



DEMENTIA?

You question ? Law-Giver Manifest answers!

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1 GOD's latest message the Law-Giver Manifest

1GOD 1FAITH 1Church Universe Custodian Guardians

Dementia illness of the Brain (*Mind*) ...

Dementia shows gradual affects & is progressive. It is departmentalized into 'Alzheimer's', 'Vascular' & Lewy-bodies'. Illness cause: genetic (*inherited*), wrong-diet, lack of exercise, lack of mental stimulation & aging.

Currently there is no cure. However, early diagnosis helps! Reduce gradual affects & progression of the illness.

Memory concerns !

Difficulty thinking through problems!
Difficulty adjusting to daily-routine changes!
Difficulty remembering day & date!
Difficulty finding the right word!
Difficulty banking & calculating change!
Difficulty in participating & following group conversation!
Difficulty remembering events that happened recently!
Forget where things are usually kept!
Have trouble understanding written articles.
Have trouble following a story on TV!

Memory concern need to be acted on! Get diagnosed, visit 'Shire medical & education Complex' (**SmeC**). *Warning do not use pharmaceuticals !!! They are poisonous & their side effects make you sick !!!*

Concern about lapses in concentration, thinking & memory. As well as behavioral changes. Need not be Dementia, but, alcohol, depression, medication, pain, stress, substance abuse,... All of the above need diet & lifestyle change!

Prevention

Use L-G M as guide, adhere to Daily-routine, Daily-Fitness, Nourishment, Diet-No-No's, Sleep, avoid *GM-Food*, & Meditate.

Instead of being lazy *watching sport* ~ take walks, go hiking, dance,...

Instead of stuffing your body with: *chips (French-fries), hamburgers, hotdogs, ice-cream, cakes, chocolate, cookies ...& binge drinking, Alcohol, Cola, Lemonades, Milk-shakes,...* ~ eat berries, nuts, salads, seeds, vegetable,

insects, seafood, reptiles, poultry, lean meat,... drink water,...

Instead of *watching TV* ~ solve puzzles, Sudoku, crosswords, word-finds, play strategy games, write, Learn & Teach, ...

Instead of seeking *solitude* ~ socialize, join clubs, visit a Gathering, Start a Gathering.

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12.1.7. Good-health day)

C-G Kalender

Celebrations

