

Alzheimers PREVENT Defense:

Education • Application • Inspiration ••• *My Daily Discipline*

“What new habits are you building to grow old with?”

---Bruce Seidman, 2009 ...(choose 3 to try this week):

SLEEP

Fish Oil / key brain Supplements

BEE SOCIAL – be a part of something bigger than just you...like bees...like pack animals

Red Light – Infrared light

Oxygen

Belly Breathing (at the beach for even more oxygen)

Cold Plunge (cold shower 20 seconds, cold pool, cold water on face and scalp)

Exercise timing to boost oxygen

Stretching

Massage

PEMF

Relearn how to drink water: add magnesium, potassium, sodium, chloride

HEPA air filter in bedroom (with UV light, too)

Jumping up and down on a foam mat (I use an old boogie board) for 30 seconds to open the valves and move the lymph

Water Aerobics

Lift weights – kettle bell swings

Yoga (Beach Yoga is gentler—March thru December (January, February just for diehards...like YOU!))

PICKLEBALL: for “social” and for hand-eye brainpower

Couples night @ restaurant...talk with a great friend on the phone for 5 minutes...or more!

Grounding at the beach / in the grass

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