

Foods That Improve Memory Naturally | Dr. Neal Barnard Exam Room Live Q&A
Fruits and vegetables even just 1 serving a day

1) Blueberries and blue berry juice, black berries, black grapes, grape Juice – contains anthocyanins – gives it its dark purple color.

2) Vitamin E is a protector – Almonds – about a once a day, Vitamin E foods cut risk of Alzheimer's in half in one study.

3) Omega 3 fatty Acids - such as in Green leafy vegetables, broccoli, seaweeds, etc.

4) Chicago Health and Aging Projects study showed people who ate saturated fat (solid fat) such as in bacon, pizza and fast food, eggs had a **2 or 3 greater chance** of developing Alzheimer's /dementia. People who avoided saturated fat such as in **dairy and meats, eggs** (the problem with eggs is that they are high in saturated fat and cholesterol) cut their risk of Alzheimer's from a half or third of what it would have been.

5) Exercise shown to help mild cognitive impairment- You can start with:

Build up to a 40 minute brisk walk at least 3 times a week.

6) Sleep is very important – try to get to bed by 10:00pm. Sleep deprivation will affect your short term memory. Even young people who stay up late or all night will experience memory loss. After about 3 days mental clarity will return if you start getting enough sleep.

7) Drink plenty of water. Half of your body weight in ounces is recommended.

Dr. Barnard (as well as my other physicians) has suggested that doing the above will cut your chances of developing Alzheimer's by an estimated 80%, even if you are genetically at risk because of your parents.