

Protect the Aging Brain Through Nutrition Strategy



“Glorious golden years, gracefully descend upon us” is the plea of baby boomers everywhere. The desire for health of body and the fear of loss of mind become pronounced as we age. Alzheimer’s Disease (AD) is the most common neurodegenerative disease in the U.S., estimated to affect 8 million citizens by the year 2030.

The hallmarks of AD are changes in the brain that cause tangles of neurons in the cortex, amyloid plaques, and the loss of neuron connections. Current treatments have proved inadequate, but scientists are exploring the power of nutrition to protect the brain from neurodegenerative disease. Both inflammation and oxidative stress caused by free radical damage are instrumental to brain decline. Cooling down inflammation and oxidative stress can be accomplished through diet and lifestyle changes. Numerous studies have indicated that individuals consuming a diet high in fruits and vegetables show fewer age related diseases like AD. James Joseph, Ph.D who heads the Research Center on Aging at Tuft’s University, has published [dozens of studies](#) that show foods high in anti-oxidants can decrease the brain’s vulnerability to inflammation and oxidative stress that comes with aging.

FOODS ASSOCIATED WITH BRAIN PRESERVATION

	<p>Anti-oxidant-rich Plant Foods: berries, nuts, vegetables, juices rich in polyphenols, dark chocolate, grains, spices, coffee, and tea</p>	<p>Omega-3 Fatty Acids: cold-water fish and fish oil, fish oil supplements, walnuts, flaxseed, canola oil, eggs, wheat germ, grass-fed meats, eggs</p>
	<p>Curcumin: a compound in the popular Indian spice, turmeric</p>	<p>The Mediterranean Diet: a diet high in leafy green vegetables, fresh fruit, whole grains and good fats like olive oil and nuts</p>

Smart eating strategies, along with exercise and working your brain are tips recommended by Dr. James Joseph to protect the aging brain. Though research is still in its youth, it is clearly pointing to [nutrition’s contribution to glorious golden years](#), sound of mind and healthy of body.