# **DEMENTIA**

## PREVENTION PLAYBOOK

Mental Decline is Not Inevitable

D Kumar MD

**Board Certified Neurologist** 

### Copyright

#### Copyright © 2025 by IXI Design LLC

All rights reserved. No part of this book may be reproduced, distributed, or transmitted in any form or by any means—including photocopying, recording, or other electronic or mechanical methods—without the prior written permission of the copyright holder, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

#### Disclaimer

#### Important Notice: Please Read Carefully Before Using This Book

This book is intended for informational and educational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition, dietary changes, or before undertaking any new health regimen.

- 1. Not Medical Advice: The information presented in this book, including all text, graphics, images, and information, is for general knowledge and informational purposes only. It is not intended to provide specific medical advice for any individual and should not be used as a basis for diagnosis or treatment of any health problem or disease.
- 2. Consult Your Healthcare Provider: Before starting any new diet, exercise program, or making any significant changes to your current lifestyle, especially if you have pre-existing medical conditions (such as diabetes, heart disease, kidney issues, allergies, or are pregnant or breastfeeding), please consult with your doctor or a qualified healthcare professional. Do not disregard professional medical advice or delay in seeking it because of something you have read in this book.
- 3. Individual Results Vary: The information provided in this book is based on general principles of the Nutrition and Diet and current nutritional science. However, individual results will vary widely based on numerous factors, including but not limited to: individual metabolism, genetics, pre-existing health conditions, lifestyle choices, adherence to the diet, and overall health status. The author and publisher make no guarantees regarding specific outcomes or results you may achieve by following the recommendations in this book.
- 4. No Cure or Treatment: This book does not claim to cure, treat, or prevent any disease or medical condition. Any health benefits discussed are general and may not apply to everyone.

- 5. Food Allergies and Sensitivities: Readers are solely responsible for being aware of their own food allergies, sensitivities, and dietary restrictions. The recipes and meal plans provided may contain common allergens. Always check ingredient labels and consult with a healthcare professional or registered dietitian if you have concerns about specific foods.
- 6. Accuracy of Information: While every effort has been made to ensure the accuracy and reliability of the information presented in this book, nutritional science is continually evolving. The author and publisher cannot guarantee that all information is completely up-to-date, accurate, or complete at all times.
- 7. Personal Responsibility: By using this book, you acknowledge that you are solely responsible for your health and dietary choices. The author and publisher are not responsible for any adverse effects, consequences, or results, positive or negative, that may arise from following the information, recipes, or recommendations provided herein.
- 8. Limitation of Liability: Under no circumstances shall the author, publisher, or their affiliates be liable for any direct, indirect, incidental, consequential, special, or exemplary damages arising out of or in connection with your use of or reliance on the information contained in this book.
- 9. Not Medical Advice: While the author is a physician, the selling or buying or usage of this book does NOT in any way establish a patient-physician relationship. Nothing in this book is medical advice. The contents of this book are merely the personal opinions of the author and not his medical opinions. The contents of this book are not peer reviewed and are not FDA evaluated or approved.
- 10. By purchasing or reading this book, you signify your agreement to this disclaimer.

### **Table of Contents**

Part 1 1
Chapter 1: Why Dementia Prevention Matters3
Section 1: Introduction3
Section 2: Understanding Dementia – Simple Explanation & Impact
Section 3: Myths vs. Facts About Dementia 8
Why Myths Matter12
Practical Takeaways12
Section 4: Why Prevention Is Possible12
Section 5: Emotional Connection – Hope and Empowerment
Empowerment16 Practical Takeaways20
Section 6: Summary & Practical Takeaways21
Practical Takeaways21
Closing Note22
Chapter 2: The Brain and Memory Made Simple23
Section 1: Introduction – Why Understanding the Brain Matters
Section 2: How Memory Works in Daily Life25
Closing Note for This Section30
Section 3: How the Brain Functions30
Closing Note for This Section34
Section 4: What Changes Happen in Dementia34
Closing Note for This Section39

Section 5: Why Lifestyle Matters – LIBRA Score Practical Examples	
Closing Note for This Section	42
Section 6: Summary & Practical Takeaways	42
Practical Takeaways	42
Part 2	45
Chapter 3: Eat for Your Mind: The Mediterranea MIND Diets	
Section 1: Introduction – Food as Brain Fuel	47
Section 2: What to Eat More Of – Greens, Fish, Bern Olive Oil	49
Putting It All Together	53
Section 3: Foods to Cut Back – Processed Food, Su and More	53
Putting It in Perspective	56
Section 4: Practical Tips – Grocery Swaps, Cool Ideas, and Sample Menus	
Closing Note for This Section	59
Section 5: Summary & Practical Takeaways	. 60
Practical Takeaways	. 60
Chapter 4: Nutrients Your Brain Loves	61
Section 1: Introduction – Why Nutrients Matter Brain Health	
Section 2: B Vitamins – Energy and Protection for Mind	
Closing Note for This Section	67
Section 3: Omega-3 Fatty Acids - Building Blocks	

Closing Note for This Section71
Section 4: Vitamin D – The Sunshine Nutrient for the Brain71
Closing Note for This Section74
Chapter 5: Move It or Lose It: Exercise and Brain Health77
Section 1: Introduction – Movement as Medicine77
Section 2: How Physical Activity Boosts Memory79
Closing Note for This Section83
Section 3: Types of Exercise for the Brain83
Closing Note for This Section87
Section 4: Easy Weekly Exercise Routines 87
Closing Note for This Section91
Section 5: Motivation and Overcoming Barriers91
Closing Note for This Section93
Chapter 6: Sleep and Rest for a Sharper Mind95
Section 1: Introduction – Why Sleep Is Essential for Brain Health95
Section 2: The Science of Sleep and Memory 97
Closing Note for This Section101
Section 3: Sleep and Dementia Prevention101
Closing Note for This Section104
Section 4: Sleep Hygiene Basics104
Everyday Example: A Better Bedtime Routine 108
Closing Note for This Section108
Section 5: Everyday Rest and Recovery108

	Closing Note for This Section	.111
	Section 6: Practical Sleep Strategies for All Ages	.111
	Closing Note for This Section	114
	Section 7: Summary & Practical Takeaways	114
	Final Word	115
C	hapter 7: Stress Less, Think Better	117
	Section 1: Introduction – Why Stress Affects Mem	-
	Section 2: Stress and Memory Loss Explained Sim	ply
	Closing Note for This Section	121
	Section 3: Relaxation Tools – Breathing and Min Body Practices	nd-
	Closing Note for This Section	
	Section 4: Naturopathic Approaches – Herbs a Nutrition for Calm	and
	Closing Note for This Section	128
	Section 5: Everyday Stress-Relief Rituals	128
	Closing Note for This Section	130
	Section 6: Summary & Practical Takeaways	130
	Final Word	131
C	hapter 8: Keep Your Brain Busy	133
	Section 1: Why Mental Stimulation Matters	133
	Section 2: Learning New Skills	134
	Closing Note for This Section	137
	Section 3: Puzzles and Brain Games	138
	Closing Note for This Section	140

Section 4: Music, Art, and Creative Hobbies140
Closing Note for This Section143
Section 5: Everyday Brain Boosters14-
Closing Note for This Section146
Section 6: Summary & Practical Takeaways146
Final Word14
Chapter 9: Stay Connected: Social Life as Medicine.14
Section 1: Introduction – Social Connections and Brain Health149
Section 2: Loneliness and Dementia Risk150
Closing Note for This Section152
Section 3: The Healing Power of Social Interaction 153
Closing Note for This Section155
Section 4: Practical Ways to Stay Connected155
Closing Note for This Section
Section 5: Building and Maintaining Strong Relationships
Closing Note for This Section16
Section 6: Summary & Practical Takeaways16
Final Word
Part 3165
Chapter 10: Protect Your Heart, Protect Your Brain
160 min 1 min 2 mi
Section 1: Introduction – The Heart-Brain Connection
Closing Note for This Section16
Section 2: High Blood Pressure and the Brain 168

	Closing Note for This Section	. 171
	Section 3: Diabetes and Cognitive Health	. 171
	Closing Note for This Section	.175
	Section 4: Obesity and Dementia Risk	.175
	Closing Note for This Section	.178
	Section 5: Lifestyle + Medical Support Examples	.179
	Closing Note for This Section	183
	Section 6: Summary & Takeaways	183
	Final Word	185
C	hapter 11: Medications, Toxins, and Brain Health	.187
	Section 1: Introduction – Why Medications and To:	.187
	Closing Note for This Section	189
	Section 2: Medications That May Affect Memory	
	Closing Note for This Section	192
	Section 3: Smoking and Brain Health	192
	Closing Note for This Section	195
	Section 4: Alcohol and Cognitive Decline	195
	Closing Note for This Section	198
	Section 5: Environmental Toxins	198
	Closing Note for This Section	201
	Section 6: Summary & Practical Takeaways	201
	Final Word	203
	hapter 12: Prudent Avoidance: Environmenta	

Section 1: Introduction – Why Environmen Dietary Exposures Matter	
Why Awareness Matters	
A Balanced Perspective	
What This Chapter Covers	
Section 2: Why "Absence of Proof ≠ Proof of Abs	ence"
Why Proving Harm Takes So Long	208
Lessons From the Past	208
A Prudent Mindset	209
Balanced Decision-Making	
Section 3: Environmental Chemicals & Toxins	210
Household Chemicals	211
Pesticides	
Heavy Metals: Lead and Mercury	213
Aluminium	214
PFAS and Other "Forever Chemicals"	214
Air Pollution	215
Microplastics	216
Section 4: Dietary Risk Factors Beyond the Usual	l 216
Ultra-Processed Foods	217
Trans Fats & Saturated Animal Fats	218
High-Temperature Cooking & AGEs	219
Added Sugars & Low-Fiber Diets	219
Section 5: Lifestyle & Technology-Related (Emerging)	

Sedentarism (Too Little Movement) 220
Digital Overload22
Social Isolation222
Section 6: Practical "Avoid or Limit" Strategies224
Safer Cleaning & Household Alternatives224
Lower-Pesticide Produce & Safer Food Storage224
Cook Smarter225
Cut Ultra-Processed Foods Daily225
Improve Indoor Air Quality225
Balance Technology Use226
Strengthen Social Connection226
Section 7: U.S. Consumer Context & Safer Swaps 22'
Packaged Food Additives Flagged for Brain Concern
22
Household Products to Avoid or Replace228
Water and Indoor Air Safety228
Practical Buying Tips229
Community & Advocacy229
Section 8: Key Takeaways229
Key Lessons from This Chapter230
Practical Takeaways230
Final Word23
Chapter 13: The Role of Genetics: What You Can and Can't Change23:
Section 1: Introduction - Genetics and Brain Health
235

Closing Note for This Section	235
Section 2: Key Genes Linked to Dementi	a236
Closing Note for This Section	238
Section 3: What You Can't Change	239
Closing Note for This Section	241
Section 4: What You Can Change	241
Closing Note for This Section	245
Section 5: Genetic Testing – Should You	Do It?246
Closing Note for This Section	
Section 6: Summary & Takeaways	249
Final Word	250
Part 4	251
Chapter 14: Herbs and Natural Suppor Health	
_	253
Health	2 <b>53</b> ts253
HealthSection 1: Introduction to Herbal Suppor	2 <b>53</b> ts253 256
HealthSection 1: Introduction to Herbal Suppor Closing Note for This Section	253 ts253 256 257
HealthSection 1: Introduction to Herbal Suppor Closing Note for This SectionSection 2: Ginkgo Biloba	253 rts253 256 257 261
Section 1: Introduction to Herbal Suppor Closing Note for This Section Section 2: Ginkgo Biloba Closing Note for This Section	253 rts253256257261
Section 1: Introduction to Herbal Suppor Closing Note for This Section Section 2: Ginkgo Biloba Closing Note for This Section Section 3: Turmeric & Curcumin	
Section 1: Introduction to Herbal Suppor Closing Note for This Section	
Section 1: Introduction to Herbal Suppor Closing Note for This Section	
Section 1: Introduction to Herbal Support Closing Note for This Section	
Section 1: Introduction to Herbal Suppor Closing Note for This Section	

Section 7: Summary & Safety Takeaways	277
Chapter 15: Whole-Person Wellness: Putting It	
Section 1: Introduction – The Big Picture	279
Closing Note for This Section	281
Section 2: The Core Pillars of Brain Health	282
Pillar 1: Nutrition – Food as Daily Medicine	282
Pillar 2: Movement - Exercise as Brain Training2	283
Pillar 3: Sleep - The Brain's Housekeeping Service 2	284
Pillar 4: Stress Management – Protecting Hippocampus	
Pillar 5: Social Connection – Loneliness as a Factor	
Pillar 6: Mental Stimulation - Building Cognit Reserve2	286
Closing Note for This Section2	286
Section 3: How the Pillars Work Together	287
Closing Note for This Section2	290
Section 4: A Sample Daily Brain Health Routine 2	290
Closing Note for This Section	295
Section 5: A Sample Weekly Brain Wellness Plan2	295
Weekly Overview2	295
Closing Note for This Section2	299
Section 6: Overcoming Barriers & Staying Motiva	
Closing Note for This Section	301
Section 7: Closing Inspiration	301

Part 530	)3
Chapter 16: Practical Brain-Healthy Living in the U.S30	
Section 1: Introduction – Making Brain Healt Practical	
Closing Note for This Section30	)8
Section 2: Affordable Grocery Shopping Tips 30	)8
Closing Note for This Section31	14
Section 3: Eating Out While Staying Brain Healthy .31	14
Closing Note for This Section31	18
Section 4: Work-Life Balance and Screen Time 31	18
Closing Note for This Section32	23
Section 5: Putting It All Together32	24
The Bigger Picture32	26
Closing Note for This Chapter32	26
Chapter 17: Your Personalized Prevention Plan32	29
Section 1: Introduction – Why Personalization Matter	
Closing Note for This Section	31
Section 2: Self-Check Quiz (Adapted from LIBRA) 33	31
The Quiz: 12 Lifestyle Domains33	32
Scoring & Interpretation33	35
Example Profiles33	36
Closing Note for This Section33	36
Section 3: Step-by-Step Goal Setting33	36
Case Studies34	10

Closing Note for This Section	341
Section 4: Habit Tracking and Motivation	341
Closing Note for This Section	344
Section 5: Bringing It All Together	345
Closing Inspiration	346
Conclusion & Resources	347
Small Daily Steps Add Up	347
Resources for Brain Health in the U.S	348
Quick Reference Checklists	350
Final Words of Encouragement	351
References	353
Core Naturopathic & Nutrition Texts	353
Specialized References on Dementia & Br	
Public Health & U.S. Resources	356