

Women's Brain Health Cheat Sheet

2/3 of all cases of Alzheimer's are women and this startling difference cannot just be explained by women on average living longer than men.

There are key, emerging insights to specifically protect the female brain.

Here are a couple key tips to be aware of:

- **Working Out Today Can Help The Brain Years From Now:** A study published in the journal *Neurology* found women with high physical fitness at middle age were nearly 90 percent less likely to develop dementia decades later, compared to women who were moderately fit. Any exercise is great, but these studies suggest it can be helpful to really prioritize physical fitness.
- **Caffeine Might Help:** Among a group of older women, self-reported caffeine consumption of more than 261 mg per day was associated with a 36 percent reduction in the risk of dementia over 10 years of follow-up. This amount of caffeine is equal to two to three 8-oz cups of coffee per day or five to six 8-oz cups of black tea. If you enjoy your morning coffee or tea, take note that you could be helping your brain.
- **Manage Stress:** A study of 800 women living in Sweden found that women who experience a high level of chronic stress in middle age are at increased risk of developing Alzheimer's disease and other forms of dementia late in life

Looking for a super easy and effective way to manage stress? I will send you a short video tomorrow on how to take a break from stress.