

# Lost Temple Fitness

Alzheimer's	Best Foods	Worse Foods	Vitamins / Minerals	Supplements, Herbs, Spices or Foods containing	Avoid
<p>Chronic neuro-degenerative 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.</p>	Avocados	Beer	Folic Acid (folate in food preferred)	Acetyl L-carnitine	Aluminum
	Beans	Butter and margarine	Magnesium	Alpha lipoic acid (ALA)	Anticholinergic and statin drugs
	Berries and dark-skinned fruits	Fried or fast food	Vitamin B12	Astaxanthin	
	Chocolate, dark	Microwave popcorn	Vitamin B6	Coenzyme Q10	
	Coffee	Pastries and sweets	Vitamin D	Coral calcium	
	Cold-pressed virgin coconut oil	Processed cheeses, including American cheese, mozzarella sticks, Cheez Whiz	Vitamin E (tocopherol and tocotrienol)	Curcumin	
	Extra virgin olive oil	Processed meats, such as bacon, smoked turkey from the deli counter and ham.		Docosahexaenoic acid (DHA)	
	Green leafy vegetables	Red meats		Ginkgo biloba	
	Nuts & seeds	Sugar and Fructose		Ginseng, Panax	
	Poultry	White foods, including pasta, cakes, white sugar, white rice and white bread		Huperzine A	
	Salmon and other cold-water fish			Krill Oil	
	Whole grains			Lemon Balm	
	Wine			Omega 3	
			Rosemary		
			Saffron		
			Sage		
			Turmeric		
			Vinpocetine		
			Web MD		