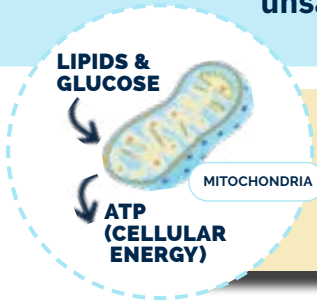


We have found that **BLOOD PRESSURE, BMI (BODY MASS INDEX) AND FAT AROUND THE WAIST** are all linked to cognitive decline.

A number of studies show **midlife obesity clearly leads to early Alzheimer's disease.**

Our scientists believe **diet is key.**

We looked at how fats and sugars are used by mitochondria to create energy and impact nerve cells finding **key differences in saturated vs. unsaturated fat.**



Nerves can take **UNSATURATED FATS** and easily turn them into ATP for cellular energy.

SATURATED FATS are more difficult for nerve cells to process into energy. This results in an accumulation of toxic waste, injuring nerves and causing inflammation.

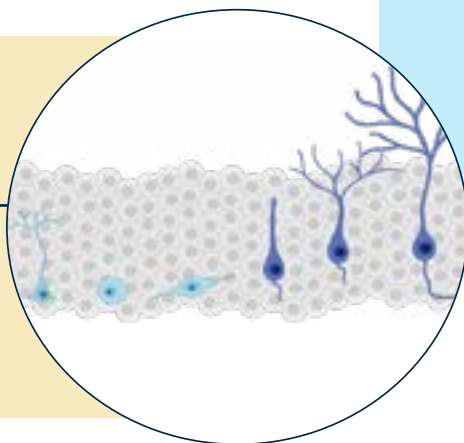
Nerves in the brain are the most susceptible because they need to process the most energy.

A diet including unsaturated fats (including olive oil, nuts, avocado, fish) **is key to provide the nerves the energy they need. Avoid saturated fats. Let's keep our brains healthy!**

EFFECTS OF EXERCISE

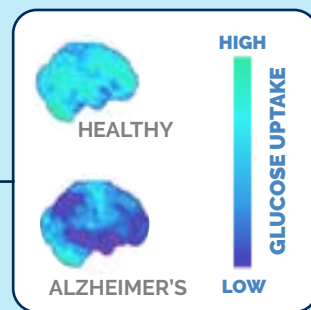
neurogenesis

exercise increases the birth of stem cells



increased glucose uptake

especially important for Alzheimer's patients



Chetelat et al. 2020 Lancet Neurol

improved brain chemistry

exercise increases a neurotransmitter deficient in Alzheimer's patients **ACETYLCHOLINE**