

WHAT'S UP DOC PETE?

Recently I have noticed a decrease in short term memory and my thinking is not as sharp. Is there something I can do?



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Brain health is an important issue for all ages. We only have one brain. It is the basis on how we perceive and interact with the world. Your brain will determine your education, your income, your spouse and friends, your happiness. How you treat your brain determines how your brain will take you through life.

For instance, there are many young adults who have gone from possessing an outgoing and happy personality to being withdrawn and depressed as a result of what could be considered a mild sports injury. This type of injury, if left untreated, could have a future impact on one's growth and development.

In a similar manner, it is usually assumed that as we get older there is a decrease in brain function with associated senility and a possible increased chance of stroke. This too is preventable and depends on the person's decision to make slight modifications in their life style to have a healthy and active brain as life goes on. It is also possible to increase brain growth and heal damaged areas of the brain.

A proper diet in promoting brain health is always the beginning of restoring and maintaining the brain to a healthy state. Where problems begin to develop is when one "lives to eat" rather than consciously choosing foods that promote health and wellbeing, in effect, "eating to live."

Aside from nutritional factors, there are also hormonal and toxic factors which are critical to brain health. Studies show that men who have sex at least three times a week decrease their risk of a heart attack or stroke by 50%. In contrast, the exposure to toxic substances in our food, air and water increases the chance of developing Alzheimer's or Parkinson's disease.

At the Longevity Healthcare Center we specialize in maintaining and restoring brain health.



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