CAN LIFESTYLE CHANGE HELP EARLY ALZHEIMER'S?

IN A SMALL 2024 TRIAL, THINKING IMPROVED.

20 wks of intensive lifestyle change improved thinking and daily function in people with early Alzheimer's, while the control group got worse on all 4 measures (randomized, 51 people).

Ornish et al. · Alzheimer's Research & Therapy · 2024 [1]

WHAT DID THEY CHANGE?

- ✓ **Whole-food, plant-based diet**
- ✓ **Exercise**
- ✓ **Stress management**
- ✓ **Group support**

A comprehensive program, not diet alone.

WHAT SHOULD YOU ASK YOUR DOCTOR?

1. **What can I do now to lower my risk of memory decline?** [2]
2. **Could changing my diet and exercise help my memory?** [1]
3. **Are my blood pressure, blood sugar and cholesterol controlled well enough to protect my brain?**
4. **How will we measure changes in my memory?**

1,260 older adults in the FINGER trial: diet, exercise, brain training and heart-risk checks improved thinking scores slightly more than health advice.

Ngandu et al. · The Lancet · 2015 [2]

! **Work with your doctor, not around them. Never stop a medication on your own.**

BOTTOM LINE Promising, not proven. One small trial says yes; bigger diet-only trials are mixed.

MORE OF THE EVIDENCE

- In a 20-week randomized trial of 51 people with mild cognitive impairment or early Alzheimer's, an intensive program (whole-food, plant-based diet, exercise, stress management and group support) improved several measures of thinking and daily function. The control group got worse. [1]
- In the FINGER trial of 1,260 older adults at risk, a 2-year program of diet, exercise, brain training and heart-risk checks improved thinking scores slightly more than general health advice. [2]
- In the MIND trial of 604 older adults without memory problems, the MIND diet did no better than a control diet over 3 years. [3]

Keep in mind: The promising trial was small and short. Neither large trial used a fully plant-based diet.

WE TAKE ZERO PRESCRIPTIONS.

That's our choice, not a rule for you. Some prescriptions save lives, like antibiotics for an infection. If you are not changing your diet, stay on the medications your doctor prescribes. If you go plant-based, keep up with your blood work. That way your doctor can safely reduce your medications or take you off them altogether.

I'm not anti-medicine. I'm pro-health.

Don't take my word for any of this. Check it with your favorite AI, read the original studies, then bring them to your doctor.

NOTES FROM MY APPOINTMENT

DATE AND DOCTOR

WHAT WE AGREED TO TRY

WHEN WE WILL RECHECK

SOURCES

[1] Ornish D, et al. Alzheimer's Research & Therapy, 2024. Effects of intensive lifestyle changes on the progression of mild cognitive impairment or early dementia due to Alzheimer's disease: a randomized, controlled clinical trial. https://pubmed.ncbi.nlm.nih.gov/38849944/

[2] Ngandu T, et al. The Lancet, 2015. A 2 year multidomain intervention of diet, exercise, cognitive training, and vascular risk monitoring versus control to prevent cognitive decline in at-risk elderly people (FINGER). https://pubmed.ncbi.nlm.nih.gov/25771249/

[3] Barnes LL, et al. New England Journal of Medicine, 2023. Trial of the MIND diet for prevention of cognitive decline in older persons. https://pubmed.ncbi.nlm.nih.gov/37466280/

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