



A PARENT'S PARADISE & CARE



REDUCING COGNITIVE DECLINE

www.aparadiseforparents.com

CHECKLIST FOR REDUCING COGNITIVE DECLINE

Here are some simple steps you or a loved one can take to fight cognitive decline and sometimes even improve your memory. Plus they are really healthy for the rest of your body without any side effects!

We implement all of these with our assisted living programs and see great results with our residents.



DIET

Probably the most important way to fight cognitive decline

- Low Carb Ketogenic Diet

FOODS TO EAT:

● **Animal Protein**

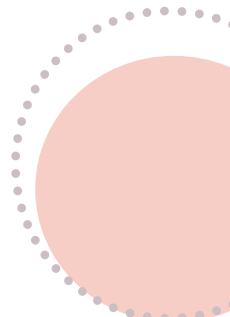
- ◇ Beef
- ◇ Chicken
- ◇ Eggs
- ◇ Organ Meats
- ◇ Fish – Salmon, Sardines, Mackerel, Oysters. Not tuna or swordfish or fish that contain a lot of Mercury
- ◇ Dairy if you tolerate it

● **Plants**

- ◇ Bell Peppers
- ◇ Cruciferous Vegetables such as Broccoli, Cauliflower, Asparagus and Brussel Sprouts
- ◇ Mushrooms
- ◇ Zucchini
- ◇ Eggplant
- ◇ Avocado
- ◇ Lettuce
- ◇ Cabbage

● **Miscellaneous**

- ◇ Coffee
- ◇ Tea
- ◇ Limited berries
- ◇ Unsweetened Greek Yogurt





✘ FOODS TO AVOID:

○ Sugary Treats

- ◇ Soda
- ◇ Processed Food
- ◇ Cereal
- ◇ Bread
- ◇ Pasta
- ◇ Juices
- ◇ Chips and crackers

- ◇ Seed oils (Soybean, Canola, Vegetable)
- ◇ Honey, syrup or any sweetened sugar
- ◇ Alcohol

✔ HOW TO EAT:

- ◇ Try to eat in an 8-10 hour window (fast for 14-16 hours)
- ◇ Don't eat less than 3 hours before bed

EXERCISE

Stimulates brain growth hormones and clears out old brain cells

- ◇ Resistance training (weights, bands, body weight etc.)
- ◇ Aerobic exercise is great too
- ◇ 30 minutes a day 4-6 times a week
- ◇ Try to exercise outside for some sunshine and Vitamin D

SLEEP WELL

Allows body and brain to heal and clear out toxins

- ◇ Try to sleep 7-8 hours/night
- ◇ Consider enrolling in a sleep study if you're having trouble
- ◇ Look into a grounding mat for your bed (Google it)
- ◇ Avoid screens for 1-2 hours before sleeping
- ◇ Consider a CPAP machine if you're having trouble

IMPROVE YOUR DENTAL HEALTH

Dental infections can migrate to your brain

- ◇ Consider a Cone Beam Scan (find a dentist who does these)
- ◇ Remove infections such as gingivitis and periodontitis
- ◇ Check on root canals (they become infected easily)
- ◇ Brush and floss regularly





STAY AWAY FROM TOXINS



Sometimes just removing toxins from your body can improve cognition

- ◇ Check your home for mold and remove
- ◇ Remove toxic substances that might be giving off vapors
 - I. Gasoline containers
 - II. Organic chemicals like Tolulene or Benzene
- ◇ Stay away from pesticides
- ◇ Avoid jobs or activities with exposure to heavy metals
- ◇ Try using a sauna to help you sweat out the toxins

All these steps should be free or pretty inexpensive. But they can lead to great results. If you have any questions please feel free to reach out via our website, phone, email

We'll expand on these in future emails we send out to you, plus offer other tips on how to improve your cognitive health!

Sincerely,

Hal Cranmer

 **623-295-9890**

 **Hal@aparadiseforparents.com**

 **www.aparadiseforparents.com**

