

## Alzheimer's prevention Eat the Rainbow

Believe it or not, your brain rusts as you get older. The end result is Alzheimer's, or as one of our patients called it, "old timer's disease." But thankfully, nature has provided the perfect WD-40 lubricant. It is the rainbow of colorful fruits and vegetables—the dark purples of blueberries, the deep reds of pomegranates, the rich green of kale and collards, the bright orange of sweet potatoes. All these colorful foods provide powerful antioxidants. That's a good thing, because, as a recent study in the *Journal of the American Medical Association* found, people who ate more dietary antioxidants had 70% less Alzheimer's and dementia. This is one powerful way to control one of the major causes of all disease—rusting, or oxidative stress.

<http://www.ultraprevention.com/prevention/rust.htm>

Eat 8 - 10 servings (1/2 cup = 1 serving) of these lifesaving colorful fruits and vegetables a day to protect your brain.

*Excerpt from Ultra Prevention by Dr. Mark Liponis & Dr. Mark Hyman*