

WHAT'S UP DOC PETE?

Both of my parents suffer from Alzheimer's. Every time I forget something I am afraid that I have inherited this tragic disease. Is there any way to prevent getting Alzheimer's?



Peter J. Muran, MD

Everyone of a certain age is concerned with maintaining our ability to think and remember as we grow older and those "senior moments" can cause anxiety about our future mental health. The brain is a fatty organ that immediately utilizes nutrition from the food eaten and is oxygen dependent, consuming a fifth of our blood supply.

There are two main aspects to the cause of dementia in later life and Alzheimer's. The first is a deficiency of essential nutrients to maintain brain function and decrease inflammation. The second is a deficiency in the blood supply to the brain. Consequently, the same preventative measures for diabetes and cardiac disease are similar to brain health. Specifically, measures to maintain healthy brains include:

- Every cell in the brain contains special kinds of fats, which can be synthesized only from an adequate supply of the essential fat, Omega 3, found in fatty fish, fish oil, flaxseed, green leafy vegetables and nuts.
- The brain is the only self-organizing organ in the body having a capacity to build new connections, and the messenger directing this construction job is RNA. Zinc and manganese are the minerals required to make RNA.
- In addition to maintaining a good blood supply to the brain through cardiac health, antioxidant vitamins C and E are required to reduce potential inflammation. My favorite, blueberries, are known to have the greatest supply of antioxidants. Vitamins B1 and B3 and selenium are oxygen boosters.
- In fact, all of the B vitamins have been shown to boost memory. In particular, choline, found in egg yolks, peanuts, wheat germ, fish, broccoli and cabbage, is effective in improving short and long term memory when consumed in high doses of 10 grams daily.
- Add CoQ10, an essential enzyme that declines with age, magnesium, alpha-lipoic acid and acetyl cysteine and you have the makings of brain health.

A professional evaluation of the current risk factors can arm you with the knowledge of how to enjoy a long and vital life.

Visit the Central Coast Wellness Community at hingedmind.com for details on an October 23 seminar.



Peter J. Muran, MD
Board Certified in Holistic Medicine
1405 Garden Street
San Luis Obispo
805-548-0987

Email your question through
www.longevityhealthcare.com