

Re: Red Meat NO GOOD, Veggies no protection.... NOW WHAT?

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From: Juhana Harju (*shantigiri_at_despammed.com*)

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pearl wrote:

> "Juhana Harju" <*shantigiri@despammed.com*> wrote in message

> *news:34vdpsF4g97kpUI@individual.net...*

>> *Juhana Harju* wrote:

>>> *pearl* wrote:

>>

>>>> *Easily synthesized using acetylcholine from plant sources...*

>>>

>>> *Lecithin, a good source of acetylcholine, does not quite have the*

>>> *same therapeutic effects that phosphatidylcholine has. When it*

>>> *comes to preserving cognitive functions I think that there are*

>>> *certain advantages in eating fish and/or eating fish oils.*

>>

>> *My mistake again. Lets take it again: Lecithin, a good source of*

>> *acetylcholine [should be *phosphatidylcholine*, my later correction]*

,

>> *does not quite have the same therapeutic effects that*

>> **phosphatidylserine* has.*

>

> *Again, this is synthesized in body from phosphatidylcholine and*

> *serine.*

>

>> *When it comes to preserving cognitive*

>> *functions I think that there are certain advantages in eating fish*

>> *and/or eating fish oils.*

>

> *Evidence?*

"_Does fish fat protect against Alzheimer's disease?_"

CONCLUSION

There are many indications that a high intake of fish has positive effects on cognition. Epidemiological studies and studies based on animal experimentation indicate that a regular intake of fish or a high supplement of docosahexaenoic acids reduces the risk of Alzheimer's disease or improves the memory function. There are, however, no

prospective studies as yet of omega-3-fatty acid treatment of patients with established AD. The collection of material was recently concluded in a Swedish randomised, placebo-controlled study (the OmegAD-study)."

<http://www.pronovabiocare.com/index.php?ID=Artikler&ID2=Vis&ID3=Articles&Cat=4&counter=119>

"_Omega-3 Fatty Acids Reduce Alzheimer's Risk_

A prospective study published in the July 2003 issue of Archives of Neurology, a journal of the American Medical Association, found that consuming omega-3 fatty acids and fish was associated with a lower risk of Alzheimer's disease.

The study which was conducted between 1993 and 2000, included men and women aged 65 to 94 who were participants in the Chicago Health and Aging project. Participants provided dietary information via food frequency questionnaires 1.9 years following baseline interviews and were contacted at three years for follow-up interviews. At that time, a sampling of 815 subjects was selected for clinical evaluation to determine the incidence of Alzheimer's disease. 131 patients in the sampling were found to have developed Alzheimer's.

Of the subjects who reported fish consumption once per week or more frequently, there was a 60 percent lower risk of developing Alzheimer's disease compared to those who reported rarely or never eating fish. Participants whose omega-3 polyunsaturated fatty acid intake was in the top fifth of the group experienced a 70 percent lower risk of developing Alzheimer's than those whose intake was in the lowest fifth. When the omega-3 fatty acid docosahexaenoic acid (DHA) was examined separately, the protective effect against Alzheimer's disease increased with its intake. The same benefit was not observed for the other fish-derived omega-3 fatty acid, EPA. Researchers noted that the range of EPA intake was low and that higher doses obtained from fish oil supplements may still have a beneficial effect.

DHA is the most abundant fatty acid in the phospholipids of the cerebrum, and DHA composes 45 to 65 percent of the phosphatidylserine in the mitochondria, which plays a role in neuronal signaling. Researchers hypothesized that this may explain some of its protective effects in Alzheimer's disease." – Archives of Neurology, American Medical Association, July 2003

Please notice the DHA > phosphatidylserine connection mentioned above. I would also like to mention the importance of DHA in fetus and infant brain development.

* * *

I notice that you are committed to follow a strictly vegetarian diet. I admit that there are good ethical and ecological reasons for being a vegetarian. If you have such reasons, I respect them. I also admit that

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the overall health benefits of vegetarian diets compared to meat based diets are undeniable. But I encourage you to keep an open mind while reading studies. There might be something to learn. In the end being orthodox in following some doctrine is not what counts.

--
Juhana