

## Double Up On Alzheimers

I've read some pretty discouraging reviews on Alzheimers Disease lately. Some experts are claiming that there's not much we can do to prevent it. **They say that exercise, diet, weight loss, Ginkgo Biloba, B vitamins and antioxidants have not been proven to be effective in decreasing the risk or slowing the onset of Alzheimers Disease and other forms of dementia.** That's pretty grim news for those of us who like to be proactive when it comes to protecting our health & well being. It almost makes you say "Why bother?".

The problem is that the studies that those **experts are referring to were looking at one variable at a time.** Some of those studies show benefits, but others don't. So it all seems pretty murky. What if we tried a more holistic approach? What if we looked at more than one variable at a time?

Well a group headed by Dr. Nikolaos Scarmeas did just that (JAMA, 302: 627-637, 2009). They looked at the effect of both diet and exercise on the risk of developing Alzheimers. They enrolled 1880 elderly subjects from Northern Manhattan with an average age of 77 in their study. All of the subjects were healthy and free of dementia at the start of the study. They found that those subjects **who most closely followed a Mediterranean diet were 40% less likely to develop Alzheimers** over the next five and a half years than the subjects who were consuming a typical American diet. And those subjects who were **physically very active were 33% less likely to develop Alzheimers** than the couch potatoes. **Those subjects who closely followed the Mediterranean diet and were physically active were a whopping 60% less likely to develop Alzheimers than the junk food eating couch potatoes.**

In a smaller study the effect of diet alone or exercise alone might not have been large enough to approach statistical significance - which explains the ambiguous results obtained from many of those studies that have focused on only one variable at a time. The effect of combining both diet and exercise is of obvious benefit.

**So, if we want to prevent Alzheimers and other dementias as we age, my best advice would be to double up - follow a good diet and get plenty of exercise. Why stop there? Why not try adding Ginkgo Biloba, B vitamins and antioxidant supplements for a triple play?** What the heck - Why not just pile on and aim for ideal body weight as well? There is some evidence that each of those approaches reduces the risk of Alzheimers.

The evidence may not be good enough to recommend any one of them by itself, but they should all be considered as part of a holistic approach to reducing the risk of developing Alzheimers and other age-related dementias.

To Your Health!  
Dr. Stephen G Chaney

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## ALZHEIMERS

**My Mom has Alzheimer's and has been living with Jeff and me for the last 10 years as she requires 24/7 care.**

**For the first time in a few years, my mom made a sandwich for herself!! We are really starting to think that Vivix is making a difference.**

Her appetite is definitely improved and she referred to me as her daughter to someone the other day! **We're actually thinking of discontinuing her Aricept completely. Seems like it may be doing more harm than good? What a surprise!**

We started her on Vivix as soon as it was available to the public. When it went on backorder, we all got off it for a month or so, maybe even 8 weeks. I'd say, in total, she's been on it for 3-4 months...maybe a bit less.

**Last week, my sister Maureen showed Mom her wedding photo and Mom said: "That's me!" Maureen then said: "Who's that next to you?" Mom said: "That's my husband!" Today I showed her another photo from her wedding (a group photo) and she did recognize her father. I think I'm going to give her 2 teaspoons per day and see what happens!**

Mary Hammon