



somebody's in their 40s. Because of inducing a specific oxidation called 'carbonylation', hydroxynonenal is a poison not only to neurons but also to all cells in every other organ of the body. Avoidance of "vegetable oil" generating hydroxynonenal can prevent not only dementia but also a whole host of other diseases, including type 2 diabetes, hepatitis, arteriosclerosis, etc.

"Vegetable oil" is a ubiquitous ingredient found in every type of food.

But, did anybody stop to think what this "vegetable oil" does to our bodies?

Its major component, polyunsaturated fatty acids (PUFA), is transported to all body organs via the blood, where it becomes a major

Well, it probably isn't due to one reason alone. However, there's no longer any doubt that "vegetable oil" is a major player. And, it's not only the oil you use in your kitchen. It's also the "vegetable oil" you can't see that's dangerous. In the last 30 to 40 years, food we eat away from home prepared with "vegetable oil" has become alarmingly commonplace. Fried chicken, fried potatoes, hamburgers, doughnuts, etc.

6. Simultaneously, rupture/permeabilization of the lysosomal membrane due to Hsp70.1 disruption result in the release of cathepsin enzymes that leads to neuronal death.
7. Accumulation of amyloid is actually the result of lysosomal/autophagy failure, and also is the cause of the further oxidative stress. However, amyloid alone hardly causes neuronal death especially in those with ApoE e2 genotype and strong anti-oxidizing power.
8. Both chronic hypoxia due to arteriosclerosis and/or chronic inflammation due to massive adipose tissues (obesity) and periodontal disease, may contribute to both activation of calpain and generation of reactive oxygen species.
9. The reason why anti-oxidative agents (supplementation) or anti-inflammatory drugs (like NSAIDs) can more or less prevent Alzheimer's disease is that the former can inhibit carbonylation of Hsp70.1 while the latter can minimize calpain activation.
10. Free fatty acid receptor, GPR40 may be closely related to the development of not only Alzheimer's disease but also diverse life cycle-related diseases such as type 2 diabetes, non-alcoholic steatohepatitis (NASH), arteriosclerosis, stroke, mental disorders, etc.

We do have treatments for the dementia symptoms, but we do not have a cure for Alzheimer's disease, because current treatments are not disease modifying. Detecting and treating preclinically (c5Ro)11t (t)