

Week 39 (2019)

Prevent Mental Decline

Long time readers will know that I stand working at my computer up to 12 hours per day as part of my super healthy regime. I have done this for almost 20 years, and by walking as much as possible the rest of the time, at aged 73 I am still fitter than most people in this age group. Since I take many supplements proven to improve health and especially brain health, I am healthy and still planning to be even healthier.

I wish I could find the time to exercise more as I do see many other people of my age and older who are super fit and I hope they are also taking the nutritional supplements, as fitness alone will not keep them healthy (nor will the so-called balanced diet).

I realise that everyone is not able to stand, walk or exercise to maintain fitness but there are other options which I have used myself and plan to reintroduce them, since reading a new study.

Confirmation Study

It's helpful when I find studies with no financial gain as I am more likely to consider it. In this case it is more confirmation that we have seen from many studies, that activity is critical to good health and therefore a lack of it is asking for trouble.

This study conducted at the University of Texas Southwestern Medical Centre with the results published in the Journal of Alzheimer's Disease looked at the effects on brain health of aerobic exercise with those who had mild brain/memory impairment.

The researchers measured the effects of an increasing, moderate to high intensity program of aerobic exercise on the following measures:

- memory
- executive function
- brain volume
- cortical levels of beta-amyloid
- total brain volume and the brain volume of the hippocampus as secondary outcomes

The participants were broken up into two groups, one that did aerobic exercise and the other group that did stretching and toning control activities.

The results showed that the hippocampus of the aerobic group had decreased in size a lot less, compared with the other group.

Prof. Zhang, the lead researcher concluded the rate of the shrinkage in the aerobic exercise group and that this could be an exciting revelation.

My conclusion is if you want to fight brain shrinkage, you might want to consider making aerobic exercise a regular part of your lifestyle.

How To Do It

Two effective and inexpensive ways, that I can recommend are the Mini Trampoline or ReBouncer. These are very inexpensive and can be used at home, inside or outside.

The best one is the Mini Trampoline



You may have even used one in the past with springs for the bounce but found them hard on the joints, or very noisy. There is now a very nice alternative which uses quiet rubber bungees for the bounce which are also very kind to your joints.

I looked and found the best deals on eBay. I recommend purchasing one that has a handle or bar to hold onto. Make sure it has the rubber bungees and they even have ones that fold away but these are more expensive. I prefer to have one left out so I'm always reminded to use it.



Another Choice – Vibro-Plate



For those who may not be able to exercise and exert themselves enough to use the mini trampoline, there is another choice, a vibrating Plate. I use one of these when I am working at home by standing upon it which makes it very convenient to get some exercise. This can even be used by people who have difficulty standing as they can sit on the plate to get some exercise.



I have the plate without handles but there are larger ones with handles. This one is so easy you can even watch TV or listen to the radio.

Even if you are super fit they are still very useful but can also be used by those just starting out.

P.S. They only work if you use them.

Supplements for more Brain Power:



BrainPower
Contains Liposomal Curcumin/- Resveratrol to provide natural anti-inflammatory protection. Benefits a range of brain health conditions as well as total body health.



Lithium Balance
Contains 100% Natural Organic Lithium Orotate, to support healthy brain and mood balance. Completely safe to use and has no harmful side effects.



ActiveLife
Contains 103 super nutrients including a full Vitamin B Complex and especially B12 to support the brain and body's optimal health.



B4Health Spray
Contains a full Vitamin B Complex in a Sublingual Spray and especially B12 to support the brain and body's optimal health.



Serranol
Boosts your brain and body's total health support. Contains a powerful combination formula of four key ingredients in one capsule: 160,000IU Serrapeptase, 250mg Meriva Curcumin, 50mg Ecllonia Cava and 1000IU Vitamin D3.