

# STOP ALZHEIMER'S NOW!

Dr. Bruce Fife, ND

Published in 2011, **Stop Alzheimer's Now!** is a prominent alternative health guide that explores the prevention and potential reversal of neurodegenerative disorders through metabolic and nutritional intervention.

## 1. Core Philosophy: The Brain Can Heal

Dr. Fife argues that cognitive decline is not an inevitable result of aging. He frames diseases like Alzheimer's, Parkinson's, and ALS as metabolic crises. Fife warns that these diseases develop silently; by the time symptoms appear, up to 70% of memory-responsible cells may already be lost.

## 2. Key Biological Drivers

- **Type 3 Diabetes:** The book explores the premise that Alzheimer's is a metabolic failure where brain cells become insulin resistant and lose the ability to process glucose.
- **Chronic Inflammation:** Neurodegeneration is viewed as an inflammatory crisis that breaks down the brain's natural defenses.
- **Mitochondrial Failure:** Energy centers in brain cells fail due to poor carbohydrate management and environmental toxicity.

## 3. The Ketone Solution: Coconut Oil Therapy

The practical protocol focuses on providing the brain with an alternative fuel source to bypass insulin resistance:

- **Coconut Oil (MCTs):** Rich in Medium-Chain Triglycerides, coconut oil is converted by the liver into ketones. These cross the blood-brain barrier to fuel starving brain cells.
- **Ketogenic Diet:** Reducing sugars and refined carbohydrates to lower insulin levels and transition the body into nutritional ketosis.

- **Neuro-Protective Nutrients:** Correcting baseline malnutrition with antioxidant-rich whole foods to combat cellular oxidation.

***The Ultimate Takeaway:** By shifting away from inflammatory, high-sugar diets and introducing alternative fuels like coconut oil, individuals can optimize brain metabolism and take a proactive stance against cognitive decline.*

**Scientific Note:** While mainstream neurology recognizes the diet-brain link, it advises using these strategies as supportive lifestyle tools alongside standard medical care rather than a standalone cure for advanced disease.