

## ***Aging and Alzheimer's***

Q: My father has Alzheimer's, and I know that I am at greater risk of getting the disease. Can you help with not only the treatment but also with the prevention of the disease?

Alzheimer's disease (AD) is a progressive, degenerative brain disease that results in gradual memory loss as well as impaired judgment, difficulty concentrating, loss of language skills, personality changes, and a decline in the ability to learn new tasks. Currently, there is no cure for AD, but herbs, supplements, and lifestyle adjustments may all help not only to slow the progression and improve the symptoms of the disease, but also to help prevent the disease. The causes of AD are thought to include both genetic and environmental factors. Toxicity of the brain is an increasing concern, as autopsies of those diagnosed with Alzheimer's increasingly show the presence of mercury and aluminum, making chelation therapy very promising. New research indicates that free radicals may play a role in the development of AD. Antioxidants, in particular vitamins E and C, may ease the symptoms of dementia, increase the life span of those with AD, and help prevent the disease. Phosphatidylserine (PS) has been shown to help improve memory and prevent cognitive decline in middle-aged individuals. There are many herbs that can be beneficial, including Ginko, Panax Ginseng, and Lemon Balm. Prevention and treatment will help you to enjoy the later years in life. Get yourself on the path to help maintain your brain.