



Guide on Alzheimer's Diet According to Functional Medicine

Functional medicine emphasizes a holistic approach to managing Alzheimer's, focusing on diet, lifestyle, and addressing the root causes of neurodegeneration. These guides offer valuable insights for avoiding environmental and dietary triggers, supporting recovery from concussions or TBI, and managing Alzheimer's through diet, in line with functional medicine principles.

1. Anti-inflammatory Diet

- **Focus on reducing brain inflammation**, which is key in slowing the progression of Alzheimer's disease.
 - **Foods:** Wild-caught fatty fish (omega-3 rich), extra virgin olive oil, berries (antioxidants), nuts (walnuts, almonds), dark leafy greens (spinach, kale), cruciferous vegetables (broccoli, cauliflower).

2. High in Antioxidants

- **Reduce oxidative stress** in the brain by consuming foods rich in antioxidants.
 - **Foods:** Blueberries, dark chocolate (70% or higher), green tea, spinach, kale, artichokes.

3. Healthy Fats for Brain Health

- **Incorporate healthy fats** that support brain function and reduce the risk of neurodegeneration.

- **Foods:** Avocados, coconut oil, olive oil, nuts, and seeds. Also, emphasize **medium-chain triglycerides (MCTs)** from coconut oil and MCT oil, which may support brain energy.

4. **Balanced Protein**

- **Moderate protein intake:** Protein is essential for muscle and cognitive function but should be balanced to avoid excessive protein that may hinder the body's detoxification processes.
 - **Foods:** Grass-fed meat, free-range poultry, eggs, legumes, and plant-based protein sources (quinoa, lentils, chickpeas).

5. **Low Glycemic, Mediterranean-Inspired Diet**

- **Reduce sugar and processed carbs,** which can spike blood sugar and increase the risk of neurodegeneration.
 - **Foods:** Whole grains (quinoa, barley), root vegetables (sweet potatoes), low-glycemic fruits (berries, apples), healthy fats, and lean proteins.

6. **Brain-Supportive Supplements**

- **Curcumin:** From turmeric, helps reduce inflammation and support brain health.
- **B Vitamins:** Including B12, B6, and folate, support brain function.
- **Vitamin D:** Enhances neuroprotection and cognitive function.
- **Probiotics:** Gut health plays a critical role in brain function, and improving gut health can reduce systemic inflammation.