

Each ninth adult with age deteriorates the work of the brain. At the same time, more than 10% of adults aged 45 to 65 years face a "subjective decrease in cognitive functions". Fortunately, this can be prevented if you change your lifestyle and abandon certain habits.

The use of too many artificial sweeteners. Artificially sweetened drinks (dietary soda) are associated with a high risk of developing dementia and Alzheimer's disease. At the same time, a large amount of sugar is also harmful: it is associated with a deterioration in memory and a higher probability to encounter dementia.

Passing of physical exercises. Physical activity increases the pulse, increases blood flow to the brain, the level of substance playing a role in memory and cognitive development. Try to devote daily physical activity of low or medium intensity for about 30 minutes.

Avoiding communication. People with strong social ties are less likely to faced a deterioration in cognitive abilities. It is important to interact with others live: according to the 2021 study, excessive use of screens is associated with an early decrease in cognitive abilities.

Ignoring problems with sleep. Try to sleep seven to nine hours a day. If even with such a amount of sleep you do not feel rested, then this may indicate an apnea of sleep.



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Fasting on fashionable diets and expensive “superfoods”. Products that are considered superfoods are associated with the improvement of cognitive functions. These are beets, eggs, walnuts. Red pepper, oranges, strawberries and other products containing many antioxidants can also protect against deterioration in the brain.

Ignoring stress factors. Some studies demonstrate that overstrain at a middle age is associated with a deterioration in cognitive abilities at a later age. At the same time, in the article published in 2023 in the journal Archives of Gerontology and Geriatrics, it is noted that passive work with a low level of control is associated with a higher risk of reducing cognitive abilities and physical capabilities, especially in men. At the same time, active work (managerial and professional roles with a high level of control and requirements) is associated with improving cognitive health. It is impossible to completely exclude stress from life, but find for yourself ways to cope with it.

Rejection of egg yolks. It is the yolk that contains nutrients that affect the brain. This is

Kholin and Luthein. Another good source of Kholin is a chicken.

Too a lot of alcohol. Regular excessive drinking (more than two servings per day) is associated with a decrease in cognitive abilities.

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