



S-H-I-E-L-D

Your Brain Against Alzheimer's

Sleep 8 Hours

During deep night sleep amyloid production is turned down. In addition to less plaque forming, the brain cleans itself out.

Handle Stress

Take 10 minutes a day to meditate, take a walk, or do something else that relaxes you.

Interact With Others

Loneliness causes stress that can lead to chemical changes in the brain that kills nerve cells. Speaking with people involves nerve activity that strengthens the brain.

Exercise

Walking 8,000-10,000 steps per day reduces pathology leading to Alzheimer's and helps grow new nerve cells.

Learn New Things

Learning something new strengthens the connections between nerve cells called synapses and provides cognitive reserve.

Diet

Nothing is better for the brain than the Mediterranean diet.
Eat less red meat and more fruits, nuts, and vegetables.