



New Techniques to Stop Alzheimer's and Memory Loss by Healthcare Consultant

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Most people are familiar with a friend or family member with dementia, Alzheimer's or Memory Loss and usually it is a senior citizen, a parent or grandparent. "I don't know what to do with my parent." Is a comment heard all too often when seniors start the decline into any of the forms of dementia. So if memory is observed to be bad what's the reason for it? What are the causes of dementia, Alzheimer's and Memory Loss and what are the dangers if not dealt with early?

Healthcare Consultant, Houston Vetter, PhD of the Feel Better institute in Houston, Texas says, "One of the biggest challenges in dealing with the different diseases know as dementia, with Alzheimer's being the most common, is people mistake it as an old person's problem. People believe they won't have to deal with dementia and memory loss issues until they get old and retire. What they don't understand is two things. One while they are young they are setting themselves up for dementia problems if they don't take simple preventative measures now. And two the odds are very high that they will have to become a caregiver for someone they love long before they retire and the pressure of caring for a young family with children becomes doubly difficult when you add caring for a parent with some form of dementia, Alzheimer's or Memory Loss into the mix."

Most people do not know the alarming statistics concerning Dementia.

? Every 67 seconds someone develops Dementia.

? 3.2 million Women

? 1.9 million Men

? 5.3 million People will develop Dementia this year

? 700,000 People will die from Dementia this year

And the problem is even worse because for every one of the 5.3 million people who develop some form of Dementia this year there will be a caregiver require for every one of them which means 10.6 million people will suffer and be effected by Dementia this year.

Most people have full time jobs and on top of that there is the full time job of raising a family. Taking care of getting kids to school, homework, after school projects, shopping, cooking, cleaning and all the other aspects of raising a family. Being a caregiver for a senior who develops dementia is also a full time job that gets more challenging as time goes by. Because with Dementia, Alzheimer?s and Memory Loss the current belief is that it only gets progressively worse until the person with the illness becomes non-responsive and unable to even control bodily functions. Incontinence is often a result of the disease.

In order to stop Dementia, Alzheimer?s and Memory Loss, it may be helpful to understand how these diseases start in the first place. The way the human body communicates with itself is by sending information in the form of neurons along neural pathways. Everything from memory to lifting the hand to the face are the result of neurons moving down neural pathways. Something happens as we age and for some reason we do not create new neural pathways and as we age they begin to degrade and we lose neural pathways. Dementia is the continuing degradation of neural pathways that cause a decline in mental ability severe enough to interfere with daily life. It is a progressive disease that leads to permanent damage. Eventually to the point where the person can no longer take care of themselves.

Dr. Vetter says, ?To find out if you are likely to have a problem with some form of dementia, Alzheimer?s or memory loss in the future take the simply test at the end of the 'Stopping Dementia' video and find out.?

<https://www.youtube.com/watch?v=k-luMg5vKiA>

Dementia and Alzheimer?s affects much more than memory. If not stopped, reversed or prevented it leads to non-responsiveness mentally, verbally and physically. If one is ready to take charge of what happens to one?s neural pathways as aging takes place then start now doing brain exercises and improve diet. It takes years to create the conditions for dementia, Alzheimer?s and Memory Loss, but with the right mental

exercises, effective advice, and the right tools the journey to better memory, more clarity and creativity can happen in no time at all!

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For more information about Feel Better Institute, contact the company here: Feel Better Institute Houston
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Feel Better Institute

Like so many clients are fond of saying, "If you want to feel better call Dr. Vetter."

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