

Welcome to our July knowledge booster!

Join us as THI experts explore and interpret the latest advances and findings in wellness and disease management - from pioneering studies on lifestyle interventions for Alzheimer's to insightful analyses on the spread of Genetically Modified Organisms.

In the Spotlight

Effects of intensive lifestyle changes on the progression of mild cognitive impairment or early dementia due to Alzheimer's disease: a randomized, controlled clinical trial



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Alzheimer's disease, the fifth-leading cause of death among Americans aged 65 and older, is not only physically and emotionally devastating; it's also extremely costly. The disease currently affects more than six million people in the U.S., at an annual cost of more than \$345 billion. By 2050, the number affected is expected to reach 13 million, with costs projected to skyrocket to \$1.1 trillion annually.

For the first time, a randomized controlled clinical trial has demonstrated that an intensive lifestyle intervention, without drugs, significantly improved cognition and function after 20 weeks in many patients with mild cognitive impairment or early dementia due to Alzheimer's disease. The multisite clinical study was published in the leading peer-reviewed Alzheimer's translational research journal, Alzheimer's Research and Therapy.

This peer-reviewed study was directed by lifestyle medicine pioneer and our Council Member, Dean Ornish, M.D., Founder and President of the nonprofit Preventive Medicine Research Institute and Clinical Professor of Medicine at the University of California, San Francisco, in collaboration with other renowned scientists and neurologists from leading academic medical centers such as Harvard Medical School, Karolinska Institute, Renown Health Institute of Neurosciences, Duke University Medical Center, and Buck Institute for Research on Aging.

[Read the full article here →](#)

"I'm cautiously optimistic and very encouraged by these findings, which may give many people new hope and new choices. We do not yet have a cure for Alzheimer's, but as the scientific community continues to pursue all avenues to identify potential treatments, we are now able to offer an improved quality of life to many people suffering from this terrible disease."

- Dr Ornish

Founder and President of the nonprofit Preventive Medicine Research Institute and Clinical Professor of Medicine at the University of California, San Francisco

Have you downloaded the 2024 GMO Science Report?

Facilitated by The Health Sciences Academy this July



Whether Genetically Modified (GM) plants are a miracle or a menace could be up for debate - but yes, they are taking over the planet!

In 2023, GM plants were grown on 206.3 million hectares of land (compared to 81 million hectares in 2004) with USA and Brazil as major leading producers.

[Access the full data in the report →](#)

- *Which countries are leading the charge in GM plant production?*
- *What are some of the most popular GM crops worldwide?*
- *What do consumers think about them - healthy vs. harmful*
- *Are there health benefits to GMOs that no one is talking about?*

Unlock the answers to all these questions and more in the latest report, which gives you all the research-backed, unbiased facts you need to have informed conversations about GMOs.

Additional Reads

Dive into these recent publications by our Council Members.

- **Planetary Health Diet Index and risk of total and cause-specific mortality in three prospective cohorts.** Linh P Bui, Tung T Pham, Fenglei Wang, Boyang Chai, Qi Sun, Frank B Hu, Kyu Ha Lee, Marta Guasch-Ferre, Walter C Willett. *Am J Clin Nutr.* 2024 June 10.
- **Sedentary Behaviors, Light-Intensity Physical Activity, and Healthy Aging.** Hongying Shi, Frank B Hu, Tianyi Huang, Eva S Schernhammer, Walter C Willett, Qi Sun, Molin Wang. *JAMA Netw Open.* 2024 June 3.
- **National policies to limit food marketing and competitive food sales in schools: a global scoping review.** Michelle Perry, Kayla Mardin, Grace Chamberlin, Emily A Busey, Lindsey Smith Taillie, Francesca R Dillman Carpentier, Barry M Popkin. *Adv Nutr.* 2024 June 12.
- **Associations of serum 25-hydroxyvitamin D and vitamin D receptor polymorphisms with risks of cardiovascular disease and mortality among patients with chronic kidney disease: a prospective study.** Shiyu Zhao, Xue Chen, Zhenzhen Wan, Tingting Geng, Qi Lu, Hancheng Yu, Xiaoyu Lin, An Pan, Gang Liu. *Am J Clin Nutr.* 2024 June.
- **The impact of the UK soft drink industry levy on the soft drink marketplace, 2017-2020: An interrupted time series analysis with comparator series.** Madison Luick, Lauren K Bandy, Richard Harrington, Jayalakshmi Vijayan, Jean Adams, Steven Cummins, Mike Rayner, Nina Rogers, Harry Rutter, Richard Smith, Martin White, Peter Scarborough. *PLoS One.* 2024 June 6.

Thank you for reading our July knowledge booster!



True Health Initiative

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