

Newsletter October 2008

Is Dementia a Baby Boomers Worst Fear?

Many people's greatest fear is not death, but losing their mind. The impact on friends and relatives is a common concern expressed by many clients. Baby boomers often say they are ready to live life to the maximum now that their children have finally moved out of home, but now find that their partner or elderly parents are becoming increasingly dependent on them.

The incidence of dementia in Australia is increasing rapidly due to a combination of longer life, lifelong stress, oxidative exposure and nutrient deficiencies. Chronic diseases such as diabetes, hypertension, hormone deficiency and immune problems also affect brain function.

Your best solution is prevention. Optimising brain function requires an individualized blend of nutritional support, dietary and lifestyle interventions and cognitive therapies.

The latest advances in protecting brain health throughout life were covered in detail in a superb seminar I attended last weekend. Please make an appointment to see me if you want to boost and protect your number one asset.

Dr Pete

P.S.

We are relocating the clinic to a beautiful 1920s house in Ashburton in about four weeks time. Our phone number 9885 7766 and internet address [www.liveto100.com.au](http://www.liveto100.com.au) remain the same. The actual date will be announced in a future eMail. Dalia will also confirm the new address when she rings clients to remind them of their appointments.