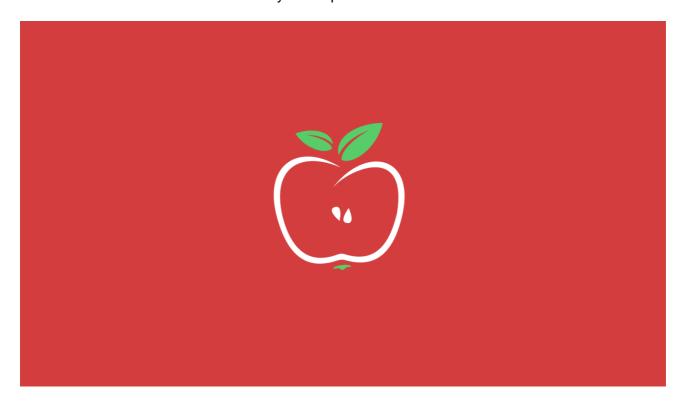
Tips for a healthy brain

How you can prevent dementia



Add coconut oil to your diet.
Limit sugar in your diet, especially Fructose.
Optimize your vitamin d.
Keep your fasting insulin levels below 3.
Take your high quality fish oil Supplement.
Vitamin b12!
Get your folate, too!
Avoid mercury and aluminum.
Gingko biloba!
Eat your blues!
Challenge your mind daily.
Avoid anticholinergic or statin drugs.