

## Natural Home Remedies for Alzheimer's Disease

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Home remedies for Alzheimer's disease can significantly slow the progression of this devastating illness while offering a person better physical health and self-confidence. Approximately 5,000,000 adults currently suffer from the ravishing affects of this disease. Alzheimer's is the most frequently occurring type of dementia and commonly attacks individuals who over 65 years old. A range of lifestyle and health choices do trigger earlier attacks of this illness, which is then classified as early-onset Alzheimer's disease as it does strike individuals of middle age.

### **Definition**

Defined by a marked decline in normal cognitive functioning, which includes decreased memory capacity and a loss of the ability to concentrate, an individual stricken with Alzheimer's disease routinely experiences difficulties performing simple daily tasks such as dressing or preparing a simple meal. An Alzheimer's victim can also experience obvious language impediments and noticeable changes in behavior.

### **Causes**

The exact cause of Alzheimer's disease has yet to be completely identified or understood. However, studies strongly suggest that a collection of particular proteins stored between and within the nerve cells of the brain, interrupts the flow of communication necessary between the brain's nerves, which produces the affects of Alzheimer's disease.

Studies also suggest a strong correlation between aluminum commonly used in cookware and present in certain foods, and Alzheimer's disease.

### **Symptoms**

A few of the medical symptoms of Alzheimer's disease are as follows:

- Memory loss
- Disoriented speech
- Confusion
- Severe mood shifts
- Decreased attention span
- Losing items

### **Home Remedies for Alzheimer's Disease**

The following natural cures for Alzheimer's can slow the diseases progression, as well as prevent its onset in otherwise normal, healthy adults:

- Eliminate the use of all aluminum in cooking and eating. Also, avoid foods and other products that contain aluminum, such as salt, baking mixes (including cookies, brownies and other foods prepared with aluminized baking powder), microwave popcorn, pickles, salted snack foods and certain medications. Items that often contain aluminum include antiperspirants, certain body creams and body lotions, soaps, lip balms and other cosmetics. Reading all labels are helpful in this endeavor, however, it should be noted that aluminum can be camouflaged in other ingredients or listed under other names, such as silicoaluminate.
- Taking regular doses of ginkgo biloba is believed to reduce the symptoms of Alzheimer's. When combined with cayenne pepper, ginkgo is believed to be even more effective as cayenne increases the amount of blood flow to the brain and can speed the effects of ginkgo biloba.
- Daily doses of vitamin E can assist in slowing the degenerative effects of Alzheimer's.
- Huperzine A also reduces the impact of Alzheimer's disease.

**Other herbal ingredients useful in home remedies for Alzheimer's are:**

- Brahmi oil
- Shankhapushpi
- Shatavari oil
- Mandookparni
- Bala oil

**Foods that are helpful as home remedies for Alzheimer's symptoms include:**

- Carrots
- Oily fish (such as tuna or salmon)
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Fava beans
- Soybeans
- Sage
- Rosemary

**An antioxidant rich diet is advised for anyone interested in preventing Alzheimer's or slowing its onset. Foods high in antioxidants include:**

- Acai berry
- Strawberries
- Blueberries
- White tea
- Green tea
- Coffee

- Fresh foods naturally high in vitamins A and C

A person who has begun to notice a decline in cognitive functioning should also routinely avoid the following:

- Alcoholic beverages
- Cigarette smoke
- Salt (which can also be high in aluminum, as well as can cause hypertension, which is a contributing factor to Alzheimer's)

Participating in regular physical exercise, as well as exercising the brain with challenging puzzles, memory games, writing exercises or learning a new language are also helpful home remedies for Alzheimer's.