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RESEARCH UPDATES



Alzheimer's Symptoms Reversed

In a study recently published in the journal *Aging*, Dale Bredesen, MD, director of the Alzheimer's Disease Program at UCLA's David Geffen School of Medicine presented an all-natural, multicomponent treatment program that reversed memory loss in four people with Alzheimer's, and five people with mild cognitive impairment. The program is based on a new theory about why people get Alzheimer's. His new thinking is that normal mental function depends on a balance between *synaptoblastic* (synapse-making) and *synaptoclastic* (synapse-destroying) activity. If there is more synaptoclastic activity, memory loss may ensue. If there is *chronic* synaptoclastic activity, their research suggests that Alzheimer's occurs.

The researchers have identified 36 unique synapse-affecting factors, and feel that the symptoms can be effectively reversed by addressing at least 10 to 20 or more of them. The key factors in what they call MEND (Metabolic Enhancement for NeuroDegeneration) are listed below:

- **Optimize diet:** Eliminate simple carbohydrates such as anything made from white flour and/or refined sugar. Don't eat processed foods with either "trans fats" or "partially hydrogenated vegetable oil" on the label. Emphasize fruits and vegetables. Eat non-farmed fish for omega-3 fatty acids.
- **Have a nightly "fast":** Don't eat three hours before bedtime. Ideally, 12 hours should pass between the last time you eat at night and when you eat breakfast.
- **Reduce stress:** Pick a relaxing, enjoyable activity—walking in the woods, yoga, meditation, playing the piano, etc.
- **Optimize sleep:** Sleep seven to eight hours every night. Anatomical changes during sleep flush the brain of toxic, synapse-damaging compounds.
- **Exercise regularly:** They recommend 30 to 60 minutes per day, four to six days per week. Combining aerobic exercise with weight training is ideal.
- **Stimulate your brain:** Brain training exercises and games stimulate and improve your ability to remember, pay attention, process information quickly and creatively navigate daily life.
- **Take folate,** vitamin B-6 and vitamin B-12: These three nutrients can reduce blood levels of the amino acid homocysteine, which is linked to an increase in tau protein, which is related to Alzheimer's disease.

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

~World Health Organization, 1948