



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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www.naturalhealthresearch.org

Alzheimer's Disease

Alzheimer's disease is a progressive neurologic disorder in which a patient's memory, thinking and behavior are impaired. The Alzheimer's Disease Association estimates that 4 million Americans have Alzheimer's disease and 100,000 die of the disease each year. Researchers believe there isn't a single cause of Alzheimer's disease. It likely develops from multiple factors, such as genetics, lifestyle and environment. The disease is thought to be characterized by the accumulation of two types of protein in the brain: amyloid beta (plaques) and tau (tangles). Eventually the plaques and tangles cause nerve cells to die and brain tissue is lost.



There is no cure for Alzheimer's disease, but medicines can help slow the progression of the disease in some people. Herbs and supplements, and lifestyle adjustments, may also help reduce the risk or improve quality of life. Natural remedies include:

- Eating a Mediterranean diet
- Getting healthy sleep
- Improving heart health
- Daily physical exercise
- Taking vitamin and nutrient supplements
- Maintaining social interaction
- Reducing stress
- Acupuncture
- Practicing brain exercises

The first symptoms of Alzheimer's vary from person to person. Memory problems are typically one of the first signs of cognitive impairment related to Alzheimer's disease. Other early signs are: difficulty completing familiar tasks, challenges in planning or solving problems, confusion with time or place, problems with words in writing or speaking, lapse in judgment, mood changes and social withdrawal. If you recognize any warning signs in yourself or a loved one, consult a physician. Early diagnosis of Alzheimer's disease or other disorders causing dementia is an important step in getting appropriate treatment, care, and support services.



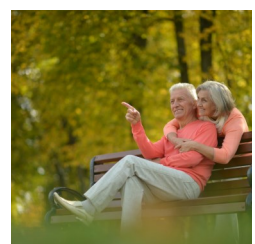
[B Vitamin Supplementation Improves Overall Cognitive Functioning in Non-Aspirin Users](#)



[Chi311/YKL-40 Controls Astrocyte Circadian Clock and Alzheimer's Disease Progression](#)



[Reduced Non-Rapid Eye Movement Sleep is Associated with Early Alzheimer's Disease](#)



[Dietary and Supplemental Vitamin D may Support Cognitive Performance in Older Adults](#)

June is Men's Health Month



June is Men's Health Month, a national observance used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions, such as exercising and eating healthy. According to the Centers for Disease Control and Prevention, men in the United States, on average, die 5 years earlier than women and die at higher rates from the three leading causes of death, heart disease, cancer and unintentional injuries. Simple steps taken to improve diet and maintain physical activity can lead to a long, healthy and productive life.

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