

Tips for Preventing Alzheimer's Disease

As well as several other Disorders

<http://eatcleanhealth.wordpress.com/tag/alzheimers-disease>

[Eat the Rainbow: Part II](#)

Welcome to Week 2 of the Rainbow Series! Today we're going to cover the nutritional benefits of white food.

White foods, such as mushrooms, cauliflower, onions, and turnips, help lower [blood pressure](#) and cholesterol. Plus, their high concentration of quercetin helps reduce inflammation in the body, helping prevent heart disease, Alzheimer's, and cancer. White foods like garlic and onions also provide a wonderful boost to the immune system, helping you stay healthy, even in the midst of cold and flu season.



Sneak white vegetables into soups and sautes. White foods are a rich source of fiber, potassium, and magnesium, which support overall health and help prevent illness and disease.

For additional information about nutrition, vitamins, healthy eating, fitness, and overall wellness, sign up for [Eat Clean Health's monthly newsletter](#) and stay in the loop!

[The Importance of Vitamin D](#)

There's a lot of talk about [Vitamin D](#). Even though many Americans don't get the recommended daily dose, most people don't know why it's important, how it helps the body function, and what you can do to make sure you're getting enough.

In a nutshell, these are the health benefits of adequate Vitamin D:

- Boosts the Immune System
- Helps the body fight infections
- Improves mental health



- Helps reduce inflammation
- Prevents osteoporosis and fractures
- [Boosts mood](#)
- Prevents autoimmune diseases
- Promotes calcium absorption from food
- Protection against Alzheimer's and Parkinson's
- Reduces risk of heart disease, [high blood pressure](#), and diabetes

So what you can do if you're not getting enough Vitamin D? In lieu of taking a tropical vacation and laying on the beach all day—which is highly recommended if you can swing it!—aim for 5 to 10 minutes of unfiltered sunlight daily, (but don't forget to protect your face) and add these vitamin D rich foods into your daily diet:

Food Sources:

- Wild Caught Salmon
- Shitake Mushrooms
- Organic Eggs
- Cod Liver Oil

If you suspect you're drastically low in Vitamin D, talk with your doctor. Your doctor can suggest blood tests and/or specific supplements that can help you meet your daily needs.

Juice Plus: The Importance of Antioxidants

When it comes to nutrition and health, conflicting ideas and advice abound. It's hard to drown out the noise and tune in to what your body needs, but there is one area in which no debate is



found: The importance of antioxidants.

Antioxidants, found in fruits and vegetables, strengthen the body, boost the immune system, and help prevent disease. Everyday our bodies are subjected to free radicals, which strain and age the body. When the body has more free radicals than antioxidants, [oxidative stress](#) occurs, causing numerous health problems, including cancer, Alzheimer's, heart disease, depression, thyroid issues, and diabetes, just to name a few.

Fruits and vegetables contain literally *thousands* of antioxidants, making them far and away the absolute best source of antioxidant health. The current recommendation is 7-13 servings of fruits and vegetables per day, but unfortunately the average adult doesn't come near those numbers. Putting the healthiest foods into our bodies is a daily struggle, which is why I recommend Juice Plus+ to those in need of [extra support](#).

Juice Plus+ provides *whole food nutrition* from 17 different fruits, vegetables, and whole grains. Unlike vitamin supplements, **Juice Plus+** contains phytonutrients, [antioxidants](#), and fiber, making it a wonderful *addition* to a healthy, balanced diet. There is absolutely no substitute for eating fresh fruits and vegetables, but if you find yourself struggling to eat healthy, fresh food consistently, Juice Plus+ provides an array of antioxidants to help 'fill the gap' between what you should eat and what you do eat.



The Top 8 Health Benefits of Wine



Though it's been hotly debated in bars across the country, the results are in: drinking is good for you! Well, that may not be 100% accurate, but when it comes to wine, 1-2 glasses a day has been shown to have fantastic health benefits. As though you need a reason to sit back and drink up.

1. **Lowers Risk of Heart Disease:** The antioxidants in red wine, called polyphenols, reduce the risk of blood clotting by keeping blood vessels flexible.
2. **Helps Control Blood Sugar:** Resveratrol, found in the skin of red grapes, has been shown to regulate blood sugar as well as [lower cholesterol](#) and blood pressure.
3. **Improves Brain Function:** Resveratrol also hampers “the formation of beta-amyloid protein, a key ingredient in the plaque found in the brains of people with [Alzheimer's](#).” Enjoy a glass of red wine with dinner each night to keep your mind sharp.
4. **Reduces Risk of Type 2 Diabetes:** Red wine has been shown to balance blood glucose and insulin levels, which significantly lowers the risk of developing diabetes.
5. **Prevents Cancer:** Apparently there's nothing [resveratrol](#) can't do. This compound has been shown to inhibit the growth of cancer cells in the human body.
6. **Slim Your Waistline:** That's right, drink up to stay slim! Resveratrol actually prevents the growth of fat cells in the body. Yes please!
7. **Promotes Youthful Skin:** Because of the high antioxidant levels found in grapes, having one glass of red wine daily helps fortify skin cells. Exercise moderation, though; too much alcohol has a dehydrating effect, causing skin to look dry and brittle.
8. **Longer Life:** Wine drinkers live longer than their beer drinking counterparts. If ever there was a reason to open a bottle and raise a toast, this is it!