

Alzheimer's and Aluminum: Is There a Link?

Recent science has found that there may be a link between Alzheimer's and aluminum; a discovery found by an Alzheimer's foundation. Though the cause of Alzheimer's remains unknown, there are many theories that attempt to find the cause. One of the theories states that using products that contain or are contained in aluminum may cause Alzheimer's. Additionally, scientists believe that by avoiding aluminum products, you can aid in preventing Alzheimer's. If you are taking care of an Alzheimer's patient, here is what you should do.

Diet

First, monitor their dietary habits thoroughly. You are going to want to establish a good Alzheimer's diet for the patient. Make sure that your patient does not use or intake aluminum products. Always read the nutrition facts listed on every food product. Additionally, make sure that they intake low amounts of fat and low amounts of cholesterol. This will aid in slowing the progress of the disease. Finally, research nutritional supplements, such as turmeric or glyconutrients, as the Alzheimer's foundation has found that these supplements will also aid in slowing the progress of Alzheimer's.

Activity

Next, try to find an activity that the Alzheimer's patient will enjoy. Good activities are those that are simple in nature but rewarding. Games, cooking, gardening... these are the types of activities you will want to seek out. Additionally, always give positive encouragement to an Alzheimer's patient.

Alzheimer's statistics show that the better patients feel about themselves, the more they will try to combat their disease. Keep in mind that they may not want to participate for very long periods of time and, as such, you will want to be patient with them and allow them to stop when they choose to (though you should give kind encouragement to get them to try to do more).

Responsibility

An Alzheimer's caregiver is absolutely responsible for the lives of their patients. Because caregivers are the only people giving constant attention to these patients, they must make sure that they are taking their medication. Because there is no cure for Alzheimer's, taking any treatments available is the only way to stop the disease from building and becoming worse. Remember, treatment is the only weapon we as people have against this disease. Use this weapon to its fullest potential, as there are few other things you can do.

Though nobody knows why this brain disease occurs in people, science does know that you should do what you can to not be a victim. Although aluminum may not be a cause of Alzheimer's, it is probably a good idea to avoid it as much as possible. This is not a disease that you, or your loved ones, will want to get. Try to do anything and everything you can to avoid it, even if it seems a little drastic or crazy. This article on Alzheimer's should be very beneficial to you and your loved ones in combating this disease, once and for all. Do not wait, start prevention now!

Source: <http://www.articlecircle.com>

About the Author

Alzheimer's disease is a terrible affliction, but with the proper information a family's progress through this challenge can be significantly easier. For helpful articles, tips and resources please visit: <http://www.alzheimerscaregiverresource.com/>