

The Top 10 Foods to Prevent Alzheimer's & Dementia AND the #1 Worst Food for Brain Health



Last week, we talked about healthy aging – how to keep your parents healthy, how to keep yourself youthful, and how to stave off symptoms of aging like sore joints, sagging skin, and poor sleep quality.

Today, we're going to delve further into quite possibly the worst thing that can happen as we age – Alzheimer's and other forms of dementia.

Alzheimer's and dementia are the 6th leading cause of death in the US today, according to the Alzheimer's Association (and other sources say it's the 3rd leading cause of death, right behind cancer and heart disease)!

Together, Alzheimer's and other forms of dementia affect more than 6 million Americans and are expected to affect a staggering 14 million by 2050. This is a public health crisis that only seems to be escalating.

So it's important that each and every one of us does what we can to prevent becoming part of that statistic, as well as guarding our loved ones, especially as they age, with knowledge and action.

If you're thinking, "I take fish oil every day, so I'm okay," you may be interested to know that as important as a [quality fish oil supplement](#) is, that's not the ONLY key to brain health.

Today, we'll talk about the best foods that serve as *neuroprotectors* for your brain, including the 2 most important things you can eat regularly to keep your brain healthy.

First, I want to share with you the **#1 WORST food you can eat for brain health**, according to the *Journal of Alzheimer's Disease*. Red meat increases the chances of developing Alzheimer's more than any other food. Experts say that while a small amount of red meat in one's



overall diet is fine, and grass-fed is preferred, eating it a few times a week or more puts a person at risk.

Here's the full list of foods that raise Alzheimer's risk:

- Red meat
- Fried foods
- Sugar
- Processed carbs
- Alcohol
- Artificial sweeteners

What do all of those foods have in common?

They're all acidic foods that increase inflammation. That's no surprise when you consider that the foods on the list below that help prevent Alzheimer's are all anti-inflammatory, alkaline foods.

In fact, a recent study from Johns Hopkins Medical School found that pH imbalance in the brain may be a contributing factor to Alzheimer's and dementia. Researchers pinpointed too much acidity inside a particular part of brain cells of patients with Alzheimer's.

So the contrast is clear. With every piece of food you're putting in your mouth, you're choosing to fight diseases like Alzheimer's... or fuel them!

Let's dive into the top 10 foods to help prevent Alzheimer's and dementia...

1. Dark, leafy greens

According to the Mayo Clinic, eating greens at least 6 times per week, along with an otherwise healthy diet, keeps the brains of aging adults 7.5 years younger and sharper than people who ate fewer or no greens. That's likely because greens supply so much magnesium, a mineral that's key in proper brain function.



2. Wild-Caught Salmon

As the best food source of omega-3 fatty acids, fish like wild-caught salmon, mackerel, anchovies, and sardines have a demonstrated link to preventing brain decline and dementia in study after study. The Mayo Clinic recommends eating salmon at least twice per week.

If you only take 2 foods away from this list – make sure it's those first 2. Dark, leafy greens and salmon and other low-mercury, high omega-3 fish are the best foods you can eat for brain health!

3. Beans

Navy beans, lentils, and chickpeas (including hummus) are among the top sources for the micronutrient, *choline*, which helps prevent dementia by preventing 3 major markers of brain decline. Salmon is another good source of choline, and supplements are available as well, but eating beans a few times per week is a great tool for prevention.

4. Nuts (raw)

In addition to supplying magnesium and omega-3 fatty acids, nuts like walnuts and almonds are high in the anti-oxidants that protect cells from inflammation.

5. Broccoli, Brussels Sprouts, and Cauliflower

Vegetables in the brassica family are a top source of vitamin K, which regulates calcium in the brain and in addition to helping prevent Alzheimer's, also helps prevent heart disease, cancer, diabetes, and osteoporosis. Talk about powerhouse veggies!



6. Olive Oil

Extra virgin olive oil, in addition to being a healthy monounsaturated fat that fights inflammation, contains *oleocanthal*, which increases production of key proteins and enzymes for the prevention of Alzheimer's.

7. Herbs and Spices

Cinnamon, turmeric, curry spice, saffron, black pepper, sage, and lemon balm all have been clinically linked to brain health, in addition to being used for hundreds, if not thousands, of years around the world for healthy aging.

8. Avocados

A good source of dietary folate, avocados are thought to help prevent the formation of brain tangles that may be the cause of Alzheimer's. They're also a good source of anti-inflammatory fats, fiber, and vitamin K – all important in healthy brain function.

9. Berries

Research is emerging on a compound found in plants, especially berries, called *fisetin*, which has been linked to prevention of cancer and diabetes, in addition to brain health. Berries are also a good source of anti-oxidants that protect cells from cancer-causing free radicals.



10. Tomatoes

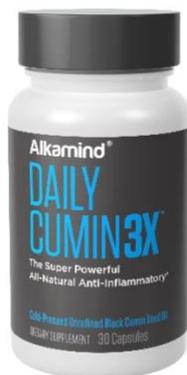
A good source of lycopene, which regulates genes that influence inflammation and brain development, tomatoes are also full of powerful antioxidants that prevent inflammation in the brain.

Do you know the most important thing you can do for brain health besides eating the nutritious foods above and avoiding inflammatory foods like red meat?

Supplement your healthy diet with the 3 best inflammation fighters on the planet, and TOP NEURO-PROTECTORS of your brain!

By taking Daily Omega-3 and Daily Cumin3X, you're staving off the negative effects of aging and possibly adding quality years to your life.

If you haven't tried our new [Daily Cumin3X](#) yet, you've got to experience this revolutionary tool for your long-term health. Not only is it 3 times more powerful than turmeric at fighting inflammation throughout the body, but compared to most black cumin seed oils that are mixed with cheaper oils, ours is pure, potent, and proven to be 3 times better at reducing inflammation.



Best supplement

"This supplement is one of the best I've ever taken. I feel amazing since I started it. My mood is improved, and I feel strong. This is a difference maker. Thank you for creating this supplement and improving lives!" —Melanie M. Verified Buyer

Our [Alkamind Daily Omega-3](#) is the best quality fish oil supplement on the planet. It's the ONLY one with the ideal 2:1 ratio of EPA to DHA in a highly concentrated form. So you can take less and get more benefit from it. Plus it's heavy metal free and guaranteed for potency and freshness, so no fishy taste.



*“These fish oil are amazing, I have a shellfish allergy and these have no shellfish. I tolerate them so well. **They give me energy and have helped me with weight loss. If I forget to take them I notice a huge difference in my pain level from injuries I have sustained.** I love all of these products but these are my favorite.” – Michelle S.*



Our [Alkamind Daily Minerals](#) is our most popular product, and rightfully so. We are ALL deficient in minerals, especially MAGNESIUM which is the #1 most powerful neuroprotector of the brain. It is responsible for 600-700 enzyme reactions in the body, and when you are deficient, is the reason WHY you crave sugar and can't sleep!

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Dr. Daryl