



Health Matters

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Referred to as an epidemic, Alzheimer's disease affects an estimated 5.4 million Americans (1-in-8 over age 65). However, no chronic condition exists in a bubble. Symptomatic changes indicative of this disease are often found in concurrence with signs of insulin resistance, diabetes and/or obesity, as well.

A few preventative techniques that help reduce your risk of chronic conditions, including Alzheimer's, are: eating a nutritious diet, avoiding foods that spike your glucose levels, exercising regularly, controlling your weight and challenging you mind daily. These will optimize your general health overall.

On-going Alzheimer's research at the NBRC (National Brain Research Centre) has revealed the potential therapeutic value of an herb called **Ashwaganda** that's been implicated in helping improve neuronal network function, cognition and memory in damaged brain cells of those being treated for Alzheimer's disease.

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