

## Is Brain Fog a Normal Ageing Process?



It is estimated that up to one third of adults will experience a gradual decline in cognitive function known as mild cognitive impairment as they age. Less severe than dementia, mild cognitive impairment is defined as cognitive defects that do not interfere with daily living. It may include slower thought processing, a reduced ability to learn and impaired memory.

New research has uncovered possible reasons for mild cognitive impairment and has also identified potential therapies that may enable people to battle age-related [mental decline](#) more effectively than ever before.

Below, is more information on how to recognise cognitive impairment, which is not a normal sign of ageing, and how to correct your lifestyle in order to live a long and memorable life.

Correcting this problem could give you a new lease on life and loads of energy!

To read the full article visit: <http://www.a2magazine.co.za/2016/03/brain-fog-normal-ageing-process.html>