

35. Alzheimer's is a very common disease, that nearly 5 millions Americans. When a study was conducted on mice it proved to be effective. This potential benefit would be that we would be able to find a cure or a treatment for Alzheimer's, which would consequently change lives of not only those living with Alzheimer's, but also their family members and those who are impacted by individuals living with Alzheimer's disease. However, when this study was conducted on a person, the individual died. We do not always know how studies between animals and humans will cross over and it could be fatal to those willing to participate in the trial.

This study is indicating that all things psychological are primarily biological because the brain is the motor to all things, and often the way chemicals in our body react with one another are the cause of brain function and capability. In the instance of Alzheimer's they found in the study with mice that if they can get rid of the molecule amyloid beta before it can attack the brain then all symptoms of Alzheimer's appear to dissipate. The inflammation that took place in the human trial was due to an injection, and scientist believe that if it can be inhaled instead of injected then there will be no inflammation.

Besides the physical intervention, scientist believe that one can prevent Alzheimer through healthy eating habits, taking steps to lower stress levels, and through both mental and physical exercise. Often times exercise and healthy diet will reduce stress, but there are other types of mindfulness and meditation that can also reduce stress.