

## Guillermou

A blood test can help detect with up to 94% effectiveness and 20 years in advance whether a person will develop Alzheimer's disease, according to a study published in *Neurology*. Research from the Washington University School of Medicine in St. Louis (WUSTL), Missouri (USA), revealed that the brain begins to show damage caused by the beta-amyloid protein, vital for the development of Alzheimer's, up to 20 years before the main symptoms of this disease appear, such as memory loss and confusion. "Currently, for clinical trials, we examine people with brain scans, which is time-consuming and expensive," Bateman noted.

"But with a blood test, we can potentially test thousands of people in a month," said the author of the research. [www.ibsafoundation.org/en/blog/test-to-detect-alzheimers-20-years-ahead](http://www.ibsafoundation.org/en/blog/test-to-detect-alzheimers-20-years-ahead). (2023).-- This special issue "Antioxidants in age-related diseases and anti-aging strategies", with systematic review and meta-analysis, adds new contributions that describe the mechanisms by which oxidative stress and inflammatory factors cause the onset or progression of chronic diseases related to age. age, as well as new strategies to treat or prevent these pathological conditions. Ginkgo biloba (GB) has health benefits for memory and cognition, AD, Parkinson's disease (PD), and dementia, which are attributed to its antioxidant, anti-inflammatory, and anti-apoptotic activities.

In addition, GB can exert benefits in cardiovascular conditions, hypertension, insulin resistance, fasting serum glucose, glycated hemoglobin and dyslipidemia, can improve cerebral blood flow supply, executive function, attention/concentration and non-verbal memory and reduce stress. Bioactive compounds, mainly polyphenols, flavonoids, terpenoids and organic acids, are responsible for the beneficial effects. [www.mdpi.com/.../htm](http://www.mdpi.com/.../htm) (2022)

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Intermittent resistance exercise and taking Ginkgobiloba supplements at the same time can be an effective treatment to increase the level of brain hippocampus-derived neurotrophic factor and slow down the process of Alzheimer's disease. [jsums.medsab.ac.ir/article\\_1610\\_en.html](https://jsums.medsab.ac.ir/article_1610_en.html) (2024).-----

----- Due to their potential to alleviate symptoms associated with neurological diseases, Lavandula angustifolia, Ginkgo biloba, Melissa officinalis, Crocus sativus, ginseng, Salvia miltiorrhiza and Magnolia officinalis have become well known. This article provides an overview of the therapeutic effects of these phytomedicines, showing their impact on various factors related to Alzheimer's. NATURE'S ARSENAL AGAINST ALZHEIMER'S: A COMPREHENSIVE. REVIEW OF HERBAL REMEDIES AND THEIR THERAPEUTIC POTENTIAL [www.ijisrt.com/.../IJSRT24JAN989.pdf](http://www.ijisrt.com/.../IJSRT24JAN989.pdf)

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## juststeve

Also, other things can present themselves with the symptoms of Alzheimer's. Severe. deep depression can very much look like Alzheimer's. Dehydration, isolation, as per the article certain vit's, minerals, whatnot.

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Very agree Just. Taurine is effective against Alzheimer's and tinnitus. Alzheimer's disease (AD) is a chronic neurodegenerative disorder and the leading cause of dementia, but therapeutic treatment options are limited. Taurine has been reported to have neuroprotective properties against dementia, including AD. The present study aimed to investigate the effect of taurine treatment in AD mice using functional molecular imaging. Our results reveal that although taurine treatment significantly increased brain uptake of metabolic glutamate receptor type 5.

Therefore, taurine has therapeutic potential against AD. [www.nature.com/.../s41598-020-72755-4](http://www.nature.com/.../s41598-020-72755-4) (2020) The results of this study are consistent with the hypothesis that taurine attenuates tinnitus and improves auditory discrimination by increasing inhibitory tone and decreasing noise in the auditory pathway. [www.ncbi.nlm.nih.gov/.../PMC2997922](http://www.ncbi.nlm.nih.gov/.../PMC2997922) .-----  
[www.researchgate.net/publication/46425243\\_The\\_Effect\\_of\\_Supplemental\\_D..](http://www.researchgate.net/publication/46425243_The_Effect_of_Supplemental_D..)

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## jan64524

Mold toxicity, parasites, and fungus also affect the body and brain. It is now coming out that prostate cancer is a candida overgrowth. Agri Sept kills candida in the body. Jus" sayin'. '. Big Harma and others who sell supplements want to keep us asking the wrong questions, thereby getting the wrong answers/results. This is one reason Ivermectin works so well on so many maladies. It kills parasites.

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## pecubba

So, do we need to add LA quantities/ percentage's to our Food labeling? That would be helpful to me anyway.

Posted On 03/28/2024

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**ulika7**

No scientist has told us yet how detrimental the air pollution is for the brain and lungs. Has anyone considered these facts? Toxins in the air are also the cause for certain cancer diseases.

Posted On 03/26/2024

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**FainZi**

How much GABA is considered helpful to keep serotonin levels low?

Posted On 03/26/2024

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**billstri**

I would guess everyone is different. Not sure what is the safe limit or how to find the right dose. Otherwise, my opinion is a good place to start until you can figure out otherwise is MercolaMarket has a supplement called "L-theanine plus GABA", which is 200mg L-theanine plus 100mg GABA per 2 capsule serving with a suggestion of taking once per day. I think in a recent interview with Dr Mercola, an expert in this area (bioenergetic researcher Georgi Dinkov) I believe suggested taking GABA an hour before bedtime. I like the two capsule serving as it allows you to take one capsule per day for a while to reduce unexpected risk of possible side effects like drowsiness.

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**BookGal11**

Be sure to have an organic diet as glyphosate in RoundUp allows toxins to penetrate the blood-brain barrier.

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## Almond

Here's another sign of dementia. Sad to see people of any age behaving this way. Drag Shows are a Hit at Retirement Community [www.youtube.com/watch](http://www.youtube.com/watch)

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## pecubba

Oh, I don't know. Gender boundaries are fun to explore. Kinda like Halloween to blow off some steam. Pirate parties are fun for a lot of folks around my area, to stretch other boundaries or conventions..

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