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**TWEET GM #14**

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Title

Created

## **NEW FINDINGS ABOUT ALZHEIMER'S DISEASE BRING HOPE!**

You will find in QUOTE #14 an article about newly discovered structure in neurones cytoplasm: a lipid raft-like domain representing a subdomain of the endoplasmic reticulum, which is closely apposed to mitochondria and appears to play a prominent role in altered mitochondrial dynamics that we now understand play a critical role in the development of Alzheimer's.

You may find this discovery pretty anecdotic, especially as its importance remains to be further evaluated. In fact, it is not anecdotic because this moves us closer to a renewed approach to prevent (and hopefully slow down the progression of) this terrifying disease. Research as well as our therapeutical strategies have been stuck for decades into the dogmatic "plaques" and "tangles" paradigm, which leads nowhere. Indeed, drugs have been developed to reduce and even remove these structures, with no benefit to patients' cognitive impairment. Let us forget about them!

We have seen, in the recent years, many attempts to improve Alzheimer's management from more natural and holistic approach, typically promoted by Functional Medicine. I have not specialised at all in this specific field of neurodegenerative diseases, but I do notice that addressing the biological imbalances and the dietary mistakes among my elderly patients seem to protect them against neurodegeneration, including on the long term (as I have done for 20 years with Belgian patients now reaching their nineties).

Of interest, you can find a comprehensive Functional Medicine approach to Alzheimer's Disease in a new book written by Dr Dale BREDESEN MD, Professor of Neurology & Director of Neurodegenerative Disease Research at David Geffen School of Medicine, University of California Los Angeles. The book's title announces "*The End of Alzheimer's*". Not yet really, but...

Its merit lies in the sophisticated strategy that he recommends, which includes profound dietary modifications, food supplements fighting the oxidative stress and supporting mitochondrial function, plus bio-identical hormones (only in case of low/suboptimal blood levels). No wonder that first clinical results look encouraging and, at last, bring hope to everyone.