

# ALZHEIMER'S DISEASE NUTRITIONAL APPROACH PROTOCOL

Accumulating evidence from preclinical and clinical studies supports the hypothesis that oxidative stress may be associated with the onset and progression of Alzheimer's Disease.<sup>1</sup> Also, serum aluminum was significantly raised in patients with dementia including Alzheimer's.<sup>2</sup> Most current pharmaceutical therapies center around acetylcholinesterase inhibitors and have numerous side-effects. I have found a number of references as to the efficacy of Ginkgo Biloba and other adjunctive nutrients as support for individuals with Alzheimer's Disease and other senile dementia. These references are listed at the back of this document.



When compiling a nutritional support program for individuals with Alzheimer's Disease, the approach will be to reduce oxidative stress and improve cerebral vascular micro-circulation. Completing a Comprehensive Health Assessment questionnaire and implementing a Gastro-intestinal Recovery program are the first steps in developing a plan for improving the health of the Alzheimer's patient.

## *INITIAL APPROACH :*

- **Complete the Comprehensive Health Assessment Questionnaire**
- **Implement the Gastro-intestinal Recovery Program :**
- **Utilize Targeted Nutritional Products :**
  - **Ginkgo Biloba Ultra:** 1 tablet TID Between Meals (Do not use if patient is on blood thinners)
  - **Acetyl-L-Carnitine (500 mg.):** 1 Capsule BID Between Meals
  - **Ultra Antioxidant:** 1 Capsule TID with meals
  - **Malic Acid:** 300mg TID with meals for 60 days
  - **N-Acetyl-Cysteine (500 mg.):** 1 Capsule BID Between Meals
  - **Phosphatidyl Serine:** 1 Capsule BID Between Meals
  - **CoQ10 with Lipoic Acid:** 1 Capsule BID with meals
  - **EPA/DHA:** 2 Capsules BID with meals for 30 days, then 5 Capsules per day ongoing
  - **Evening Primrose Oil:** 1 Capsule per day ongoing