## Alzheimer's

Chronic neurodegenerative disease that usually starts slowly and gradually worsens over time. It is the cause of 60–70% of cases of dementia. The most common early symptom is difficulty in remembering recent events.

### Best Foods
- Avocados
- Beans
- Berries and dark-skinned fruits
- Chocolate, dark
- Coffee
- Cold-pressed virgin coconut oil
- Extra virgin olive oil
- Green leafy vegetables
- Nuts & seeds
- Poultry
- Salmon and other cold-water fish
- Whole grains
- Wine

### Worse Foods
- Beer
- Butter and margarine
- Fried or fast food
- Microwave popcorn
- Pastries and sweets
- Processed cheeses, including American cheese, mozzarella sticks, Cheez Whiz
- Processed meats, such as bacon, smoked turkey from the deli counter and ham.
- Red meats
- Sugar and Fructose
- White foods, including pasta, cakes, white sugar, white rice and white bread

### Vitamins / Minerals
- Folic Acid (folate in food preferred)
- Magnesium
- Vitamin B12
- Vitamin B6
- Vitamin D
- Vitamin E (tocopherol and tocotrienol)

### Supplements, Herbs, Spices or Foods containing
- Acetyl L-carnitine
- Alpha lipoic acid (ALA)
- Astaxanthin
- Coenzyme Q10
- Coral calcium
- Curcumin
- Docosahexaenoic acid (DHA)
- Gingko biloba
- Ginseng, Panax
- Huperzine A
- Krill Oil
- Lemon Balm
- Omega 3
- Rosemary
- Saffron
- Sage
- Turmeric
- Vinpocetine

### Avoid
- Aluminum
- Anticholinergic and statin drugs

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