

5 delicious ways to lower your risk of dementia

The following text is copied from a 11/11/21 Science of Prevention email.

If you'd like to reduce your risk for Alzheimer's or any form of dementia, ***the foods you eat are critically important.***

The first thing you must know is that diets high in sugar and carbohydrates are absolutely linked to **significantly increased risk of dementia.**

As reported in *USA Today*, a study conducted by the Mayo Clinic and published in the *Journal of Alzheimer's Disease* found that "Older people who load up their plates with carbohydrates have nearly four times the risk of developing mild cognitive impairment," the precursor to Alzheimer's disease.

Imagine that—*four times the risk!*

But also among the study's findings: those whose diets were highest in healthy fat (nuts and healthy oils for example) were *42% less likely to get cognitive impairment.*

Why Healthy Fats Are So Important for Your Brain

Healthy fats are so important because your brain is mostly made of fat. According to the National Library of Medicine, the human brain is nearly 60 percent fat, and fatty acids are among the most crucial molecules that determine your brain's integrity and ability to keep performing at a high level.

5 Amazing Healthy Fats to Include in Your Diet

Here are five foods that are great for keeping your brain healthy and sharp well into old age:

- 1 Nuts** are rich in a variety of brain-supporting nutrients like vitamin E, omega-3 fats, copper, and manganese. These nutrients have been shown to help nurture and protect brain cells, prevent cognitive decline, and improve cognitive function.
- 2 Wild-caught fish**, like salmon, is an excellent source of DHA. This fatty acid plays a crucial role in developing and protecting brain cells and has the potential to drastically improve memory and cognition if consumed on a regular basis.
- 3 Avocados** are high in healthy monounsaturated fats that have been shown to reduce the risk of heart disease, lower blood pressure and improve insulin sensitivity, all of which are healthy for your brain.
- 4 Eggs** help improve brain health in two important ways. Eggs deliver a mega-dose of choline, which is converted to acetylcholine by your body. Acetylcholine plays a central role in memory and cognition.
- 5 Extra Virgin Olive Oil (EVOO)**, Research is showing that extra virgin olive oil is an incredibly healthy brain food... **so much so that we will devote the remainder of this message to it.**

Why Olive Oil Is Such a Potent Brain Food...

The health benefits of extra virgin olive oil (EVOO) are vast. We don't know of many other foods that can match the potential of olive oil to keep you healthy. And it's especially healthy for your brain.

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We all hear, for example, about the wonderful power of the Mediterranean diet and how it reduces your risk for heart disease, stroke, diabetes, and even some types of cancer. And one of the cornerstones of the Mediterranean Diet is olive oil.

As reported in the prestigious *Journal of the American Medical Association*, one study found that individuals who added a full liter of EVOO to their diets every week experienced more than a 40% reduction in risk for dementia, as well as a more than 60% risk reduction in the development of breast cancer in women.

For these reasons, we recommend using extra virgin olive oil liberally, pouring it on as many foods as you wish. We love it on scrambled eggs in the morning and with other meals as well.

How to Shop for Olive Oil

When you shop for olive oil, be sure to buy *extra virgin*. It's the only grade that retains its natural phenols (antioxidants) and other health-promoting compounds. Extra virgin olive oil (EVOO) is cold-pressed, meaning it's not extracted using high heat or harsh chemicals. It's minimally processed, which leaves in all the wholesome nutrients that Mother Nature meant it to have. All other olive oil grades, such as "virgin," "pure," or "light," have been chemically refined to mask defects, and this process destroys the healthful phenols.

Beware of Supermarket Olive Oils

However, even if the label says "extra virgin," you've got to be careful, because many supermarket olive oils are rancid, adulterated, or even counterfeit. Here's what's wrong with supermarket olive oils and why we recommend buying online, direct from high-quality, award-winning farms that deliver right to your door.

Reason #1 to Avoid Supermarket Olive Oils: They're Not Fresh!

Olive oil, unlike wine, does not get better with age. Olives, after all, are a fruit. Just like orange juice, olive oil tastes so much better fresh-squeezed. Olive oil remains at its zenith of glorious flavor and nutritional content for about six months after the harvest. The problem is, harvest-fresh olive oil is almost impossible to find in supermarkets.

Here's why. Most olive oil is shipped to the US on slow-moving cargo ships. Then it languishes in warehouses and on store shelves for many months. As a result, olive oils in stores are often technically within their "best if used by" date but months beyond their window of peak freshness, flavor and nutritional potency.

Because of these and other factors that cause staleness and rancidity, a study from the University of California, Davis, found that 69% of imported olive oils labeled "extra virgin" sold in stores were so substandard, in no way could they qualify to be classified as "extra virgin olive oil," the highest grade.

The Six-Month Rule

When you shop for olive oil, forget the "best used by" date on the label. It tells you nothing about how recently the olive oil was pressed. You need to find EVOO with a **pressing date** (also known as the "harvest date") on the label, preferably a date no more than six months before your date of purchase.

Unfortunately, the producers of mediocre, mass-market olive oils sold in stores do not put pressing dates on the label because they don't want you to know how old, stale, or rancid their

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oils may be. In fact, you can verify this by checking the bottle in your own pantry right now. If you bought it in a store, the odds are overwhelming that the pressing date was intentionally omitted from the label. This is no coincidence, and it's no way to buy your EVOO, not when *freshness* is the most critical factor in olive oil flavor and nutritional goodness.

Our Recommendation: Remember these four most important words whenever you shop for olive oil: ***the fresher, the better***. And that means avoiding olive oil sold in supermarkets, where the oils sit on the shelf for months or even years, growing stale, musty, and rancid. That's definitely not healthy.

We recommend buying online, directly from award-winning farms, where you can secure outrageously delicious olive oils *fresh from the latest harvest*. That's when olive oil is bursting with just-plucked-from-the-tree flavor and goodness. Try just one bottle of fresh-pressed olive oil from a good online company, and you'll likely never go back to store-bought oils. Your first taste will be a revelation of how delicious EVOO is when it's fresh from the harvest.

Below, we'll tell you how you can try one of the world's finest harvest-fresh EVOOs for free as part of a special marketing promotion (all you have to pay is \$1 to help cover shipping, and there's no obligation to buy anything now or ever). It's an excellent opportunity to discover how EVOO is meant to taste at its peak of freshness and flavor.

Reason #2 to Avoid Supermarket Olive Oils: Beware of Fake, Mafia-Made Olive Oils

As you've probably heard, fake Mafia-made olive oils have been flooding U.S. supermarkets. If you've missed this frightening story, here are just a few quotes from articles you can read online.

NBC News has reported that "fake olive oil is rampant." *The Wall Street Journal* adds, "American grocery stores are awash in cheap, fake 'extra virgins.'" In an explosive exposé, *60 Minutes* has cautioned that you face a "sea of fakes" when you shop for olive oil in stores.

Why Is This Happening?

Thanks to the many health benefits of *authentic* olive oil, demand is soaring worldwide. But pure extra virgin olive oil is quite expensive. Just as criminals pocket fortunes by creating cheap knockoffs of designer clothing and handbags, they palm off fake olive oil as extra virgin, the highest grade. *The New Yorker* magazine has reported that the profits in counterfeiting olive oil are "comparable to cocaine trafficking, with none of the risks."

Because America is the world's largest consumer market, the crooks have successfully targeted U.S. supermarkets as their favorite dumping ground.

Cancer-Causing Agents in Fake Olive Oils?

In his *New York Times* best-selling book, *Extra Virginity*, olive oil expert Tom Mueller warns of contaminants and even cancer-causing agents in fake olive oils. He writes:

"Italian investigators have found hydrocarbon residues, pesticides, and other contaminants in fake oils, and pomace oil, a common adulterant, sometimes contains mineral oil as well as PAHs, proven carcinogens that can also damage DNA and the immune system. Then there's the 1981 case of toxic oil syndrome in Spain, when rapeseed oil adulterated with an industrial additive, sold as olive oil, killed eight hundred people and seriously injured thousands more."

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Our Recommendation: Buy from a supplier whose oils are *independently lab certified to be 100% pure extra virgin*. This gives you protection against all the fakes. More on how to do this in a moment.