtain OTC—OTC is only 10mg—ask about this)
7. Curcumin (preferably with ginger and turmenones or another additive to promote absorption of the curcumin)

Probably Worthwhile

1. Wild green oat extract
2. Blueberries and/or blueberry extract
3. Vitamin D (amount dependent upon need established by blood test)
4. Green tea (drink or capsules)
5. Ginkgo Biloba

More

The MEND Program has devised 25 different steps to provide protection and help for the nervous system. This program can be googled on the internet and, to date, the more rigidly the program is applied (the greater the number of the 25 steps that are employed), the better the results seem to be. However, all 25 steps certainly entail a significant financial investment and requires a large number of capsules be taken daily, something some may find bothersome. Keep in mind, however, that we normally eat 80-100 grams of fat in our diets each day—each fish oil capsule is about one gram of fat. Thus, the amount of nutrient per capsule is quite small, hence leading to greater numbers of the capsules needed. Key is cutting some of the “bad fat” sources out of your personal diet.