

## **Managing Cognitive Decline**

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I have looked at numerous research papers on the subject of cognitive decline.

Some of them, I have blogged on my website please see the below links

3.9.23

<https://www.thehealthequation.co.uk/the-prevention-of-alzheimers-disease-probably-wont-come-in-a-pill-bottle/>

31.8.23

<https://www.thehealthequation.co.uk/the-health-equation-launches-its-managing-cognitive-decline-diagnostic-and-treatment-protocol/>

26.7.23

<https://www.thehealthequation.co.uk/there-are-believed-to-be-many-benefits-to-slow-controlled-breathing-researchers-may-have-found-another-a-surprising-protection-against-alzheimers/>

5.4.23

<https://www.thehealthequation.co.uk/bone-density-and-its-relationship-to-decline-in-brain-function/>

4.1.23

<https://www.thehealthequation.co.uk/want-a-longer-and-healthier-life-keep-drinking-the-water/>

28.6.22

<https://www.thehealthequation.co.uk/why-improving-balance-may-be-really-good-for-you/>

20.12.21

<https://www.thehealthequation.co.uk/multivitamins-slow-cognitive-aging-in-older-adults/>

30.9.21

<https://www.thehealthequation.co.uk/mind-diet-preserves-cognition-even-in-the-presence-of-alzheimers-pathology/>

29.6.21

<https://www.thehealthequation.co.uk/adopting-a-way-of-eating-to-minimise-inflammation-now-seems-to-be-now-backed-up-by-research-finally/>

3.12.2020

<https://www.thehealthequation.co.uk/why-breathing-through-your-nose-is-really-important/>

1.1.2020

<https://www.thehealthequation.co.uk/light-therapy-may-brighten-alzheimers-disease-outcomes/>

5.11.2019

<https://www.thehealthequation.co.uk/smell-test-brief-cognitive-screen-combo-may-help-rule-out-dementia/>

1.11.2019

<https://www.thehealthequation.co.uk/how-good-nights-sleep-can-brainwash-away-dementia/>

23.10.2019

<https://www.thehealthequation.co.uk/amyloid-about-face-aducanumab-effective-for-alzheimers-after-all/>

23.10.2019

<https://www.thehealthequation.co.uk/common-drug-may-be-dementia-risk/>

15.10.2019

<https://www.thehealthequation.co.uk/music-and-massage-are-best-to-calm-dementia-patients/>

3.9.2019

<https://www.thehealthequation.co.uk/alternate-day-fasting-diet-could-be-secret-to-longer-life/>

8.8.2019

<https://www.thehealthequation.co.uk/healthy-living-can-beat-dementia-genes/>

13.4.2019

<https://www.thehealthequation.co.uk/caloric-restrictions-improves-memory-in-elderly-humans/>

13.4.2019

<https://www.thehealthequation.co.uk/novel-intervention-may-reverse-alzheimers-memory-loss/>

20.2.19

<https://www.thehealthequation.co.uk/inflammation-in-midlife-linked-to-later-cognitive-decline/>

28.8.2018

<https://www.thehealthequation.co.uk/seven-healthy-habits-to-reduce-dementia-risk-by-70-per-cent/>

6.8.2018

<https://www.thehealthequation.co.uk/more-evidence-for-gut-brain-link-in-alzheimers-disease/>

6.8.2018

<https://www.thehealthequation.co.uk/dizziness-when-standing-up-signals-higher-dementia-risk/>

6.8.2018

<https://www.thehealthequation.co.uk/midlife-stressors-boost-dementia-risk/>

1.8.2018

<https://www.thehealthequation.co.uk/daily-intellectual-activity-may-prevent-delay-dementia/>

27.7.2018

<https://www.thehealthequation.co.uk/sugar-linked-to-raised-alzheimers-risk/>

13.6.2018

<https://www.thehealthequation.co.uk/sleep-disorders-may-predict-alzheimers-disease/>

13.6.2018

<https://www.thehealthequation.co.uk/even-slightly-higher-blood-pressure-dementia-risk/>

13.6.2018

<https://www.thehealthequation.co.uk/brains-cleaning-system-raises-dementia-hopes/>

31.5.2018

<https://www.thehealthequation.co.uk/just-hour-week-exercise-can-reverse-mental-decline/>

9.8.17

<https://www.thehealthequation.co.uk/exercise-top-lifestyle-factor-alzheimers-prevention/>

26.7.2017

<https://www.thehealthequation.co.uk/inflammatory-dietary-pattern-linked-brain-aging/>

18.6.2016

<https://www.thehealthequation.co.uk/ready-steady-go-bigger-better-brain/>

30.6.2015

<https://www.thehealthequation.co.uk/common-sense-lifestyle-factors-may-delay-dementia-onset/>

13.3.2015

<https://www.thehealthequation.co.uk/gym-diet-and-puzzles-can-help-slow-mental-decline/>

19.6.2014

<https://www.thehealthequation.co.uk/probiotics-affect-brain-activity/>