LETTER TO THE EDITOR

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THE ROLE OF 'MODIFIED MEDITERRANEAN DIET' AND QUANTUM THERAPY IN ALZHEIMER'S DISEASE PRIMARY PREVENTION

Dear Editor,

The Role of 'Mediterranean Diet' in Alzheimer's Disease (AD) prevention is not yet fully understood and this supposed correlation is not always confirmed (1), likely for the use of different methodologies, i.e., recruitment (2).

In our AD preventive approach we support a 'Modified Mediterranean Diet' (MoMeDi) - intended in etymological sense, i.e., with daily physical exercise - that includes a greater amount of fish, i.e., protein and Omega-3 fatty acids, than the normal 'Mediterranean Diet' (3-6). The role of 'MoMeDi', integrated by the assumption of melatonin, CoQ10 and carnitine, for their anti-oxidant and neuro-protective properties and original action mechanisms, such as, the peculiarities to diminish as far as normalize tissue acidosis and re-equilibrate acid based balance, to ameliorate and then normalize the mitochondrial activity, metabolism, tissue oxygenation and the microcirculatory flow-motion, was successfully explored in different degenerative diseases' primary prevention (3-6). About the recruitment, we propose a rational clinical method, the 'Auscultatory Percussion of the Stomach' (APoS), with the aid of Quantum Biophysical Semeiotics (QBS) theory (7), for the bed-side diagnosis and therapeutical monitoring of several degenerative diseases (3-6), including AD and its Inherited Real Risk (IRR), i.e., 'microcirculatory activation of the brain' test and 'acute pick of insulin secretion' test (8), so allowing an effective AD primary prevention in clinical healthy subjects finely selected because at risk of this neurodegenerative disease (pre-clinical stages of the pathology), or in its very early clinical stages, even silent and asymptomatic. According to QBS theory, tissue pH is related to the reduction of latency time (Lt) and to the extension of the duration of the AD Gastric Aspecific Reflex (GAR) (7), evoked by the APoS and mean intensity digital stimulation upon AD trigger points (limbic and pre-frontal area, parietal and occipital cortex). By mean of 'MoMeDi' combined with the treatments above mentioned, the Lt of GAR rises 50% (from less than 8s to 12s), and the reflex's duration slows down, both tending to physiological levels, in patients at AD IRR [8]: their AD real risk becomes residual, so confirming the findings about other degenerative

diseases (3-6) and the effectiveness of this primary prevention on finely selected individuals for AD prevention. Further, recent clinical experiments through a quantum therapy, i.e., customized millimeter waves with Extremely High Frequency, showed interesting results in subjects at IRR of cancer, coronary artery disease and type 2 diabetes mellitus (3, 4, 9): the Lt of the respective GAR immediately doubled (from less than 8 s to 16 s) improving and normalizing metabolism, tissue oxygenation and mitochondrial respiratory chain function, expression of the normal operation of mitochondrial oxidative phosphorylation, like in case of the previous treatment's combination, but also acting on mitochondrial dysfunction, healing both mtDNA and nDNA genetic alteration: the IRR disappears. These findings suggested us to test the effectiveness of this quantum therapy in some subjects with AD IRR: the first positive preliminary results support further studies on larger scale.

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