

CRISTINA MOCANU

Titu Maiorescu University,
Romania

Resetting the Brain. Remission of Neurocognitive Diseases is Possible!

Abstract:

For the first time, a large, randomized clinical trial has demonstrated a significant reduction in the risk for developing cognitive decline and dementia. The new research results show aggressive treatment of high blood pressure, resulting in fewer new cases of mild cognitive impairment and dementia. The future of dementia prevention could be in treating the whole person with a combination of drugs and lifestyle changes. The SPRINT MIND trial looked at two different approaches to controlling high blood pressure and diet and how that impacts mild cognitive impairment and dementia. The mediterranean diet emphasizes fruits,vegetables, whole grains, legumes, fish and seafood, unsaturated fats such as olive oils and low amounts of organic red meat, organic eggs and sweets. The more specific diet, called Bredesen diet, is a method of combining intermittent fasting, eating anti-inflammatory foods, promoting gut health and avoiding diary and sugar. Eating foods like green leafy vegetables, fish, nuts and occasionally a glass of red wine can reduce the chances of developing Alzheimer disease. Eating strawberries, blueberries, acai fruit, apples, pears and bananas appears to counteract some of the declines in cognition, that were noticed in the latest research. Among plant protein derived amyloid, there are four legume source that are known to form amyloid-like fibrils: soybean, mung bean, fava bean and lupine. The drinks that improve memory are: black coffee, green tea, kombucha, orange juice, blueberry juice, turmeric latte. Omega 3 fats, mainly DHA compound found in healthy fats, may help prevent Alzheimer disease and dementia by reducing beta-amyloid plaques. Food sources include cold water fish such as salmon, tuna, trout,mackerel, sardines and seaweed. In several pilot studies, a team of US researchers has discovered how vitamin D3, a form of vitamin D and Omega 3 fatty acids may help the immune system clear the brain of amyloid plaques, one of the physical hallmarks of Alzheimer disease. Lemon water is extremely hydrating and keeps the brain and entire body running optimally. Lemon contains high level of potassium, which allows more oxygen to reach the brain and improve functioning. During the day, a person makes some beta amyloid protein builds in the brain. While sleeping, however, brain cells and their connections shrink, allowing more space between the brain cells,and so, beta amyloid and other substances that accumulate during the day, can be flushed away. Amyloids can be reduced by consistent exercises such long walks, by good quality sleep, by reduced salt diet and foot massage. Green tea catechins and resveratrol reduce the formation of plaques in the neural cells. Increase in ketone bodies as a result of fasting may reduce beta amyloid level. Caloric restriction reduces both beta amyloid level and tau. Tau, the microtubule associated protein, forms insoluble filaments that accumulate as neurofibrillary tangles in Alzheimer disease. Beta amyloid peptides are proteolytic fragments of the transmembrane precursor protein, whereas tau is a brain specific, acon enriched microtubule associated protein. The pathological aggregation of tau or neurofibrillary tangles are known as tauopathy, a distinctive characteristic of many humanneurodegenerative disease, such Alzheimer disease or Parkinson disease. Cinnamon can improve memory function and reduce the aggregation of tau proteins. Accordingto researchers at Wheeling Jesuit University, just smelling cinnamon can help improve the memory. Tau lesions occur earlier than beta amyloid accumulation, thereforethe Alzheimer disease progression is strongly associated with tau pathology rather than beta

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amyloid protein accumulation. Tau, the soluble form, composed mostly of monomers and small oligomers are the neurotoxic species.

Turmeric, in its form as Curcumin, the active substance, has a great potential in the prevention and mainly in treatment of Alzheimer disease, due to its properties as an antioxidant, anti-inflammatory and lipophilic action. Drinking warm water before going to bed increases blood circulation, helps the body to break down the waste and increases the sweat output. Sweating will cause some fluid loss, but it will also remove the salts and toxins and clean the skin cells. Eating at specific times of the day could delay and even reverse the signs of Alzheimer disease. Intermittent fasting (18-22 h a day and eating in a window of 2 h only) stimulates autophagy. Autophagy is a process where cells clean out damaged materials, and to rid the brain of toxic proteins like amyloid and tau, for example. Intermittent fasting can help increase the resistance of the brain to oxidative stress and inflammation. The overall goal of Bredesen protocol is to remove exposure triggers that lead to cognitive decline, optimize health support and rebuild the neural network. Fat burning, based on minimum 12 h, exercising 30 minutes daily and eating a plant rich, fiber rich, low

Biography

Cristina Mocanu is a dedicated medical professional affiliated with Titu Maiorescu University's Faculty of Medicine in Bucharest, Romania. With a passion for healthcare and academic excellence, she actively contributes to medical education and research. Cristina Mocanu specializes in [insert specific area of expertise], combining theoretical knowledge with practical skills to advance patient care. Her commitment to improving health outcomes underscores her role as a valued member of the university's medical faculty.