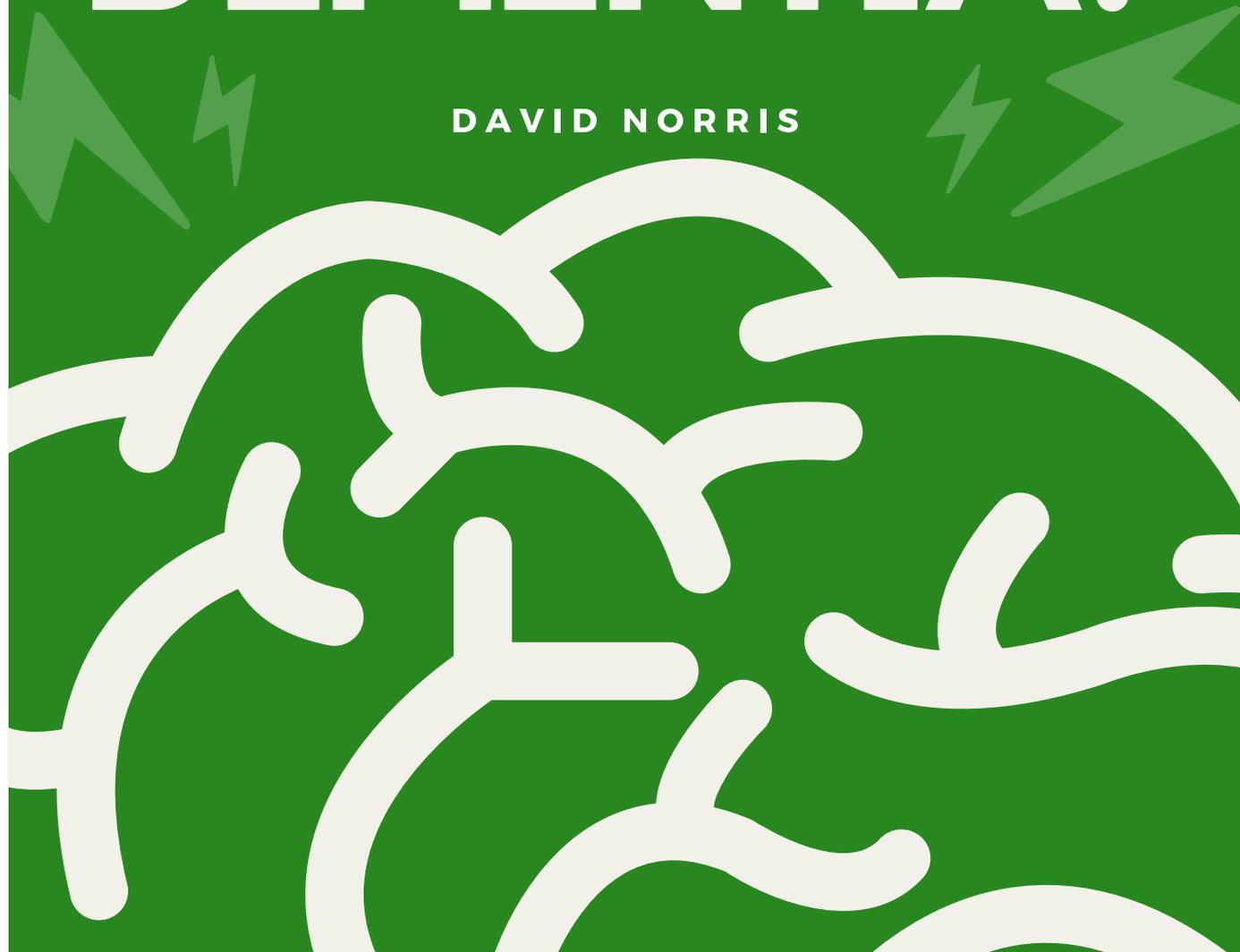


**DO YOU KNOW  
THESE 5  
SCIENCE-BACKED  
ACTIONS  
TO REDUCE YOUR  
RISK FOR  
DEMENTIA?**

**DAVID NORRIS**



## **Do You Know These 5 Science Backed Actions To Reduce Your Risk for Memory Loss?**

***Take this test first:***

- Do you have difficulty or changes in being able to remember words or location of objects?
- Do you have difficulty or changes in remembering conversation points as clearly as you used to?
- Do you have reduced confidence with driving and or every day tasks?
- Do you have difficulty or changes in remembering event details 1 minute, 1 hour, 1 day or 1 week ago?
- Are you worried about a loved one and their memory health?

*If you answered yes to any of the above, you'd likely benefit from reading this free report.*



Hi, I'm David Norris an Occupational Therapist and I've spent years as a frustrated health professional wanting for my clients impacted by memory loss to have a better outcome.

That was until I discovered how a simple protocol of science backed actions to detect and treat memory health threats early can reduce the risk of dementia in 1 in 3 people(1).

Today, I run a memory health clinic which is realising my vision for every older Australian to have access to the right clinical services to take control of their memory health using the Memory Health Protocols.

You don't have time to double guess what is going to work for you especially when your memory health is at stake.

To that end, I've put together this report which pulls together the current information which is acknowledged as being evidence and science backed.

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*1 The first step of taking control of your memory health is to be aware what are the science backed actions you can take.*

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Your Brain Matters is a program that is a part of Alzheimer's Australia dementia risk reduction program and they've compiled **5 easy ways to improve your brain health**.

It's a series of easy-to-follow steps which everyone can implement to start improving their brain health today and in the future.

The first step tackles an often overlooked component to brain health: *the heart*. We cover this a lot in our 4 week brain and memory health program, but it all boils down to.....

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## **What's Good For Your Heart /s Good For Your Brain**

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The program reveals a number of heart-related issues can increase a person's chances of developing dementia, such as

- being obese,

- having high blood pressure, and
- having Type 2 diabetes.

The next recommendation is to increase the amount of physical activity you do each week.

### ***What type of exercise?***

They recommend individuals be active on ***most, if not all, days of the week*** and attempt to accumulate up to ***five hours of moderate exercise or 2.5*** hours of vigorous activity every week. They also recommend *performing strengthening exercises* on two days each week.

*This is a good place to start* and in our memory health program we cover off all the exercise types which have been shown to have associated benefits with brain health and brain performance.

So how do you practically apply this in your life? Let's summarize the ***5 Easy Ways To Improve Your Brain Health***

1. **Take care of your heart.** Simple actions such as eat a heart smart diet. The [Heart Foundation](#) has ample information on their website to guide your diet choices. Failing this, a dietician consultation may be of benefit. If you're taking heart medication some drugs can affect your level of arousal and attention. Some people may describe being foggy, this may be your situation and if so have a chat with your GP and Cardiologist to see what other options are available so you can preserve your brain performance.
2. **Move More:** Being physically active for over **5hrs a week or about 45min per day** is a good target. Aim for daily aerobic and strength activities as a minimum. If you've been to our memory health programs before you'd be well aware of other exercises which are just as important such as balance and High Intensity Training ( HIT).
3. **Challenge Your Brain:** Like going to the bank, the more you put in helps when a rainy day hits. Basically, you've got enough mental resources to help

deal with ill health, you essentially got it covered. The concept of cognitive reserve is believed to be like this, the more you do, the greater the cognitive resilience you have. How do you achieve this? ***Get out of your everyday brain performance comfort zone.*** Instead of doing what you've always done, set up a calendar of new projects be it:

1. Learn a new language, take up a new sport or hobby anything really provided that it is new and .... challenging.
2. *What do we mean by challenging?* Answer this: On a scale of 1 to 10 where 1 is no challenge to 10 is the most challenging experience you've ever had, when you're doing a task ***rate how challenging it is.*** You should target 6- 8 out of 10 as the **“brain change magic zone”**
4. **Establish Healthy Eating Habits:** The pay off also reduces your heart disease, diabetes and weight risk factors, it appears to go a long way to reduce your risk of dementia. We've put together a guide for [MIND diet](#) which appears to reduce the risk for dementia. You can read it [here](#).
5. **Your Mates Matter:** Enjoy, connect and grow meaningful relationships throughout life is part of the recipe for preventing memory health decline. Being among trusted friends and family members helps us emotionally as well as challenges our brain in our language and social skills. And yes, frequency and quality matters as being alone is associated with depression and dementia.

## **What Other Actions Are Important For Your Brain Health?**

So the above are the 5 easy ways to improve your brain health. According to Harvard University publication at [Harvard Health](#) they list further actions which are likely to be cost effective ways to improve your brain health:

1. Improve your blood pressure. Use lifestyle factors such as staying lean, exercise regularly, reduce stress and eat healthy.
2. Improve your blood sugar levels ( especially your fasting blood sugar levels)

3. Improve your cholesterol. High levels of LDL ( bad) cholesterol are associated with an increased risk of dementia.
4. It goes without saying but avoid tobacco and consume alcohol in moderation, and,
5. Take care of your emotions and aim for a deep rich sleep of 7-8hrs. You'll likely perform poorly on cognitive test if your emotions and sleep patterns are affected. Consider mindful meditation practices and establishing a pre sleep routine.

So there you have it, this is an expanded list, you could call it the "*10 Science Backed Ways to Reduce Your Risk for Memory Loss*" for you to take and apply in your life.

### **Tip: Start With Easy Actions To Improve Your Brain Health**

Before you roll up your sleeves and take massive action, I'd like you to pause for a moment. Instead of trying to the whole list, I'd encourage you to start with one priority area first.

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**Start with one then move to the next priority on your list.**

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You might want to talk to your GP or health professional about what is your first action. Whatever your decision start with one and make it stick for 30 days.

*You may find you'll need help and advice along this journey and if so feel free to get in touch.*

## **Does Your Memory Need A Check Up?**

When you *attend our [Memory Health Clinic](#)* we offer a Memory Health Check Up as the first step to taking control of your memory health.

### **What is a Memory Health Check Up?**

It's an evidenced based 45min memory check up to help people over 55 years reduce their risk for memory loss under the guidance and direction of health professionals trained in the Norris Memory Health Protocols.

The Memory Health Check Up is an early threat detection systems which

- Identifies your memory health risks and
- Prescribes decisive actions to reduce your personal risks for memory decline.
- Rebate eligible
- Essential for people over 55 years of age

A Memory Health Check Up gives you

- **Clarity on your memory health** status and identifies your memory health threats.
- **Certainty you're on the right track** to improve your memory health.
- **Understanding what personal actions are needed to improve your memory health.**
- **Peace of mind you've a responsive program to reduce your memory loss risks.**
- **In the end your memory health means independence to do the things which matter to you be it golf, bridge or other hobbies**



Your personal risk for memory loss needs the best management action plan so you can reduce your risk for conditions like dementia. *The first step of taking control of your memory health is to have a check up.*

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I'd like to acknowledge your commitment to your memory health by reading this far- well done.

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P. 1300 783 200

If you're interested in accessing support and clinical advice for your situation please call **1300 783 200** or fill out the contact form to [get in touch today](#) or email directly [OT@gethealthcaredirect.com.au](mailto:OT@gethealthcaredirect.com.au) and mention this free report: "**5 Science Backed Actions To Help Prevent Dementia**"

All the very best to your memory health,



David Norris

Occupational Therapist

Founder Norris Memory Health Protocol

Reference: The Lancet, Vol. 390, No. 10113 Published: July 19, 2017

<http://www.thelancet.com/commissions/dementia2017>

### When You're Ready, Here Are Other Ways You Can Connect With Us

1. *Did you know that we have a podcast?* [Memory Health Made Easy](#). We post a new podcast every week or so, make sure you subscribe for actionable emails with life inspiring and brain boosting tips straight from the Podcast. [Get The Podcast That Your Brain Really Wants You To Listen To!](#)
2. **Rapid Lifestyle Makeover To Help You Prevent Dementia- FAST: Want to prevent memory loss and ready to take action?** The Memory Health FAST Masterclass gives you immediately actionable tips to help boost your brain performance now and to help you prevent memory loss later. Condensed science backed actions the everyday person can apply ( PLUS a starter guide) [Want Memory Health Fast? Start Here.](#)



**Your Better  
Memory  
Health Starts  
Today**