



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Lifestyle
Changes
That Can

Reverse Cognitive Decline

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“We can balance factors that cause neurologic decay and amplify forces that cause growth through lifestyle changes and nutrition programs.”

New research suggests that your wellness clinician may be best suited for addressing cognitive decline. It comes as no surprise to us that drug therapies have failed miserably to slow the rate of Alzheimer's.

of billions of dollars without success.”

The September 2014 Journal of Aging says it this way, in the article titled: *Reversal of Cognitive Decline: A Novel Therapeutic Program*, “In the case of Alzheimer's disease, there is not a single therapeutic that exerts anything beyond a marginal, unsustained symptomatic effect with little or no effect on disease progression. Furthermore, in the past decade alone, hundreds of clinical trials have been conducted for Alzheimer's disease at an aggregate cost

This same article combines multiple wellness approaches to achieve synergistic healing. They applied these principles over a 2 year period, and nine out of ten people showed a reversal in cognitive decline. Six of the ten were either severely struggling with their job or had quit due to memory and cognitive loss. All six were able to either return to work or dramatically increase work performance. Three out of ten had been out of the work place for years and did not desire to return. Some people learned new languages, were able to add columns of numbers in their head, but all nine reported significant changes in memory.

The authors gave a great analogy for healing the brain that I find interesting. In bone health, we have simultaneous osteoblastic or bone building activity as well as osteoclastic or destruction of bone activity. If the tearing down or osteoclastic activity occurs at a faster rate than osteoblastic activity, bone loss occurs.

Similarly, in Alzheimer's, there are physiological processes that enhance synaptic connectivity called synaptoblastic, and factors which inhibit connectivity called synaptoclastic. In other words, we can now balance factors that cause neurologic decay and amplify forces that cause growth through life style changes and individualized nutrition programs.

This is a transcript from a “video magazine” we send out each week called the Wellness Minute. If you're not getting our Wellness Minute videos each week, sign up at the front desk.

Here are some of the lifestyle changes that contribute to cognitive improvement. Eight hours of sleep; exercise 30-60 minutes, 4-6 days per week; consistent daily stress reduction as in yoga, meditation, music or prayer; and optimizing diet.

I thought it was interesting that these researchers also suggest reducing simple carbohydrates, foods that increase inflammation, and increasing consumption of plants.

Another factor that keeps coming up in the anti-aging literature is "fasting for 12 hours" each night between dinner and breakfast. Included in this 12-hour fast is a three-hour window between dinner and bedtime. By the way, some researchers are calling Alzheimer's, type 3 diabetes.

The brain needs glucose as a source of fuel. And if that energy source is interrupted, neurologic dysfunction occurs. Reducing simple carbs and fasting 12 hours each night are keys to blood sugar regulation. I love that the author's goal is not to just normalize metabolic parameters, but rather to optimize them, and not just one parameter but many parameters at the same time.

Your clinician offers various lab tests which are referenced in this article and are effective to measure metabolic parameters. Your clinician will look at lab ranges with a different perspective than most medical doctors and make recommendations for your optimal health. Included in these recommendations can be nutrients that the authors of this article find especially effective for cognitive improvement. Your clinician may also use manual manipulation to tone the nervous system. So, the lifestyle modifications mentioned, nutrients for cognitive improvement and manual manipulation can go a long way to increase your mental performance.

As we age gracefully, let's consider the facts. The studies are documenting that the drugs and clinical trials for cognitive decline have shown little or no effect. Personally, I was re-energized by this article in the Journal of Aging. It reminded me that wellness principles affect so many different biological systems simultaneously, especially the brain.

Go in and have a conversation with your wellness clinician and find out what you can do to slow down aging with the latest wellness therapies for cognitive improvement.