



GREEN HEART

Green Heart Lifestyle Releases New Information on the Effectiveness of Gardening in Preventing Alzheimer's and Dementia

September 13, 2017

September 13, 2017 - PRESSADVANTAGE -

Green Heart Lifestyle, the Niagara Falls, NY based garden tools company, has released new information regarding the surprising impact of gardening on preventing mental health diseases as a part of their 2017 gardening and garden tools promotion campaign.

Speaking on this issue, Aad Hermann, the President of Green Heart Lifestyle has to say, "It is heartening to see that gardening can have such a positive impact on people with mental health issues. We hope that with our functional ergonomic design products can help people take up gardening more easily."

The therapeutic qualities of gardening are increasingly being recognized as one of the best ways to reduce the risk for all kinds of dementia, a recent study has confirmed. Conducted in Australia, the study followed nearly 3000 older adults, both male and female, over a period of 16 years to track the impact of daily lifestyle factors on their occurrence of dementia.

Surprisingly, gardening reduced the risk of dementia by 36%, which in some individual cases went down by

47% as well. This positive impact was seen for both men and women, showcasing that taking up gardening can truly be beneficial for people at risk of dementia.

While no direct connection as to why gardening helps prevent dementia can be made, it is understandable that gardening, which involves many critical functions, including strength, endurance, dexterity, learning, problem-solving, and sensory awareness can together improve the mental fitness of its practitioners, thus avoiding such harmful diseases such as dementia at a later age.

Another mental disease that afflicts the elderly which can be improved by regular gardening is Alzheimer's. Alzheimer's is a progressive disease that destroys memory and other mental functions of the people it affects, the causes of which are yet unknown. However, what has been established is that regular exercise reduces the risk of Alzheimer's by 50%.

This is because exercising helps improve memory as well as motor function, which keeps the mind agile for longer. Gardening, not only provides a good source of moderate exercise but also increases the intake of fresh air and sunlight, reduces stress and has other therapeutic benefits that help prevent diseases of all kinds. To learn more about the benefits of gardening, visit Green Heart Lifestyle's official website or check out their product line of garden shears at their Amazon storefront.

###

For more information about Green Heart Lifestyle, contact the company here: [Green Heart Lifestyle](mailto:info@greenheartlifestyle.com)
Hermann info@greenheartlifestyle.com 1855 Maryland Ave. Niagara Falls, NY 14305

Green Heart Lifestyle

Green Heart Lifestyles is dedicated to producing high-quality home & garden product at an affordable price.

Website: <http://Green-heart.club>

Email: info@greenheartlifestyle.com



Powered by PressAdvantage.com