Activity and Physical Exercise

- Aerobic exercise 20 minutes a day (swimming, cycling, rowing, skipping rope, jogging, brisk walking...) to raise heart rate and respiration.
- Resistance/weight training tones & strengthens muscles and bone. Add stretching for flexibility.
- Mind-body exercise to relax, reduce stress & pain, improve sleep - Meditation, Yoga, Tai chi, pilates & mindful breathing. Experience some massage, hydrotherapy or energy healing.
- Go to Social Dancing - Ballroom, Morris, tango, contra, folk, line dancing, tap, Zumba...
- Martial arts, juggling & hacky-sack to improve eye-hand coordination, aim, agility, balance & muscle strength.

Brain Training

20 minutes a day of cognitive stimulation to exercise your mental capacity, improve skills and promote constant brain growth. A stimulated brain at any age can still grow!

- Figure out answers to math problems in your head, or use pencil and paper
- Do crosswords, sudoku or similar puzzles
- Use computer programmes to increase focus, attention and eye-hand coordination. Such programmes automatically raise the level of difficulty and record your progress.
- Learn a foreign language or take up a musical instrument.

Connection to Nature

20 minutes outside every day connecting in some way to nature. Examples include:

- Walk in a park, along a canal or by a lake
- Grow food at home or in a community garden
- Play croquet, bowls, tennis or badminton
- Go barefoot on grass, sand, paving, soil, etc.
- Go to your local ‘green gym’
- Walk or run the dog
- Try forest bathing
- Visit a garden centre or botanical garden

Vitamin D from sunshine is recommended 5-15 minutes, 2-3 times a week between 10am - 3pm on arms and legs with no sunscreen. Cover head, arms and legs after 15 minutes to prevent sunburn. If unable to take this recommendation be sure to take some Vitamin D.

Diet

Chronic inflammation in our blood vessels is linked to heart disease, diabetes, stroke and obesity. The modern diet of packaged, processed foods high in carbohydrates and sugar, and branded ‘low-fat’ is increasingly implicated. A healthy diet is also good for the brain. It includes good fats, fibre, protein and fresh vegetables, plus plenty of filtered water.

Eat Leafy green and colourful vegetables, fresh fruit, high quality fats (olive oil, avocado, coconut oil, butter from grass-fed cows, full-fat yoghurt with live cultures), oily fish (salmon, mackerel, herring, sardines...), krill oil, fermented foods (pickles, sauerkraut), nuts, seeds, herbs and spices such as turmeric.

Limit Processed carbohydrates, fruit juices and cereal & grains with gluten.

Healthy Brain Through Holistic Living

Eat your food as your medicine, otherwise you have to eat medicine as your food.

Eliminate if possible...

Metals and toxins - Check your deodorant for aluminium and use a natural product. Avoid using aluminium cookware. Avoid mercury - replace dental amalgam fillings and only eat small fish. Work with your GP to reduce the need for statins & prescription drugs whenever possible. Avoid pesticides and pollutants - eat organic or home grown vegetables.

Smoking - Take steps to kick the habit.

Stress & Trauma - Reduce in your life wherever possible by learning to meditate and relax - try Emotional Freedom Technique (EFT), biofeedback, exercise, seek counselling to resolve and heal, look into energy healing for the human biofield, etc.

Poor sleep - Get 7 to 8 hours a night.
Dementia may be in store for us, especially as we retire. Rather than taking our chances or hoping for a drug, we can take charge by addressing the root cause right now.

Prevention

Our mission is to promote natural holistic ways to reduce the risks for dementia. Prevention means avoiding or delaying the onset of symptoms. But it also means making an impact on the symptoms a person already has - slowing the progression of the disease. There is even recent research evidence showing that symptoms can be reversed.

Notes

- SLEEP is critical to dementia prevention. Only in deep sleep can our brain’s lymphatic system flush out waste from the day. If you have sleep apnea or insomnia, solve it soon, as poor sleep can be an early indicator for memory problems.
- Don’t be overly strict with the diet to the point of being unsocial. If you are out for a meal or at a party, relax and enjoy the time. If you stick to your diet most days it can still make a big difference. If you are a parent then food shopping and meal times can benefit the family by establishing good nutritional habits early on.
- Heart disease, diabetes, obesity, inflammation and depression are evidently implicated by poor diet, inactivity and disconnection from the natural world. Through research we can be empowered to take charge of our own health, and that of our loved ones.

The Dementia Pioneers

We are individuals and businesses in health and social care, psychotherapy, teaching, community organising, research and design. We are touched by dementia, inspired by evidence and passionate to make a difference.

Want to explore multiple pathways to brain health through Body, Mind, Heart and Spirit?

Join us by emailing today:

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