

# Adjourning Alzheimer's

## Reclaim Your Power (Day 1)



Welcome! This email series exists for **one purpose**.

That purpose is **to learn about Alzheimer's disease**, then use that knowledge to try to improve it. On face value, we seem to know so little about this complex disorder. On face value, it seems relentless, unstoppable. Thus, when the diagnosis is finally made, faced with an incomprehensible enemy that cannot be stopped, a sense of powerlessness creeps in...

It is so easy to feel **powerless** in such a situation. Yet as the author Alice Walker once stated, *"The most common way people give up their power is by thinking they don't have any."* We all have the power to learn about and understand Alzheimer's, but we have to look at it with fresh eyes. If we can look at it from a different angle, perhaps we will gain knowledge as to how to act on it - maybe even do something about it.

Make no mistake - one of our major enemies here is the feeling of powerlessness itself, the first illusion in Alzheimer's. Together, we are going to tackle that and **reclaim your power**.

Starting **now**.

Over the next 2-3 months you will receive **two emails a week** devoted to learning about Alzheimer's. The emails will be presented in three sections.

First, we will try to tease out the **elusive origins** of Alzheimer's.

Second, we will travel the **road to diagnosing** Alzheimer's.

Third, we will examine **potential therapies** in Alzheimer's.

Take this email series slowly, and **be patient** as you absorb any new information. It is meant to be a discussion about Alzheimer's, not a dictate. Once the email series concludes, it will be **time to act**.

In July or August 2019, we will commence the **Alzheimer's Dietary Study**, a randomized controlled study on the effects of dietary therapy in Alzheimer's. This will be a cooperative venture involving nurses and doctors from the departments of neurology, psychiatry, geriatrics, general medicine, and dietetics at Waikato Hospital, not to mention doctors and nurses from nearby regions, such as the Bay of Plenty and Auckland.

This study will be unique; there has never, ever been a study like it in Alzheimer's. Later, we will seek **people with Alzheimer's and their study partners** willing to devote 12 weeks of their time in mid-2019 to undergo a dietary modification. This is not a small thing to ask; a diet modification can pose a significant change in a person's life. However, we do have a number of strategies that will help you make the adjustment.

Thus, at the conclusion of the Adjourning Alzheimer's email series, I will be asking for pioneers willing to **raise their hand and join us** in the Alzheimer's Dietary Study. Not just for themselves, but for people with Alzheimer's the world over; we need to know the answers to the questions that this study will address (much more on those later).

So, until the next email arrives, please check out [www.nutritionalzheimers.com](http://www.nutritionalzheimers.com) and have a look at the brief, 7-minute **introductory video** that my colleague Deborah and I have filmed.

We are all **excited** about the journey ahead...

...I hope you are too.

Matt (Neurologist, Waikato Hospital).