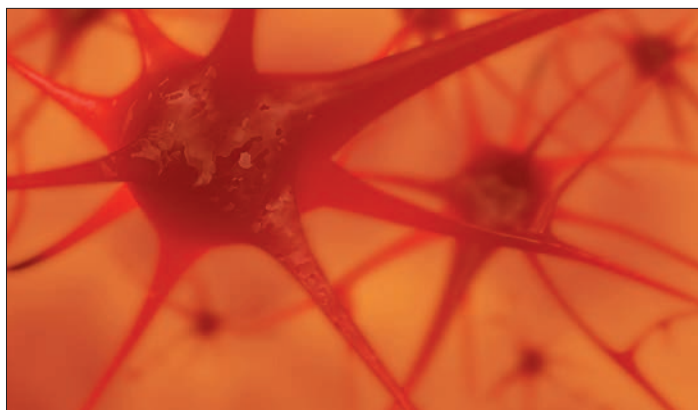


## Vitamin E for protection against Alzheimer's: Study confirms importance of all naturally available vitamin E forms

More than 700,000 people in the UK live with dementia, and each year about 160,000 new cases occur in England and Wales. Alzheimer's disease is the most widespread form of dementia, a cerebral disorder which primarily affects older people. Dementia is characterised by the loss of mental performance, including an increasing disturbance of memory, and the development of personality disorders. There are numerous risk factors that can trigger this increasingly common illness. Apart from natural aging processes and genetic disposition, possible causes include metabolic disorders of the brain, cardiovascular diseases and hormonal disorders, as well as environmental factors, sensory overload and mental overload due to stress.



Neurons (nerve cells) are protected by vitamin E against Alzheimer's

Whilst pharmaceutical medicine has reached an impasse in the prevention and treatment of dementia, a growing number of new scientific studies confirm the findings of naturopathic research on the benefits of micronutrients.

### July 2010: Study confirms protective function of vitamin E in Alzheimer's

At an advanced age, the combination of different forms of vitamin E can help to prevent the deterioration of mental performance. This is the result of a recent Swedish study published in the "Journal of Alzheimer's Disease". The purpose of this study was to check whether higher plasma levels of vitamin E have a protective function against Alzheimer's in old age.

The study's results suggest that vitamin E can reduce the risk of developing Alzheimer's, whereby it seems that the neuro-protective effect can be attributed to both the alpha-tocopherol form of vitamin E and, in particular, to the combination of different components of vitamin E. Although the precise role the vitamin E family plays in Alzheimer's disease is not yet clear, the researchers state in their report that one can assume it is very likely the vitamin E micronutrient group has a hugely protective effect against this disease.

You can find more information on this study at:  
<http://www.ncbi.nlm.nih.gov/pubmed/20413888>

### What is vitamin E?

The term "vitamin E" does not refer to a single substance, but is a generic term for a group of liposoluble substances. Over-

all, the term refers to eight substances with similar structures, four of which are named "tocopherols" and the other four "tocotrienols." Tocopherols, including alpha-, beta-, gamma- und delta-tocopherol, are especially important for the protection of the cells.

Vitamin E is a liposoluble vitamin contained in particularly large amounts in certain vegetable oils and soy products. In combination with other vitamins, such as vitamin C, vitamin E can be regenerated and, in this way, made available for numerous functions in the body. Due to its high protective potential, one of its most important functions is that of a fat-soluble antioxidant, thereby preventing, amongst other things, the formation of coronary atherosclerotic plaque.

The most active form of tocopherol for cell metabolism is the widely known alpha-tocopherol. However, the Swedish study shows that tocopherols show their full potential only when all four forms are available as a complex.

### Advantages of Cellular Medicine confirmed

Today, Cellular Medicine can look back on two decades of intensive research on the importance and benefit of micronutrients in numerous diseases and, in the development of scientifically-based micronutrient combinations, integrate the knowledge of entire generations of researchers.

The Swedish study confirms the special importance of micronutrients in preventing and fighting diseases in a natural way. In addition, it provides us with further proof of the many advantages of Cellular Medicine and of the importance of tocopherols as a complex in order to ensure a comprehensive basic supply to the body.

### For further information:

Further information on the preventive and supportive benefits of micronutrients in dementia diseases such as Alzheimer's, with regard to the particular importance of omega-3 fatty acids for the brain, can be found in one of our upcoming Health Letters.

### What you can do now:

- Get informed on the advantages of scientifically-based-naturopathic methods for the prevention and treatment of today's most common diseases.
- Inform your relatives, friends and acquaintances about this subject and on the urgent need to modernise our health care system.
- Visit the web pages of the Dr. Rath Health Alliance in order to learn about the possibilities of getting involved with our work in building a better health care system.

If you call us, please tell us the name of the person who has provided you with this Health Letter (see box at the bottom of this page).