

7 Elements of a Diet to Reverse Alzheimer's Disease

Read on to discover how to cut through the Alzheimer's fog with diet and get you or your loved one back to enjoying life today!

Did you know doctors are reversing Alzheimer's with diet? Dr. Dale Bredesen was one of the first doctors to use diet as part of a protocol to reverse the disease as far back as 2014.¹

Any diet that reverses Alzheimer's must reduce inflammation.² Inflammation prevents brain cells from communicating with each other. If cells can't communicate, you've most likely got Alzheimer's. With that in mind, let's examine what makes up a diet to reverse Alzheimer's.

Although this is by no means a complete list, it contains the main ingredients acceptable to most doctors who have reversed Alzheimer's in their patients.

- Eliminate all sources of sugar and refined carbs including those found in processed foods, breads and pasta.
- Eliminate gluten.
- Eat as many whole fruits and vegetables as possible with an emphasis on green leafy vegetables, berries and cruciferous vegetables such as broccoli.
- Eat legumes, whole grains, beans and olive oil.
- Make sure you're getting enough omega-3 fats which are found in fatty fish such as tuna, salmon and sardines. If you're plant-based only, use a quality fish oil supplement.
- Avoid trans fats. Learn to read labels and reject anything containing partially hydrogenated oils even if the product says it doesn't contain trans fats.
- Prepare your meals at home whenever possible so you know exactly what ingredients are used in the meals. Eating in assures you're getting the right nutrients and can save money as well.

Some Other Diet Modifications

Some doctors advocate modifications of this diet. For Instance a patient of Dr. Robert Morse reversed his mother's dementia with a diet consisting mainly of blueberries and walnuts. Dr. Morse advocates the

¹ <https://www.buckinstitute.org/news/memory-loss-associated-with-alzheimers-reversed-for-first-time/>

² <https://youtu.be/p6lkRXaQKwk>

most stringent diet: fruits, berries and melons with lemon water to drink. If the fruit diet becomes too much, you can add in a large salad at dinner³.

While not as stringent as Dr. Morse's diet, most doctors stress the importance of a plant-based diet. A few others allow non-farmed fish.

Other diets eschew alcohol consumption but add in spices such as turmeric, cinnamon, sage and cumin as well as pumpkin and sunflower seeds⁴. Another encourages chocolate and coconut oil⁵.

On the other end of the dietary spectrum – there's a diet created by researchers at the Rush University Medical Center in Chicago called the Mind Diet⁶, that is also supposed to reverse Alzheimer's.

This diet is the most flexible as it includes nuts, poultry, less than one tablespoon of butter, one serving of cheese per week, up to five servings of pastries and other sweets per week, fast or fried foods less than once a week, and one glass of wine per day. Unlike the Mediterranean Diet which only allows one serving of red meat per week, the Mind Diet considers four servings acceptable.

In addition to diet, Dr. Bredesen's protocol includes fasting for at least 12 hours between dinner and breakfast. He suggests you have your dinner at least three hours before bedtime and don't eat again until 12 hours later.

Going Forward

So many diet choices – where to begin? That depends on how far Alzheimer's has progressed in your patient or yourself. Generally, the more advanced the Alzheimer's, the stricter the diet due to how much faster the stricter diet works.

All the diets include fresh whole foods, especially raw vegetables and berries. This seems to be the best diet to reverse advanced Alzheimer's because it's the purest. In other words, it contains the fewest chemicals. Alzheimer's usually starts with inflammation caused by the wrong chemicals in the diet. To reverse the disease, you need a diet that contains the fewest possible chemicals.

Medical doctors won't be able to help you in finding a diet as most of them haven't received much training in nutrition. Even if they have the training, they usually can't take the time needed to help you determine which diet is best for you.

A holistic, naturopathic or functional medicine doctor, on the other hand, will understand what you need. He or she will also be able to spend more time with you to ensure you get the proper diet.

According to Dr. Bredesen, diet is just one of the six different lifestyle changes you need to make to have the best chance of reversing Alzheimer's. Other changes are: regular exercise, social engagement, mental stimulation, sleep quality and meditation.

³ <https://youtu.be/jlJ4tkHh0Eg>

⁴ <https://www.mindbodygreen.com/0-7613/10-foods-that-prevent-dementia-alzheimers.html>

⁵ <https://www.alzheimers.net/superfoods-that-fight-alzheimers/>

⁶ <https://www.cbsnews.com/media/mind-diet-foods-avoid-alzheimers-boost-brain-health/>

The more of these changes you can make, the better your chances of reversing Alzheimer's.

Whichever diet you decide is best for you or your loved one, get started now. This is one of the most important steps you can take to reverse Alzheimer's.

To find out more about these diets – along with other lifestyle changes, see any of the sources below and get started reversing Alzheimer's today.

For Further Information

Dr. Joseph Mercola interviews Dr. Dale Bredesen <https://youtu.be/qrQyxWP-S2s>

Dr. Dale Bredesen https://youtu.be/6D5aA_-3lp8

Drs. Dean and Anne Ornish https://youtu.be/BGcU9wy8_Dw

Dr. Michael Greger <https://youtu.be/Gel4vIG4Jbk>

Drs. Dean & Ayesha Sherzai <https://youtu.be/--9OZQEcuIlg>

SharpAgain.org and HealthAdvocatesWorldWide.com - <https://youtu.be/t1XvjeoOK0c>

Dr. Neal Barnard <https://youtu.be/GI994lb8t4A>

Dr. David Perlmutter <https://www.drperlmutter.com/reversing-alzheimers-with-probiotics/>

Dr. Darren Schmidt <https://youtu.be/lh9IszdWzcg>

Dr. Daniel Amen https://youtu.be/Jqmb_p8UVtM

Dr. Robert Morse https://youtu.be/_uWZ8XVf6mE

