

Alzheimer's: can your eyes see the disease coming?

By Léopold Boileau

If your eyes are the mirror of your soul... ...can they see if **Alzheimer's** is eating away at your brain?

New research suggests that this is the case because your eyes reveal a valuable clue about your risk of developing Alzheimer's disease. This clue can even be detected decades before any weakness in your brain is noticed. [1]

This clue is the deposition of beta-amyloid protein, a substance that spreads in your brain and increases your risk of Alzheimer's disease.

Researchers have found that Alzheimer's patients have **5 times more beta-amyloid deposits** in the macula than normal. [2]

By identifying amyloid plaques in the macula early on, you have a real chance of dissolving them before they accumulate in your neurons and ignite the fire of neuroinflammation that ultimately ravages your brain. And to combat these senile plaques, there are 5 powerful weapons, of which I'll talk to you in a moment.

Amyloid plaques are like a flammable liquid that sets your brain on fire

Until now, drugs against the formation of amyloid plaques have been prescribed to patients who already suffer from Alzheimer's disease at a more or less advanced stage.

The problem is that, even if the patient is at an early stage, it is already too late to take action.

late. For John Hardy, a neurogeneticist and renowned Alzheimer's disease specialist, giving these drugs to a patient diagnosed with Alzheimer's disease is *"as useless as prescribing statins to a patient who is having a heart attack."*

This is why being able to identify amyloid plaques as early as possible by examining the eyes could become a huge asset in the fight against Alzheimer's. Because these plaques are like a flammable liquid that starts the fire of **neuroinflammation**, a deadly process for your brain.

Neuroinflammation: a fire that ravages the forest of your neurons

Rudolph Tanzi, professor of neurology at the prestigious Harvard University, is also one of the leading experts on Alzheimer's disease.

In 2014, he achieved a **world first** by synthesising Alzheimer's disease using 'mini brains' created from human stem cells. I know, it sounds like a sci-fi movie trailer, but you'll see that this cutting-edge science experiment delivered some very real and important lessons.

This experiment has indeed highlighted the three main triggers of Alzheimer's disease: [3]

- **Trigger No. 1:** As has been assumed for several years, the amyloid plaque triggers the disease by engulfing the nerve cells in the brain.
- **Trigger 2:** This damage causes nodes in neurons and nerves.
- **Trigger No. 3 (certainly the most important):** the damage caused by the amyloid plaques leads to neuroinflammation, which accelerates and then worsens Alzheimer's disease.

Remember the term 'neuro-inflammation'.

It is indeed central to understanding how we can fight against Alzheimer's disease.

According to Prof. Tanzi, the plaques and nodes set off "*mini cellular fires*" in the brain. When these mini-fires spread throughout your brain, it becomes like a forest fire in your neurons. This state of neuro-inflammation then triggers Alzheimer's disease or other forms of dementia.

The key would therefore be to fight the amyloid plaques to avoid the neuro-inflammation. As you read this letter, scientists are trying to find a treatment that can do this.

However, so far, the safest and most effective solutions are mainly to be found in your lifestyle and in Nature.

5 weapons to extinguish neuroinflammation

Prof. Tanzi and other researchers have identified several ways to combat amyloid plaques and neuroinflammation.

Here are the 5 best proven ways, which can be implemented today:

1. **Sleep at least 7 hours a night:** during deep sleep, your brain cleans out the amyloid that has built up during the day, as well as other "brain debris" that induces inflammation. Prof. Tanzi recommends "*sleeping religiously between seven and eight hours every night, especially if you are over 40. Otherwise, you will don't give your brain a chance to clean itself.*"
2. **Exercise:** When you exercise, the brain creates enzymes that destroy amyloid plaque. Second, in a process called neurogenesis, your brain creates new nerve cells in the hippocampus, the area affected by Alzheimer's disease. Finally, as the results of a new study by Prof. Tanzi's team show, exercise reduces inflammation in the brain.

3. **Eat real food:** processed foods promote inflammation in the body. all over the body, including in the brain. In addition, poor dietary choices harm your gut. Professor Tanzi explains: *"Your microbiome, via the gut-brain axis, is in constant communication with your brain and regulates the neuro-inflammation"*. It is therefore essential to keep it healthy with true low-inflammatory foods.
4. **Drink coffee:** large epidemiological studies show that drinking 3 to 5 cups of coffee a day is associated with up to a 65% reduction in the risk of Alzheimer's disease. [4] Studies show that caffeine can reduce brain levels of toxic amyloid beta proteins while slowing and even reversing the cognitive impairment associated with amyloid beta. [5]
5. **Supplement your diet with these nutrients that fight neuro-inflammation:** magnesium, vitamin D, omega-3, B vitamins have shown interesting properties against amyloid plaque formation and neuro-inflammatory phenomena. However, the most interesting results seem to be obtained with curcumin and coenzyme Q10. [6]

2 natural firefighters against neuroinflammation

Several studies have suggested that **curcumin** protects brain cells from amyloid plaque-induced toxicity. [7]

But that's not all: molecular studies reveal that curcumin has this unique ability: it could prevent the assembly of beta-amyloid molecules and could also destabilise beta-amyloid plaques **AFTER** they have been assembled. formation. [8] This would allow the amyloid beta fragments to be removed before they could reform and damage brain cells.

There are many forms of curcumin available as a dietary supplement. To my knowledge, the only one that has a serious study proving its benefits against the development of amyloid plaques is Meriva® curcumin. This patented turmeric is coupled with phosphatidylcholine, another essential nutrient for the and improves the absorption of curcumin by the body. [9]

Studies show that **coenzyme Q10** reduces the amount of beta-amyloid plaques formed in brain cells, thus protecting the brain. [10] Organ meats are rich in CoQ10 but we consume too little of it these days to get enough. I therefore recommend

take at least 30 mg of CoQ10 per day and even 100 mg from the age of 50 because Our reserves drop from that age onwards and we must take care to replenish them every day.

You can take either Meriva® curcumin or CoQ10. You can also take both separately or alternately. **Better yet**, you can now take them simultaneously with this [new formulation called CurQ10](#) . As the name suggests, it gives you Meriva® curcumin (500 mg) and Coenzyme Q10 (100 mg) at the same time. To my knowledge, this is the only product that offers the combination of these two nutrients in a single formulation. In addition to their neuro-inflammatory properties, curcumin and coenzyme Q10 help to reduce other inflammatory processes that are harmful to your heart, arteries, eyes, joints and intestines.

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