



How To Reduce Your Risk For Dementia And Memory Loss.

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NOTICE:

While we strive to ensure the accuracy of this information, it may not be safe or effective for you. Contact your healthcare provider before embarking on any new self-treatment.

This is serious.

The current U.S. incidence for dementia for individuals 65 years and older is 32.8% for men and 45% for women.

Once considered an unavoidable consequence of aging and heredity, the good news is new research showing that the risks for adult dementia and mental decline can be reduced by almost half without drugs or other medical treatment.

Here are some strategies shown to reduce the risk for dementia:

- **Take a multiple vitamin mineral (MVM) supplement every day and start now.**

One clinical study reported: “3 years of MVM improved global cognition, episodic memory, and executive function.” See * below.

- **Exercise** 2 to 3 times per week.

20 minutes of mild to moderate exercise, such as a brisk walk, dramatically reduces dementia risk.

- **Adopt a Healthy lifestyle**

A clinical trial from Massachusetts General Hospital showed that Brain Care Scores were significantly improved with the lifestyle choices that follow.

- **Eat a clean diet.** Avoid processed foods, excessive sugar, processed meat etc.

- **Minimal or no alcohol and stimulants.**

- **Get adequate sleep.** Allowing for 8 hours to 9.5 hours is considered ideal by many experts for optimal executive function but that can be hard to achieve for some.

- **Have regular social interaction** and support.

Isolation and communication difficulties such as visual or hearing impairment statistically increase the risk for dementia. If you need hearing aids, get them.

- **Don't smoke.**

- **Especially avoid cannabis.**

There is a large and growing body of scientific knowledge associating cannabis use with dementia, psychoses, anxiety and other neurological/mood issues. Especially good advice for the youngsters in the family.

- **Manage endocrine issues** such as diabetes and thyroid disease carefully. This reduces dementia risk.

- **Maintain good hygiene.**

- **Screen your medications.**

Some medications increase the risk for dementia such as first-generation antihistamines like Benadryl (The risks are much less with newer ones). Proper use of some blood sugar medications reduces the risk for dementia if you already need them.

- **Manage heart and cardiovascular disease carefully.**

Unmanaged cardiovascular issues such as heart disease, high blood pressure and cholesterol increase your risk for dementia.

- **Manage herpesvirus outbreaks** such as cold sores, genital herpes and shingles.

Reducing the symptoms with natural treatments, drugs or both reduces dementia risk.

- **Manage mood issues** such as anxiety, depression, bipolar disease, PTSD and others since they are a marker for increased risk for future dementia.

- **Avoid plastics**

Clinical trials including from the American Chemical Society show that microplastics from food and supplement packaging including water bottles can be stored in our brains and result in brain dysfunction. Who would have thought, but it's true. Avoid plastic packaging with foods and supplements. See * below.

- **Avoid heavy metals**

Heavy metal exposure to lead, arsenic, cadmium and mercury can happen from food and supplement packaging as well as environmental sources. Use products that have been screened (not required by regulation). You should also get tested if you suspect you have been exposed. See * below.

Need more help?

NW Natural Health® Specialty Care Clinic will be offering a specialized protocol to develop a personalized plan for reducing the risk of dementia. For most individuals. It will be a 2-visit telehealth service. Insurance,

unfortunately, does not cover this service, but there is a cash discount. If you want to get on the waiting list for the “Avoid Dementia Protocol” or ADP, you can email the clinic at Reception@nwnaturalhealth.com.

See the references below for more information.

* Most individuals can use a multiple-vitamin product at an even 150% of the RDA (Look at the Supplement Facts box which should be 100% of the RDA for most ingredients, not 1,000% of one and 20% of another). Choose a product packaged in amber glass, not plastic.

We recommend the Safe & Sound® products from VitaQual.com. They are screened for more than 100 bacteria, yeasts, molds, parasites, heavy metals and pesticides that have been found in the food/nutritional supplement supply chain. All Safe & Sound products are packaged in low UV amber glass. No plastic!

References

1. [Daily Multivitamin Slows Cognitive Aging in Three-Year Study Published in Alzheimer's & Dementia](#)
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3. [Association of Leucocyte Telomere Length With Stroke, Dementia, and Late-Life Depression | Neurology](#)
4. [Up to 44% of Dementia Cases Preventable.pdf](#)
5. [Dementia-link to bottled water as human brains found to contain teaspoon of plastic pieces - Surrey Live.pdf](#)
6. [Human Consumption of Microplastics | Environmental Science & Technology](#)
7. [Our Looming High Dementia Burden_ Can It Be Averted_.pdf](#)
8. [Lifetime risk of dementia and Alzheimer's disease | Neurology](#)

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[Click here](#) to visit VitaQual.com website.