

Scientific data show that small changes in the routine can reduce the risk of dementia, in particular, Alzheimer's disease. These morning habits are especially effective.

**Eat eggs for breakfast.** New data show that there is a connection between egg use and a decrease in the risk of developing Alzheimer's disease in the elderly. This was said by Maggie Moon, the master of science and a certified nutritionist. All thanks to Kholin, Omega-3 and Luthein in the composition of eggs.

**Drink a cup of coffee.** Studies have demonstrated that moderate use of coffee (1-4 cups per day) reduces the likelihood of developing Alzheimer's disease. This is associated with antioxidants and caffeine in the drink.

**Spend crosswords.** They support cognitive functions, forcing memory, language skills, problems solving. All this contributes to the health of the brain. This was said by Amy Braunshtein, a master of science, a registered nutritionist.



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**Walk.** Walking improves blood flow to the brain. This contributes to the delivery of oxygen and nutrients that are needed for the health of the brain. Regular physical activity is also associated, according to Juliana Crimi, a master of medical sciences, a certified nutritionist, with an improvement in memory, thinking, and a decrease in the risk of developing Alzheimer's disease. In addition, walking leads to the release of endorphins, which are set in a positive way. Try to walk at least 20-30 minutes every morning.

**Meditize.** Mushumi Mukerji, a master of science and a registered nutritionist, recommends starting every day with meditation. It helps to maintain brain health: with regular practice, meditation improves memory and concentration of attention, reduces stress and inflammation.

**Call a friend.** Studies show that active social life helps to protect yourself from Alzheimer's disease. It supports the brain in an active state, reduces the risks associated with insulation.

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