

Alzheimer's Disease Treatment Protocol

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General

Outlined in this paper is a natural drug-free method for the treatment of all stages of Alzheimer's Disease (AD). Currently, there are no known effective treatments for AD within mainstream medicine. Development of new drugs will offer little benefit to the patient as AD is a complex multi-factorial disease. Presented here is a treatment approach that addresses the etiology of this disease. AD is a well characterized neurodegenerative disease with highly specific hallmarks which eventually result in neuronal death within brain tissues.

AD is a progressive and deadly neurodegenerative disease characterized by memory loss, abnormal cognition and inability to perform simple tasks. AD is essentially a loss of brain function caused by neuroinflammatory processes, abnormal accumulation of plaques and eventual neuron death. AD may begin with a bacterial infection in the brain which can originate from the gut or oral cavity. Amyloid plaques develop as a defense against the bacterial infection.

Unique to the brain is a different type of waste disposal system than other parts of the body. The brain relies upon the glymphatic system which is different than the lymphatic system. In AD, the glymphatic system becomes overloaded and loses its ability to clear waste.

Outlined is a natural protocol for the reversal of Alzheimer's disease (AD). Application of pharmaceutical agents has failed in controlling the progression of AD. What is needed is a comprehensive system involving diet and natural agents to induce regression of AD. Objectives of the treatment protocol include lowering neuroinflammation, halting the accumulation amyloid plaques and tau proteins, clearing and restoring the glymphatic system and arresting any bacterial infections within the brain.

AD Treatment Protocol Components

Low Protein Plant-Based Diet

All chronic degenerative diseases are mediated by diet and lifestyle factors. Nearly all of these diseases are associated with gut dysbiosis, increased intestinal permeability and inflammatory process within the gut. Insufficient fiber, food additives and high animal protein intake are associated with gut dysbiosis. Essential for gut health is an abundance of fresh fruits and vegetables with the addition of naturally fermented probiotic preparations such as sauerkraut or kimchi.

AD patients exhibit a clearly different gut microbiome than normal individuals. Through diet and probiotics, the gut microbiome can be rebalanced to support the production of essential bacterial metabolites such as short chain fatty acids.

Adopting a low protein diet supports the clearance of amyloid plaques and slows or halts plaque production.

Babygirija, R., Sonsalla, M.M., Mill, J. *et al.* Protein restriction slows the development and progression of pathology in a mouse model of Alzheimer's disease. *Nat Commun* **15**, 5217 (2024). <https://doi.org/10.1038/s41467-024-49589-z>
<https://www.nature.com/articles/s41467-024-49589-z#citeas>

Knopf B, Lamming D, The hallmarks of protein and amino acid restriction in aging and longevity. *Cell Press Blue*, 2026; 0
[https://www.cell.com/cell-press-blue/fulltext/S3051-3839\(26\)00077-0](https://www.cell.com/cell-press-blue/fulltext/S3051-3839(26)00077-0)

Shen J, Chen H, Gong Y, Huang Y, Wu M, Gu Y, Wang T, Fontana L, Rong S, Qian S, Tonetti M, Liu X, Yuan C. Association between plant-based diets and incident dementia: results from prospective cohort studies and a meta-analysis. *J Prev Alzheimers Dis*. 2026 Feb;13(2):100457. doi: 10.1016/j.tjpad.2025.100457. Epub 2026 Jan 20. PMID: 41564649; PMCID: PMC12856605.
<https://pmc.ncbi.nlm.nih.gov/articles/PMC12856605/>

Nisin

Nisin is an antimicrobial peptide that can selectively eliminate pathogenic bacteria within the gut and brain microbiomes. Nisin is a safe food preservative that is produced by the *Lactococcus Lactis* bacterial strain.

Zhao C, Kuraji R, Ye C, Gao L, Radaic A, Kamarajan P, Taketani Y, Kapila YL. Nisin a probiotic bacteriocin mitigates brain microbiome dysbiosis and Alzheimer's disease-like neuroinflammation triggered by periodontal disease. *J Neuroinflammation*. 2023 Oct 6;20(1):228. doi: 10.1186/s12974-023-02915-6. PMID: 37803465; PMCID: PMC10557354.
<https://pmc.ncbi.nlm.nih.gov/articles/PMC10557354/>

11-Strain Probiotic

A specialized probiotic consisting of 11 different bacterial strains supports microbiome diversity and reduction of pathogenic strains.

Naomi R, Embong H, Othman F, Ghazi HF, Maruthey N, Bahari H. Probiotics for Alzheimer's Disease: A Systematic Review. *Nutrients*. 2021 Dec 22;14(1):20. doi: 10.3390/nu14010020. PMID: 35010895; PMCID: PMC8746506.
<https://pmc.ncbi.nlm.nih.gov/articles/PMC8746506/>

Prebiotic Fiber

Additional sources of fiber beyond what the diet offers supports the application of probiotics.

Kang JW, Zivkovic AM. The Potential Utility of Prebiotics to Modulate Alzheimer's Disease: A Review of the Evidence. *Microorganisms*. 2021 Nov 6;9(11):2310. doi: 10.3390/microorganisms9112310. PMID: 34835436; PMCID: PMC8625457.
<https://pmc.ncbi.nlm.nih.gov/articles/PMC8625457/>

NAC

N-Acetyl Cysteine (NAC) is an antioxidant supplement. AD involves an excess of oxidative stress within the brain. NAC may be one of the most potent antioxidant supplements. Ameliorating oxidative stress is an essential component for AD therapy.

Lomelí Martínez SM, Pacheco Moisés FP, Bitzer-Quintero OK, Ramírez-Jirano J, Delgado-Lara DLC, Cortés Trujillo I, Torres Jasso JH, Salazar-Flores J, Torres-Sánchez ED. Effect of N-Acetyl Cysteine as an Adjuvant Treatment in Alzheimer's Disease. *Brain Sci*. 2025 Feb 7;15(2):164. doi: 10.3390/brainsci15020164. PMID: 40002497; PMCID: PMC11852533.
<https://pmc.ncbi.nlm.nih.gov/articles/PMC11852533/>

Vitamin B12

Vitamin B12 is an essential micronutrient for normal neurological function and red blood cell production. Supplementation with vitamin B12 does not require injections, just sublingual tablets.

Lauer AA, Grimm HS, Apel B, Golobrodskaya N, Kruse L, Ratanski E, Schulten N, Schwarze L, Slawik T, Sperlich S, Vohla A, Grimm MOW. Mechanistic Link between Vitamin B12 and Alzheimer's Disease. *Biomolecules*. 2022 Jan 14;12(1):129. doi: 10.3390/biom12010129. PMID: 35053277; PMCID: PMC8774227.
<https://pmc.ncbi.nlm.nih.gov/articles/PMC8774227/>

Bromelain

Derived from pineapple, bromelain is a proteolytic and fibrinolytic enzyme complex. Bromelain is a powerful adjunct to the treatment of AD through multiple mechanisms.

Julia Chu-Ning Hsu, Po-An Hu, Chia-Hui Chen, Chia-Ju Lee, Hsuan-Yun Hu, Man-Chen Hsu, Wen-Hua Chen, Hsueh-Te Lee, Tzong-Shyuan Lee, Bromelain prevents Alzheimer's disease progression by suppressing oxidative stress and upregulating apolipoprotein A1 in 5x familial Alzheimer's disease transgenic mice, *Journal of Agriculture and Food Research*, Volume 21, 2025, 01927, ISSN 2666-1543, <https://doi.org/10.1016/j.jafr.2025.101927>.
<https://www.sciencedirect.com/science/article/pii/S2666154325002984>

Full Extract Cannabis Oil (FECO)

FECO contains the major cannabinoids, CBD and THC along with a variety of other minor cannabinoids plus a wide array of terpenes. FECO offers precise immunomodulatory effects which are essential for controlling neuroinflammation.

Mello-Hortega JV, de Oliveira CS, de Araujo VS, Furtado-Alle L, Tureck LV, Souza RLR. Cannabidiol and Alzheimer Disease: A Comprehensive Review and In Silico Insights Into Molecular Interactions. *Eur J Neurosci*. 2025 Aug;62(4):e70229. doi: 10.1111/ejn.70229. PMID: 40859865; PMCID: PMC12381694.
<https://pmc.ncbi.nlm.nih.gov/articles/PMC12381694/>

Disclaimer: The information presented is not intended as medical advice. One should consult with a qualified healthcare professional for guidance on the application of any treatments suggested in this presentation.

Where to Find Expert Guidance and Support for the AD Protocol

Advanced Cancer Coaching, LLC offers a cost-effective home-based program to support family members in implementing the AD protocol. A weekly online live Zoom community support group is available.

Advanced Cancer Coaching, LLC specializes in cancer treatment but there is significant overlap between cancer and AD treatment protocols. Identical to both are the dietary guidelines. Also common are some of the nutraceuticals.

To learn more visit www.advancedcancercoaching.com and feel free to call or write us if you have any questions.