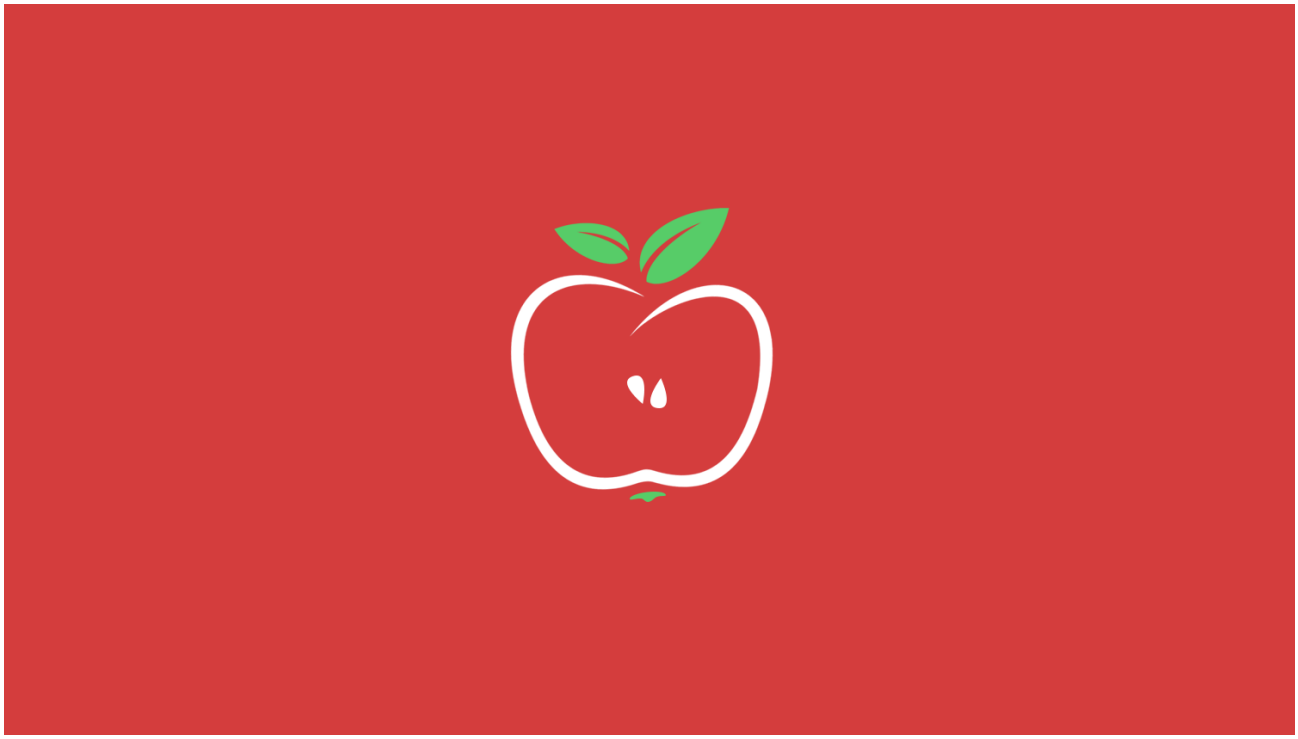
Tips for a healthy brain

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.

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