

How to avoid taking drugs in common diseases in the elderly

Instructions on ways to help treat common diseases in the elderly without using drugs

Today, people often have the habit of taking medicine for almost every disease, but in fact, diet and exercise are effective therapies for many common ailments in the elderly such as arthritis, Cholesterol, diabetes, high blood pressure, osteoporosis, depression,.



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Arthritis

There is a good opportunity to lose weight because it will reduce the pain caused by arthritis. Combine weight loss with exercise and you'll likely be less sore, more agile. Even for people who don't want to lose weight, exercises that don't put stress on the joints, like swimming, reduce pain.

High cholesterol

The level of harmful LDL cholesterol can be reduced by 5% if you avoid foods high in saturated fat. Fiber and margarine supplements also have the same effect.

Cognitive decline

Memory training and other brain lessons seem to help the elderly stay sharper. But physical exercises can be more beneficial for the brain than mental exercises.

Osteoporosis

Weight bearing exercises put stress on the bones, and the bone tissue responds by becoming stronger and denser, helping to prevent osteoporosis. Vitamin D and calcium supplements also top the list of dietary recommendations.



Weight bearing exercises that put pressure on the bones will help prevent the process of osteoporosis

Diabetes

Exercise is an effective brake on blood sugar, as trained muscles become more receptive to insulin, which helps pull sugar out of the bloodstream. Eating less sweets and easily digested starches also helps control this problem.

High blood pressure

Losing weight, exercising more, and eating less salt all lower blood pressure.

Attenuate

Regular physical activity has a very effective anti-depressant effect.

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