



Newsletter

Health information and news about the Healthy Plant-based Cooking Club



Our Purpose

- ~ to help you achieve optimum health and wellbeing
- ~ to present helpful information about balanced eating, keeping disease at bay and enjoying a long and fulfilling life
- ~ to provide you with new tasty plant-based recipes and help you cook them

This Month

Iron and Zinc

Can you meet your iron and zinc needs on a plant-based diet? This is the topic for the presentation prepared by Marcia for this month. Unfortunately she is can't be with us because of her grandmother's death.

On the Menu: Weeknight Meals for Busy People

- Chickpea Curry
- Sticky Noodles With Homemade Hoisin
- Grilled Veggies and Couscous Salad
- Brown Lentil Soup with Oregano
- Vegetables & Pasta with Satay Sauce
- African Peanut Stew



2019 COOKING CLASS CALENDAR

Semester 1

25 February

25 March

29 April

27 May

24 June

Semester 2

29 July

26 August

30 September

28 October

25 Nov

WHEN

Monday 25 March at 6:45pm
for 7:00pm

WHERE

Central Coast Adventist
School, Penrose Close, Erina,
in the Food Technology
classroom

HOW MUCH

\$15 per night or
\$60 upfront for Semester 1

BOOKINGS

Bookings necessary for each
class, unless you have
booked for the semester.

Phone Cheryl on
0403848242 or 43259213
or email
cheryl011148@gmail.com

Please bring some
containers.

Good for the heart = Good for the mind

Right now the world is experiencing an epidemic of dementia, affecting 40 million people — and millions more of their caregivers — staggering numbers that will likely triple by 2050.

Dementia is a progressive deterioration of brain functioning associated with ageing. While there are different causes, the most common — Alzheimer's and vascular dementias — are now thought to be closely related.

How is heart health related to cognitive health?

We have long known that the diseases and conditions that clog the arteries of the heart also clog the arteries of the rest of the body, including the brain. It all boils down to damage of the arteries, the blood vessels that are critical for blood flow and oxygen delivery to the organs. Arterial damage leads to arterial blockages, which leads to heart disease and heart attacks, strokes, peripheral vascular disease, and vascular dementia.

Meanwhile, Alzheimer's disease used to be thought of as a different process, because the brains of people with Alzheimer's seemed to be full of tangled tube-shaped proteins (neurofibrillary tangles). However, more and more research is linking Alzheimer's dementia to the same risk factors that cause heart disease, strokes, peripheral vascular disease, and vascular dementias: these risk factors are obesity, high blood pressure, high cholesterol, and diabetes.

The evidence is substantial: studies show that people with these conditions are significantly more likely to develop Alzheimer's disease. Meanwhile, studies also show that people with Alzheimer's disease have significantly reduced brain blood flow, and autopsy studies show

that brains affected by Alzheimer's can also have significant vascular damage.

Researchers are now focusing on why this is — what is the connection? It appears that good brain blood flow is key for clearing those tubular proteins that can accumulate and become tangled in the brains of Alzheimer's patients, and so one solid hypothesis is that anything that reduces that blood flow can increase the risk for Alzheimer's, and conversely, anything that increases blood flow can reduce the risk for Alzheimer's.

Healthy heart behaviours can lower your risk of dementia

And it is true that exercise lowers the risk of dementia, even Alzheimer's. Studies show that people who exercise more are less likely to develop dementia of any kind, and this stands even for adults with mild cognitive impairment. There is also substantial research evidence showing that eating a Mediterranean-style diet high in fruits, vegetables, whole grains, healthy fats, and seafood is associated with a significantly lower risk of cognitive decline and dementia.

The take-home message here is, even if someone has a family history of dementia, particularly Alzheimer's dementia, and even if they already have mild cognitive impairment (forgetfulness, confusion), they can still reduce their risk of developing dementia by simply living a heart-healthy lifestyle. That means a Mediterranean-style diet with 4 or 5 servings of fruits and veggies daily, and 150 minutes per week of activity. Lifestyle factors that help to reduce stress can also help: enough hours of good sleep, positive relationships, and social engagement have been shown to protect cognition.

From Harvard Health