

# The Ultimate Alzheimer's Cocktail

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- 1. Galantamine (8 mg) or Huperzine A (400 mcg)** Both Galantamine and Huperzine A are excellent acetylcholinesterase inhibitors. And both are derived from natural sources. Most researchers feel that no more than one acetylcholinesterase inhibitor should be taken at once although there are different properties to both Galantamine and Huperzine A that may warrant alternating their use from one day to the next. ***Please Note: It should be kept in mind that several of the FDA approved Alzheimer's disease medications currently on the market fall into the class of acetylcholinesterase inhibitors. If you or your loved one is currently taking Aricept® (donepezil), Exelon® (rivastigmine), or Razadyne® (galantamine), it is generally not necessary to take another acetylcholinesterase inhibitor.***
- 2. Alpha GPC (400-800 mg)** Alpha GPC is hands down the best and most effective acetylcholine precursor that helps support memory functions and produce more acetylcholine for proper brain function. Alpha GPC also stimulates Nerve Growth Factor (NGF) to help build new brain cells.
- 3. Resveratrol (500-1,000 mg)** Resveratrol is one of the most effective anti-aging agents currently available and appears to help reduce beta amyloid plaques involved with Alzheimer's disease (AD).
- 4. Coconut Oil/Coconut Milk Powder/MCT Oil (4-6 Tablespoons of the Oils or 1,000 mg of Coconut Milk Powder)** Both coconut oil and the coconut milk powder appear to increase ketone bodies and glucose metabolism in the brain. I personally have a slight preference to the coconut milk powder due to the additional anti-viral properties contained in the milk. Both lauric acid and caprylic acid appear to be especially efficacious. Monolaurin which is particularly effective in lipid coated viruses may also be helpful in treating Alzheimer's disease. Many caregivers are integrating coconut oil into their recipes (esp. brownies).
- 5. Amino Acids (500 mg-3 grams)** Several key amino acids are proving to be essential to the brain in building proteins including Brain-Derived Neurotrophic Factor (BDNF), modulating glucose metabolism, and boosting the immune system. Particularly efficacious amino acids include: **Acetyl-L-Carnitine, Acetyl-L-Tyrosine, and N-Acetyl-Cysteine.**
- 6. Cinnamon Powder/Oil (1,000 mg)** Cinnamon has superb concentrations of lauric acid to help increase glucose metabolism and appears to work in a similar fashion to coconut oil.
- 7. Curcumin (500-1,000 mg)** Curcumin's anti-oxidant properties and ability to inhibit TNF (tumor necrosis factor) may help to prevent the build-up of amyloid plaque. Just be sure to use curcumin with high concentrations of the active curcuminoids.
- 8. Fish Oil (1,000 mg)** Fish oil provides fuel for the aging brain in the form of essential fatty acids that must be consumed through the diet on a regular basis. Fish oil is one of the best sources of DHA and EPA.
- 9. Spirulina (500-1,000 mg)** The green algae spirulina is a superfood rich in protein, vitamins essential to brain health (including niacinimide), and omega fatty acids.

**10. Vitamin B3/Nicotinamide/Niacinimide (500-1,000 mg)** Niacinimide (Vitamin B3) is showing quite powerful effects in those with Alzheimer's and other neurodegenerative conditions. A pure niacinimide is recommended.

**11. Green Tea Extract (500-1,000 mg)** Green tea is packed with antioxidants and polyphenols to help regulate brain cell death programs.

**12. Blueberry Extract/Pomegranate Extract (500-1,000 mg)** Both blueberries and pomegranates have shown excellent results in keeping the brain healthy as we age and can even help reverse some of the damaging effects of various neurodegenerative conditions.

**13. Coenzyme Q10 (100 mg)** Coenzyme Q10 is found in every cell of the body and helps kickstart cell renewal and energy production.

**14. Baby Aspirin (50-100 mg)** Reduces inflammation in the brain and helps facilitate cerebral blood flow.

**15. Melatonin (1-3 mg)** Melatonin helps regulate sleep patterns and should only be taken at night. Melatonin can also assist with setting circadian rhythms for biological functions in the body.

I also strongly recommend an overall healthy diet consisting of fresh fruits and vegetables, grains and nuts (including walnuts), and protein rich foods such as cold water fish.

### **Testimonial**

"My mom has responded very well to the treatment, she is much more clear in her mind and her memory has improved very much, to me she is almost recovered from her stroke and vascular dementia, she has some memory problems but very little, and her delusions has also almost gone away, much better anyway."

-Marco te Pas, Sweden

### **Acknowledgments**

The concept and impetus behind "The Ultimate Alzheimer's Cocktail" originated on The Alzheimer's Association website and forums at [www.alz.org](http://www.alz.org). The original thread is still active and I encourage visiting the Association's forums for further discussion. The evolution of the cocktail would not have been possible without the insightful thoughts and feedback from forum members.

### **Full Disclosure**

*The author, Douglas J. Phillips II ([synapse@cerebralhealth.com](mailto:synapse@cerebralhealth.com)), is the Director of Research and Development for Cerebral Health, LLC - a company dedicated to the development of products for brain health, neurological treatment, and cognitive enhancement. The company's website [CerebralHealth.com](http://CerebralHealth.com) offers supplements and nutraceuticals that are mentioned in this "Ultimate Alzheimer's Cocktail". The company has pending patents in regards to Alzheimer's disease modification treatments and vested interests in the *Synaptine®*, *Memeron®*, *Neurotine®* and *Alzenia®* product lines*