



Remembering 'Still Alice'

《我想念我自己》

by **Leon Tan**, Nutritionist **陈健良**, 营养师

Alice Howland recently turned 50, though her eldest daughter Anna would say she only looks 40. The simple fact is that Alice appears to have it all. She's a renowned linguistics professor at Columbia University in New York, happily married, and a mother to three adult children.

People who have it all however are also those who have a lot more to lose. It started with some unexplained blank spots during her lectures; forgotten words, missed dates, and then suddenly she was in a state of complete and total confusion about where she was while jogging one afternoon on her own college campus. From that instance Alice was acutely aware that her recent 'little glitches' weren't simply a case of old age settling in.

"Early-onset Alzheimer's disease," the neurologist says, "sporadic memory impairment that's out of proportion for someone your age." To Alice however, what this meant was quite simply that her brain was dying, and that it was happening quickly. Alice was to slowly lose piece by piece everything she had worked for...

Note: The above is a harrowing description of a speedy progression of Early-onset Alzheimer's disease from the movie 'Still Alice' (with Julianne Moore's masterful performance as Alice Howland). Although the story is fictional and the progression of the disease may be much faster than normal, what Alice experienced is real and terrifying to watch.

What is Alzheimer's?

Alzheimer's is the most common form of dementia that causes problems with memory, thinking and behavior. The majority of people with Alzheimer's are 65 and older but it is not to be mistaken as just a circumstance of aging. Up to 5% of people already with the disease are known to show symptoms of early onset Alzheimer's beginning in their 40s or 50s.

Alzheimer's is a progressive disease. In its early stage, memory loss is mild, but at its later stage, individuals lose the ability to carry on a conversation and respond to their environment.

爱丽丝豪兰虽已踏入50岁，但她的大女儿安娜总是说她样貌看起来比实际年龄小了10岁。爱丽丝的人生似乎拥有美好的一切，她不但是纽约哥伦比亚大学著名的语言学教授，也是个已婚幸福的太太以及三个已长大成人孩子的妈妈。

人生很多时候拥有得太多，往往也会失去得更多。爱丽丝的病况始于某天在台上授课时脑袋突然出现一片空白；随后渐渐地忘词、错过了日期，甚至某天下午在大学校园跑步时竟然对自己所处的地方完全感到混淆。自此，爱丽丝才警觉地意识到最近生活中所发生一连串的“小差错”并不是一般上了年纪所遇到的状况。

后来经神经科医生证实患上早发性阿兹海默症，即在四五十岁时开始出现时有时无的记忆障碍问题。爱丽丝的脑细胞逐步开始退化，而且症状发展相当快速。透过电影让我们目睹了阿兹海默症如何渐渐残酷地带走属于爱丽丝的一切...

注：以上是电影《我想念我自己》所详述有关女主角爱丽丝在人生巅峰时期患上早发性阿兹海默症的悲惨故事（朱莉安摩亚在诠释女主角爱丽丝有着精湛的演出）。虽然故事纯属虚构，以及剧情中疾病的进展或许比正常实例快速很多，不过爱丽丝所经历的一切忠实呈现了患者悲惨的心路历程。

什么是阿兹海默症？

阿兹海默症是痴呆症中最常见的一种疾病，会影响记忆力、思考力与行为。大多数的阿兹海默症患者属于65岁或以上的老年人，但千万别误认为那是正常的老化状况。事实上，多达5%已患有此疾病的患者早在40或50岁初就开始出现早发性痴呆症的症状。

阿兹海默症是一种渐进性疾病。在早期阶段，只是出现轻微的记忆丧失，但一旦进入晚期阶段，患者将失去人与人之间的交谈能力，也无法处理日常生活起居。

The following are 10 early warning signs and symptoms. Every individual may experience one or more of these signs up to different degrees. If you notice any of them, please contact your doctor:

1. Memory loss of recently learned information; enough that it disrupts daily activities.
2. Changes in the ability to plan and solve simple problems.
3. Difficulty in executing normal and familiar daily tasks.
4. Disorientation of time and place.
5. Problems in understanding visual images and spatial relationships.
6. New problems with communication and verbalization.
7. Misplacement of belongings and the inability to retrace steps.
8. Changes in judgment and poor decision-making.
9. Withdrawals and seclusion from usual social activities and/or hobbies.
10. Noticeable changes in both mood and personality.¹

Alzheimer's and the Brain

The brain has billions of nerve cells (neurons). Each nerve cell connects with many others to form communication networks. Groups of nerve cells have special jobs where some are involved in thinking, learning and remembering, whilst others help us see, hear, and smell.

To do their work, brain cells operate like tiny factories where they receive supplies, generate energy, construct equipment, and get rid of waste. Cells also process and store information and communicate with other cells while keeping everything running. These require coordination as well as large amounts of fuel and oxygen derived from what we consume on a daily basis.

Scientists believe Alzheimer's disease prevents parts of a cell's "factory" from running well. They are uncertain as to where the trouble starts but just like a real factory; backups and breakdowns in one system cause problems in other areas as well. As damage spreads, cells lose their ability to do their jobs and eventually fail, causing irreversible changes within the brain.

Keeping Your Brain Strong and Healthy

While there is no medical cure for Alzheimer's, there are some people who have seen improvement and reversal of the disease's effects through the help of nutrition. We believe that prevention is always better than cure, and one must take necessary steps to keep the brain strong, healthy and in good working order, which may help to prevent or slow the decline towards Alzheimer's and other similar ailments. This can be done through proper diet, supplementation and lifestyle. Below are a few points that may be helpful:

1 Get plenty of exercise. Being active and mentally stimulated has proven to slow down the progression of the disease and its symptoms.

保持活跃、多运动、多动脑可减缓疾病和其他症状的发生。

以下是有关阿兹海默症的十大警讯。每一个人都可能经历其中一个或多个不同程度的症状。要是您注意到任何一项以下症状，请立即咨询医生：

1. 难以记住最近发生的事情，足以干扰到日常活动。
2. 在计划事情或解决简单问题方面出现困难。
3. 无法胜任原本熟悉的事务。
4. 对时间、地点感到混淆。
5. 对理解视觉图像和空间关系有困难。
6. 沟通与语言表达出现问题。
7. 丢失自身物品和失去回头寻找的能力。
8. 判断和决策力变差。
9. 退出和隐避参加日常的社交或爱好活动。
10. 情绪和个性有明显的变化。¹

阿兹海默症与脑部

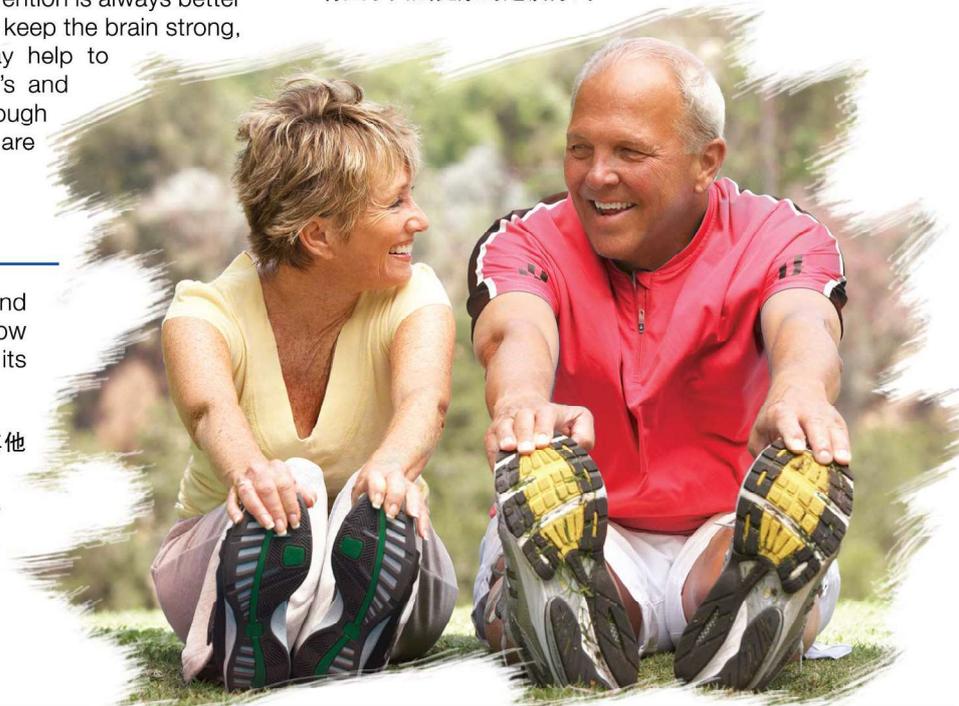
大脑具有数十亿的神经细胞（神经元）。每一个神经细胞会与其他细胞联系以形成一个通信网路。神经细胞群都各自具有特殊的工作，包括进行思考、学习、记忆或者帮助我们具有看、听、闻的能力。

脑部细胞有如一间小工厂似的不断运作：像是接受原料、发电、建筑设施和清除废物等任务。在保持一切的运行过程中，细胞除了处理和储存信息外，也与其他细胞进行交流。因此，体内需要非常大量的燃料和氧气（源自日常所摄取的食物）来进行各种细胞的协调工作。

科学家认为阿兹海默症破坏了脑细胞的部分运作功能，但对其发病原因仍不确定。不过，就像一间工厂的其中机器系统要是发生问题或故障，将会影响其他的系统一样；一旦损伤开始蔓延，脑细胞将逐渐失去功能和最终凋亡，进而导致大脑功能受损及出现不可逆的现象。

保持和促进大脑的健康功能

虽然目前没有药物可治疗阿兹海默症，但有些患者确实通过食物营养而在病程上获得改善和逆转作用。我们深信预防胜于治疗，每个人都应该采取必要的方式来保持大脑的健康和良好功能，以预防或延缓阿兹海默症或其他类似疾病的发生。我们可通过适当的饮食、营养补充剂和生活方式作为疾病发生的预防措施。请参考以下有益于大脑健康的建议方式：



2

Eat a well-balanced diet of natural foods and include the following supplements into your daily diet regime:

摄取均衡天然的食物，包括在日常饮食中补充摄取以下的营养素：

Extra Virgin Coconut Oil (EVCO)

Coconut oil boosts cognitive performance in Alzheimer's patients and memory-impaired adults significantly, results are obvious not after days and months of treatment, but just after a single 40ml dose.

As our brain begins to age it becomes less efficient at utilizing glucose as an energy source. Also, contrary to popular belief, the ideal fuel for our brain is not glucose but ketones. Ketones are what our body produces when it converts fat into energy. Medium Chain Triglycerides (MCT) found in coconut oil are an excellent source of ketones, and coconut oil is made up of 66% MCT.

Dr. Newport, author of *Alzheimer's Disease: What If There Was A Cure?*, believes that ketones play an important role in brain health by boosting ketone levels to improve cognitive function. Her husband showed incredible improvement in his dementia with regular use of coconut oil, and some others have shown similar improvements as well.

特级初榨椰子油

椰子油可显著提高阿兹海默症患者或记忆受损成年人的认知能力。而且不需要等服用过一段时间后才看见效果：事实上，只需单单一次40毫升的剂量就可见效。

当大脑开始老化时，对利用葡萄糖转为能量来源的功能也会逐渐衰退。不过，与普遍看法相反，大脑最理想的燃料来源其实不是葡萄糖，而是酮，即是人体在转化脂肪为能量时的中产物。研究发现，椰子油富含的中链甘油三酯（MCT）是酮的丰富来源，事实上椰子油66%的成份都是MCT。

《阿兹海默症：万一真有得救？》的作者，纽珀特医生相信通过提高酮的水平可以改善认知功能，对脑部健康可发挥重要的功效。她的丈夫患有痴呆症，在有规律性摄取椰子油的情况下，病况确实有了显著的改善。其他依照椰子油食疗的患者也经历了相似的改善效果。



Niacin

People who get enough niacin in their diet cut their risk of Alzheimer's disease by 70%, a 2004 study shows.

Martha Clare Morris, PhD, of the Rush Institute for Healthy Aging in Chicago, along with colleagues studied 3,718 cases of 65-and-older residents from three south Chicago neighbourhoods for more than five-and-a-half years. They also performed clinical tests on 815 of these people over four years.

Conclusions showed that those who had the least niacin in their diets were 70% more likely to develop Alzheimer's disease than those who had higher amounts. Those who had the most niacin showed much slower mental decline than those who had the least niacin.

烟碱酸

根据2004年的一项研究显示，饮食中摄取足够的烟碱酸可降低70%患上阿兹海默症的风险。

玛莎克萊爾莫里斯博士来自芝加哥罗许（Rush）健康老龄化研究所。她与同事共花了五年半左右的时间调查研究了3718项来自三个南芝加哥地区65岁及以上的老年居民的病例。他们还对这其中815名老年人进行长达4年有关的临床测试。

研究结论是，那些摄取较少烟碱酸的人士患上阿兹海默症的可能性比摄取较多烟碱酸的人士高了70%。还有那些在饮食上摄取丰富烟碱酸的人士在智力退化的情况具有减缓作用。



Flax Seed Oil (FSO) & ColostrumX

Early research suggests that eating foods rich in omega-3 fatty acids may help protect against Alzheimer's disease.

In a published study, researchers showed that people whose diets contained the most omega-3 had the lowest blood levels of a protein known as beta-amyloid.

Beta-amyloid deposits are commonly found during autopsies in the brains of people with Alzheimer's disease. Several studies also suggest that high blood levels of the protein may predict Alzheimer's disease before memory loss occurs.

"Even a small increase in omega-3 fatty acids over the daily average was associated with meaningful lower beta-amyloid levels" says researcher Nikolaos Scarmeas, MD, of New York's Columbia University Medical Center.

There are two major types of dietary omega-3 fatty acids: alpha linolenic acid (ALA), abundant in Flaxseed Oil and docosahexaenoic acid (DHA), found in fatty fish and ColostrumX. ALA can stabilize cognitive functions among Alzheimer's patients and may slow the progression of the disease.

亚麻籽油和初乳奶粉

早期的研究显示，摄取富含奥美加三脂肪酸的食物有助预防阿兹海默症。

在发表的研究报告中，研究人员发现摄取最多奥美加三饮食人士的血液中具有最低的 β -类淀粉蛋白水平。

β -类淀粉蛋白的沉积通常可在解剖阿兹海默症患者的大脑中发现。有些研究表明，体内的 β -类淀粉蛋白水平若偏高，那么在人们丧失记忆前就已经可以推测到阿兹海默症发病的机率。

纽约哥伦比亚大学医学中心的研究人员尼古拉斯斯卡米斯医学博士指出，即使在每日饮食中增加少量的奥美加三脂肪酸，也可降低血液中的 β -类淀粉蛋白水平。

膳食奥美加三脂肪酸可分为两大类： α -亚麻酸（ALA）（如亚麻籽油）和二十二碳六烯酸（DHA）（如多脂鱼和初乳奶粉）。 α -亚麻酸（ALA）具有稳定阿兹海默症患者的认知功能和减缓疾病发展的功效。

Collasta Complex

As a fat-soluble nutrient, Astaxanthin is an anti-oxidant that readily crosses your blood-brain barrier. One study found that it helped with producing a natural form of 'brain food' while also preventing neurodegeneration associated with oxidative stress; Collasta Complex is rich in Astaxanthin.

康丽达胶原红藻

富含虾青素，一种脂溶性营养素和强效抗氧化剂，易于通过血脑屏障。一项研究显示，它有助生产自然形式的“大脑食物”，同时也具有防止与氧化应激有关的神经退化性疾病的功效。

Include plenty of fiber in your diet such as oat bran, rice bran or **Herbal Klenz Powder**.

饮食中摄取大量的纤维，如麦麸、米糠或**天然净化粉**。



3

Avoid alcohol, smoking, second hand smoke, processed foods, and environmental toxins, especially in metals such as aluminum and mercury.

Smoking more than doubles the risk of developing dementia and Alzheimer's disease, according to a study published in the British medical journal Lancet.

Recent studies have not substantiated a connection between aluminum and Alzheimer's disease, however it is still wise to avoid aluminum intake as much as possible as all metals in excess are toxic to the body.

避免饮酒、吸烟、二手烟、加工食品和环境毒素，特别是金属如铝和汞的接触。

根据英国医学期刊的发表论文显示，吸烟会双倍增加患上老年痴呆症和阿兹海默症的风险。

近期研究尚未证实铝与阿兹海默症之间的关系，但仍建议尽可能避免摄入之，以防止过度金属摄入而造成身体中毒。



4

Consume steam-distilled water only and drink at least eight glasses a day.

每天至少饮用八杯蒸馏水。

5

Our brain needs regular, restful sleep in order to function at optimum capacity. Sleep deprivation not only leaves us cranky and tired, but also impairs our ability to think, problem-solve, process, store, and recall information. Deep sleep is critical for memory formation and retention. If nightly sleep deprivation is slowing your thinking and affecting your mood, you may be at greater risk of developing symptoms of Alzheimer's disease.

大脑需要固定的睡眠时间才能充分发挥功能。睡眠不足不仅会让我们烦躁和疲惫，也会削弱我们的思考、解决或处理问题、储存及回忆信息的能力。深层睡眠对维持和形成记忆非常重要。如果夜间睡眠总是不足，将会减慢您的思维能力和影响情绪，进而导致增加患上阿兹海默症的风险。

As daunting as Alzheimer's and similar conditions may be, actions in our daily life such as the 5 above may play a part in preventing or slowing the progress of the disease. Aging is unavoidable, but your health determines whether it is an enjoyable process or not. A brain-healthy lifestyle begins today, no matter what your age may be. Take action to improve your health, and may you enjoy a journey through this life filled with health and happiness!

¹ 10 Early Signs and Symptoms of Alzheimer's. (2009). Retrieved from: http://www.alz.org/alzheimers_disease_10_signs_of_alzheimers.asp

HEALTH TIP

Proper nutrition is vital for those with Alzheimer's disease. One of the primary symptoms of Alzheimer's is excessive weight loss as the patient can literally forget to be hungry or forget to eat, and may even get confused if there are too many food choices or too many distractions around the table. Here are some things you could try:

- Set regular meal times
- Serve foods that are familiar to them
- Try offering one food at a time
- Avoid distractions during meals
- Try cutting the food into smaller pieces
- Limit coffee and tea to one (1) cup a day

健康小贴士

适当的营养对于患有阿兹海默症的患者来说是极为重要的。阿兹海默症的其中主要症状之一是患者体重出现过度下降情况，原因可能包括患者真的忘了饥饿感或不记得进食，甚至还可能会对太多的食物选择感到困惑或因被周遭事物吸引而分心。以下提供您一些实际可行的小建议：

- 固定用餐时间
- 提供他们日常习惯摄取的食物
- 尝试一次只提供一种食物
- 用餐时避免或排除会导致他们分心的环境刺激
- 尝试把食物切成小块
- 每日限制只可饮用一杯咖啡或茶

阿兹海默症或其他类似病况确实是极其可怕，以上所列出的五个日常生活方案或许可在预防或减缓疾病发生扮演一个重要角色。每个人都无法避免老化的定律，但我们的健康状况却能决定这个过程可否是愉快惬意的。无论年纪大小，从今天开始展开一个益于大脑健康的生活方式吧！积极采取行动来改善您的健康，愿您一生都可享受充满健康与幸福快乐的生活！

¹ 有关阿兹海默症的十大警讯 (2009年)。资料摘自：
http://www.alz.org/alzheimers_disease_10_signs_of_alzheimers.asp