

Memory, Stress, & Alzheimer's

How to reduce your risk of
Developing Alzheimer's
Disease.

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Many people I see with forgetfulness are simply suffering from long-term stress. However, they often wonder if it's Alzheimer's. Absent mindedness is more likely to be stress related.

But if you're concerned about developing Alzheimer's Disease here's some info to help you minimize your risk. The cause of most Alzheimer's is unknown but neuroscience is aware of a number of factors which influence your likelihood of developing the disease. Thus there are things you can do to lower your risk.

A high-fat diet, elevated cholesterol, and obesity are all risk factors, as are high blood-pressure and smoking. You can make lifestyle changes to improve these and thus reduce your risk of developing Alzheimer's.

You can also cut your risk further by eating fish containing omega 3 fats, eating a low fat diet & foods rich in polyphenol anti-oxidants, as well as exercising. A major way of decreasing the risk is through challenging your brain. Learning a language, taking a course, studying, and doing puzzles are very powerful methods of reducing the risk of Alzheimer's.

By doing much of this you also reduce your risk of heart attack and stroke. But when you wonder why your memory is a bit off, check your stress levels before you panic.

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