

# GERIATRIC LIFESTYLE GUIDELINES

## 1. **Maintain a healthy spine with regular chiropractic care.**

## 2. **Stay aerobically fit**

- Cardiovascular exercise 20 minutes 3-4 days/week (walking, swimming, etc.)
- Strength training 20 minutes 3-4 days/week

### **BENEFITS:**

- Maintains a healthy cardiovascular system
- Reduces depression and increases a positive mental attitude (increases the body's natural production of endorphins)
- Maintains good balance by keeping neurological brain pathways efficient
- Decreases joint inflammation and pain associated with arthritis
- Physical activity reduces body weight and fat content which helps to decrease body inflammation
- Maintains a healthy immune system

## 3. **Consume 3-5 oz. of fresh water fish per week**

- 60% reduced incidence risk of Alzheimer's Disease
- Supports our memory, cardiovascular system, balance/coordination and a better functioning nervous system
- Supplement with 2 grams of fresh water fish oil daily that has been filtered

## 4. **Consume 4-5 servings of raw fruits/vegetables daily**

- 78% reduced incidence of Alzheimer's disease
- Includes vitamins C and E (Use Green's First, 1-2 scoops/day)
- Maintains good overall health benefits and protects against free radical damage as in cancer

## 5. **Avoid antacid medications when possible**

- Studies show 4.5 times increased risk of pneumonia (weakens the immune response)
- Gastro-intestinal symptoms occur in 20-40% of the general population each year
- Increased risk of stomach ulcers and bleeding

## 6. **Mental Conditioning**

- Scientific evidence suggests that "mental activities" as individuals age can prevent and/or delay the onset or progression of Dementia and Alzheimer's Disease
- Mental Exercises include:
  - \*reading
  - \*crossword puzzles
  - \*chess
  - \*card games
  - \*play music/sing
  - \*any activity that stimulates thinking and problem solving

## 7. **Loss of Spouse**

- When possible, avoid eating alone
  - Play favorite music during meals
- {This helps avoid depression, which is a destructive emotion for the digestive process}