

HEALTH

4 Scientifically Proven Ways To Protect Your Memory With Age



If you seem to be getting more forgetful lately, don't worry — there's hope to restore and stop the memory loss you may be experiencing as you age. Based on studies, here are four ways to maintain your memory:

1. Slow down on the champagne.

Recently, a 2013 U.K. study resurfaced, leading many to believe that all the celebratory champagne they indulged in during the holidays may have helped their memory.

Unfortunately, that study, which claimed that drinking three glasses of champagne every week could prevent dementia was actually misleading.

In fact, consuming too much liquor does the opposite and speeds up memory loss.

That's backed up by many more research studies like Neurology's January 2014 study that found men who drank

more than 2.5 drinks per day may experience memory loss six years earlier.

2. Watch what you eat.

Other risks aside, you now have another reason to adopt healthy eating habits.

A June 2015 study by Neurology said that the better your diet, the less likely you are to experience "cognitive decline" or memory loss.

The study included almost 28,000 participants in 40 different countries.

3. Put down the marijuana.

Contrary to the thought that marijuana use doesn't hurt, marijuana use now can hurt your memory later.

A March 2015 study in Hippocampus suggests that heavy cannabis users are more inclined to memory loss as they get older.

Years after they stopped using cannabis, adults in their twenties showed

brain abnormalities attributed to previous use.

4. Get some sleep.

Your brain needs to rest up, too. Scientists at the University of California, Berkeley have said that not getting enough restorative sleep can result in the buildup of beta-amyloid — a protein that attacks the brain's long-term memory and is believed to trigger Alzheimer's disease.

There's good news, though.

Matthew Walker, neuroscience professor and senior author of the study, said that sleep can be a beneficial therapy to reverse these effects and can be reinforced with exercise, behavioral therapy, and electrical stimulation — a treatment that uses electrical currents to improve brain wave production. (BlackDoctor.org Arionne Nettles)

Boy Born With Autism Now Named One of the Smartest In the World

Joshua Beckford has never been a typical child. At two years old, he quickly mastered reading fluently using phonics and was speaking Japanese by the age of three. At the age of six, he became the youngest person in the world to study Philosophy and History at the prestigious University of Oxford in England, gaining a distinction in both subjects.

His father, Knox Daniel, said he first noticed his son was clever when he was sitting on his lap while on the computer. "I started telling him what the letters on the keyboard were and I realized that he was remembering and could understand."

He could read, write and understand the alphabet and point to different colors on a chart when he was just ten months old.

In 2011, his father wanted to challenge his son, so he wrote to the university to see if he could participate in a philosophy course for bright children between the age of eight and thirteen. They agreed, and Joshua was the youngest student ever accepted. He even passed with distinction.

Named one of the smartest kids in the world, Joshua was far too academically advanced to attend third grade with his peers and was homeschooled

instead.

So, what does a super scholar study? Joshua excels at science, math, history, foreign languages and history. He dreams of being a neurosurgeon and is well on his way by practicing gall bladder removals and appendectomy procedures.

"Since the age of four, I was on my dad's laptop and it had a body simulator where I would pull out organs. I want to save the earth. I want to change the world and change people's ideas to doing the right things about earth."

He also plans to be a neurosurgeon and is currently writing a children's book about Egypt.

But get this...he's done all of this even with being diagnosed with autism.

When he isn't studying and achieving more than many adults, Joshua also serves as the face of the National Autistic Society's Black and Minority (BME) campaign. Diagnosed with high functioning autism, Joshua helps to spread the campaign's mission of highlighting obstacles Blacks face when trying to obtain access to necessary autism support and services.

According to a 2011 study,



Joshua at age 12

Autism and the African American Community, "evidence demonstrates that although rates of diagnosis for autism occur at the same rates in all racial groups, diagnosis in African American children occurs later than in White children. As a result, African American children may require longer and more intensive intervention."

In between studying to be the youngest neurosurgeon, Joshua enjoys fund-raising for three Autism

Charities, one in the U.K and two in Africa, and campaigns to save the environment.

Between medical school and the years associated with that, Joshua should reach his goal of being named a Doctor within the next two years.

Young Joshua is definitely living proof that no obstacle is too great to keep you from achieving greatness. (BlackDoctor.org by Terry Shaw)

The Secret to Aging Backwards Starts With These 10 Supplements

As you age, your body goes through several transformations. In addition to altering how you look and feel, the aging process changes the number of nutrients your body needs. Fortunately, supplements are known to promote your intake of essential nutrients, reinforce healthy aging, and help you feel your best.

Here are 10 of the best supplements to support healthy aging.

New Chapter Bone Strength Take Care Slim Tablets

As you age, your body starts to break down bone faster than it can replace it, which can lead to an inflated risk of osteoporosis, fractures, and slips.

For this reason, women over 50 and men over 70 have increased calcium needs. This essential nutrient makes up the structure of bones and teeth.

This supplement from New Chapter delivers 905 mg of plant-based calcium in each serving to help sustain bone health, along with other bone-building nutrients such as vitamin D3, magnesium, and vitamin K.

Flomentum

Flomentum includes 320 mg of saw palmetto extract. This compound has been demonstrated to reduce prostate inflammation and improve symptoms of BPH. Benign prostate hyperplasia (BPH) is a typical problem among older men, provoking symptoms such as difficulty urinating and a heightened or urgent need to urinate

Equelle

Equelle is a hormone-free dietary supplement created to deliver alleviation of menopause symptoms.

Nature's Bounty Ginkgo Biloba



This compound has been researched for its capacity to slow cognitive decline, particularly for individuals with dementia, when used in doses ranging from 120–240 mg per day

Vital Proteins Collagen Peptides

Using a collagen supplement such as Vital Proteins Collagen Peptides is an effortless way to increase your collagen intake to sustain healthy skin as you get older.

Naked Whey

Some research shows that supplementing protein intake could help control muscle loss and maintain muscle function and power in adults over 65.

While it is feasible to meet your protein needs through food sources independently, protein supplements deliver a convenient way to boost your intake.

Garden of Life Vitamin Code 50 & Wiser Women

This product from Garden of Life is cultivated for women over 50.

It includes a variety of vitamins and minerals tailored to your necessities, including higher amounts of nutrients for bone health, such as vitamin D and vitamin K.

Centrum Minis Men 50+

This multivitamin from Centrum includes vitamins and minerals to sustain better health, especially for men, including B vitamins, zinc, magnesium, and vitamin D.

Nature Made CoQ10

Coenzyme Q10 (CoQ10) is a compound found intrinsically in the body and plays a key role in energy production.

Unfortunately, levels of CoQ10 de-

crease over time.

Research indicates low CoQ10 levels could accelerate the effects of aging and contribute to chronic conditions such as heart disease or progressive brain disorders.

This development from Nature Made includes 200 mg of CoQ10 per serving to help increase your intake of this essential nutrient.

Nordic Naturals Ultimate Omega

Omega-3 fatty acids are connected to a lengthy list of health benefits, including lowering inflammation and sustaining heart health as you age.

However, suppose you don't regularly consume foods like fatty fish. In that case, it can be challenging to meet your daily omega-3 needs through diet alone. Nordic Naturals Ultimate Omega loads 1,280 mg of omega-3 fatty acids into each serving. It is flavored with lemon to stop fishy belches and an unwelcome aftertaste.

How to Select Quality Supplements

There are several elements to contemplate when determining whether to take supplements.

Some ingredients can interact with individual medications and negatively affect individuals with distinct health conditions. Consequently, it's essential to talk with a trusted healthcare professional before adding any supplements to your routine and to use products only as directed.

(Source: BlackDoctor.org by Ty McDuffey)

Eviction Prevention Initiative Makes More Progress Keeping Chattanoogaans Housed

Chattanooga, TN - (April 25, 2022) - The Eviction Prevention Initiative (EPI), a collaborative effort involving the City of Chattanooga, Community Foundation of Greater Chattanooga, Legal Aid of East Tennessee, and Habitat for Humanity of Greater Chattanooga Area, released its second quarterly reporter of 2022, detailing many of the initiative's achievements in the past few months.

EPI provides legal representation to households that are facing eviction proceedings and supports them with additional services to stabilize their financial situation long-term. The program is funded by a portion of the City of Chattanooga's American Rescue Plan Act allocation, as well as additional funds from the Community Foundation

of Greater Chattanooga and Footprint Foundation.

Between June 2020 and March 2022, the EPI has helped 212 households, representing 464 individuals, avoid eviction. This includes 252 children who may have lost their homes had it not been for EPI's intervention.

Notably, this population was economically vulnerable prior to the disruptions caused by the COVID-19 pandemic. Seventy-three percent of clients had their income negatively impacted by COVID-19. Sixty-four percent of EPI clients were housing cost-burdened before their income loss, meaning that they were paying more than 30% of their annual household income on housing. Thirty-three percent of clients were severely housing cost-burdened before

their income loss, spending 50% or more of their income on housing.

EPI data suggests that these hardships were falling hardest on households of color: while 19% of Hamilton County's population is Black, according to the latest figures from the U.S. Census, Black individuals account for 64% of EPI's clients. Research from Oxfam and others make it clear that people of color, particularly women, have been over-represented in hourly wage positions for years, making them uniquely vulnerable to the pandemic's economic shocks.

Data from EPI also indicates a strong return on investment for access to legal counsel for tenants facing eviction. When an unrepresented Hamilton County tenant faces eviction and nego-

tiates with their landlord or their landlord's attorney in court, they receive a money judgment eviction against them 71% of the time. However, when a represented Hamilton County tenant faces eviction and their attorney negotiates with the opposing party, they receive a money judgment eviction against them only 12% of the time.

Moreover, unrepresented tenants receive default judgments against them in 63% of cases, meaning they receive an automatic judgment against them in court for not being present.

The program is a win for local landlords as well; through EPI's efforts, \$369,567 in rent relief funds from the Tennessee Housing Development