



Amazing Power of Exercise to Treat Disease



A review of 40 years' worth of studies on exercise has demonstrated that it can slow the effects of aging, and help people maintain cognitive abilities well into old age.

An increased level of exercise, such as fitness training, may improve some mental processes even more.

The review included an examination of the epidemiological literature of diseases in an effort to determine whether exercise can decrease the likelihood of neurological diseases such as Alzheimer's.

There was a significant relationship between physical activity, cognitive function, and decreased occurrence of dementia.

In studies that examined men and women over the age of 65, those who exercised for at least 15-30 minutes at a time three times a week were significantly less likely to develop Alzheimer's disease.

The review also examined randomized trial studies looking at whether or not specific fitness training had any affect on mental processes and brain function. There was a distinct relationship between fitness training and improved mental awareness, more efficient brain function and retained brain volume.

Animal studies on the chemical mechanisms responsible for the effects of exercise were also reviewed. They provided additional support for the benefits of physical activity.

For example, some animal studies showed the existence of performance benefits on learning tasks for animals who were allowed to use an exercise wheel.

Journal of Applied Physiology, June 15, 2006

Ever wonder why Jack LaLanne keeps on chugging along into his 90s, looking and sounding as vital and healthy as he ever did on his TV program 40 years ago?

Physical activity - far more effectively than any drug can do wonders for your mental and physical health.

That's why one of the best investments you can ever make is to commit to a regular exercise program you can do for the remainder of your life.

Just remember, the trick about exercise is to treat it like a drug that must be prescribed precisely to do any good.

Exercise is a required DAILY nutrient for you to have optimum wellness—just like air, water and food.

For further information on how to build the right nutritional plan for you please contact:

**lisa.burnett@tlaconsulting.net.au T: 03 9534 4437
www.mercola.com**



aspire,
accelerate,
achieve