

Lifestyle Measures & Supplements for Neuro-Degenerative Conditions

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- **Exercise:**
 - This is the most important measure and has been shown to reverse brain-shrinkage.
 - High-intensity, short duration aerobic (cardiovascular) exercise.
 - I advocate 5-15 minutes of intense exercise (enough to get you flushed, sweating and out-of-breath) every morning a part of your getting up regimen
 - If you are out of condition, then build up to it slowly
 - An exercise bike, or cross-trainer in the house is probably easier than visiting the gym.
 - Remember this saying taught me by one of my patients: *"The only bad work-out is the one that you didn't do"*. In other words, 2 minutes exercise is better than none at all – but make it intense
- **Sleep:**
 - Get at least 7 hours sleep every day, preferably at night, but if you feel sleepy during the day, then have a nap.
 - If you cannot get to sleep or stay asleep at night, then check that your "sleep hygiene" is adequate and consult your GP about it.
- **High-dose Vitamin B Complex** eg B-100 from Holland & Barratt, one tablet 3-4 times per week.
 - There is some evidence that taking certain B vitamins in high dose (B12, B6 and folate) may improve cognitive function.
 - Generally deficiency of B vitamins causes nervous system impairment, including cognitive impairment.
- **Omega 3,6 and 9 supplements** eg fish oil **plus** Evening Primrose oil and either sunflower, olive, avocardo or nut oil
 - The essential fatty acids are in most diets, but cannot be made by the body. They are important building block for brain cells
 - There is some evidence that taking essential fatty acids may improve cognitive function
- **Vitamin E 400 IU / day**
 - There is some evidence that taking vitamin E in high dose may improve cognitive function.
- **Vitamin D (D3) 1000-3000 units per day**
 - There is accumulating evidence that low vitamin D level is associated with dementia
- **CBD – Cannabidiol Oil.** This is the non-euphoriant ingredient of cannabis oil. It has theoretical anti-inflammatory, antioxidative, antiemetic, antipsychotic, and neuroprotective. effects. There is limited evidence that it may improve various symptoms of Parkinson's Disease (including psychosis and REM sleep behaviour disorder) and of other neurodegenerative disorders. It can interfere with the metabolism of prescription drugs and is sometimes mixed with tetrahydro-cannabidiol which is euphoriant. There is no long-term safety data.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5958190/>
- **A Generally Healthy & Balanced Diet** with some dietary anti-oxidants eg red fruit and would seem sensible for theoretical protection of brain cells