

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.