Alzheimer's disease risk may be reduced

by one simple diet trick

by Rudi Kinsella ([irishstar.com](https://www.irishstar.com/news/alzheimers-disease-risk-reduced-food-31650076) ) ~3 minutes

Alzheimer's disease risk may be reduced by one simple diet trick, according to what is being referred to as a 'bombshell study' in some circles.

The research, published in the journal Cell Metabolism, found that intermittent fasting could reduce the risk of cognitive decline. The study was conducted by researchers at the University of California San Diego School of Medicine. So far, the practice has worked on laboratory mice. Scientists adjusted the feeding schedule of mice to only allow them to eat within six-hour windows each day. Compared to mice that ate whenever they wanted, the fasting mice showed improved memory and were less hyperactive. They also had fewer sleep disruptions and less buildup of harmful proteins in the brain, a common sign of [Alzheimer's disease](https://www.irishstar.com/culture/nostalgia/irish-alzheimers-meaning-origin-history-31429495).

The researchers believe that restricted eating can help restore the body's natural rhythm. This could counteract the sleep and schedule-related confusion often experienced by Alzheimer's patients.

Senior study author Paula Desplats, PhD, spoke about the findings. "Our study emphasizes the power of feeding timing in aligning the circadian clock and its impact on the brain," she said. "We were hopeful to see some improvements in pathology, but did not expect such profound effects in reducing plaques and inflammation and improving memory," she added.

"The effects of time-restricted feeding on lower amyloid pathology were also measurable in blood using markers found in the clinic, which was another important finding. This may have special importance for the elderly, as time-restricted eating does not require limitation in calories or change in the diet, but may offer important benefits ranging from metabolic and sleep regulation to potential cognitive improvement."

However, adopting a new dietary pattern should not replace medical care. Desplats emphasized the importance of patients discussing options and treatments with clinicians.

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One stage of sleep seemingly 'critical'

for reducing risk of dementia

by Rudi Kinsella ([irishstar.com](https://www.irishstar.com/news/dementia-prevention-deep-sleep-rest-31539119)) ~3 minutes

The risk of being diagnosed with dementia goes up as you get older, but there are [other things you can do](https://www.irishstar.com/culture/expert-urges-people-take-vitamin-31438889) in your life to help avoid the condition.

It's crucial to get plenty of sleep, and more particularly, slow-wave sleep, to reduce your chances of being [diagnosed with dementia](https://www.irishstar.com/news/brain-expert-outlines-alzheimers-warning-30751004).

Slow-wave sleep is more commonly known as deep sleep, and it consists of stage three of non-rapid eye movement sleep. It usually lasts between 70 and 90 minutes and takes place during the first hours of the night.

Slow-wave sleep is the most restful stage, where brain waves and heart rate slow and blood pressure drops. Getting a good night's sleep, and a deep sleep at that, is also shown to improve the impact that conditions like dementia can have if you are diagnosed.

Earlier this year, research discovered that individuals with Alzheimer's-related changes in their brain did better on memory tests when they got more slow-wave sleep.

* Six easy but helpful tips for getting a better night's sleep

[ScienceAlert.com](https://www.sciencealert.com/one-kind-of-sleep-could-be-critical-for-reducing-the-risk-of-dementia) has reported that slow-wave sleep loss 'may be a modifiable dementia risk factor', and that it can play a big part in not developing the condition. A study found that low levels of slow-wave sleep were also linked to a higher risk of cardiovascular disease.

Neuroscientist Matthew Pase concluded that while it's not a guarantee that getting a deeper sleep will help you avoid getting dementia, he believes there is somewhat of a link between the two. He said: "We found that a genetic risk factor for Alzheimer's disease, but not brain volume, was associated with accelerated declines in slow wave sleep."

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