

The Role of Conventional Medicine in a Model of All Natural Protocols in Alzheimer's Healing: What Makes It Inevitable?

Fai Chan*

Department of Aromatic Medicine, Deli Aroma LLC World of Tennis, Austin, USA

ABSTRACT

Alzheimer's disease (NIH, 2021) is a cognitive degenerative disease that has no known cure. Although there have been claims of improving individuals' ability to live independently, but those claims lack scientific proof. While cognitive damage of the brain is progressing, the limbic part of the brain still functions well. We can use this fact to help us in our effort toward healing Alzheimer's disease. For example, we can route the limbic to assist the subject to relearn what it is lost. This is accomplished through Aromatherapy, Cognitive Learning, and food therapy. This article discusses corrective ways to slow deterioration and restore the subject to the norm. This article discusses an approach that does not involve medication. This article will also mention resources that would further enhance healing.

Keywords: Alzheimer's disease; Aromatherapy; Essential oil

INTRODUCTION

This is a case study on the Journey of Healing of an Alzheimer's subject. Through aromatherapy, cognitive learning, and food therapy, this subject was able to function with minimal physical assistance. So far, the present protocol only concentrates on repairing the cognitive damage, and aromatherapy is only used for emotional relief. However, using some oils can boost cognitive arousal through the limbic route, bring exceptional healing results, and improve drug design and clinical trial protocols. Conventional drug therapy and alternative medicines (such as the application of essential oils) can both be applied to the Alzheimer's subject via limbic route and improves the subject's function. The point is that individuals today prefer rely on alternative or natural ways of healing instead of conventional drug-based approach; they will employ natural ways whether they utilize conventional medicine. Are there shortcomings in natural medicine, in this case essential oil therapy combined protocol that prevents it from attaining the effectiveness of convention medicine? In other words, Is there something that hinders further improvement that comes to the question: should conventional medicine intervene? This article will examine this aspect through the healing journey of the Alzheimer's patient.

CASE PRESENTATION

The subject was an 81-year-old woman who lived in California, USA the latter half of her life. She was diagnosed with mild cognitive

impairment 3 years ago. As she received no treatment, did not take medications, and did not apply any alternative health protocol, her condition deteriorated. Her family in California did not want to take care of her any longer and sent her to Texas, USA to live with another family. While in Texas, she visited a physician and was diagnosed with Alzheimer's. The physician ordered a blood test and an MRI brain scan.

The case study will be guided in question forms that make understanding of the whole treatment protocols easier to follow.

Alzheimer's disease encompasses some psychological issues

In this subject's case, it was evident. She was repeatedly reminded by her family members that she had memory problems. This fact made her lose confidence of expressing her own thoughts that she could only keep asking questions to get confirmations. This subject has a background in pharmacy and most of her family members received medical training. She knew that future generations might get Alzheimer's disease through inheritance. This fact made her feel guilty and she was afraid that her children would get angry with her. Moving to an unfamiliar environment aggregated the depressive mood she long had in her mind.

When she came to Texas, her family members initially needed to repeat multiple times to confirm her answers should be. She could not remember if she had added salt to a dish or not. She kept asking the questions, and she kept adding the salt at the same time. There were instances where she forgot to turn off the stove.

Correspondence to: Fai Chan, Department of Aromatic Medicine, Deli Aroma LLC World of Tennis, Austin, USA, Tel: + (512)902 1111; E-mail: deliaroma8@gmail.com

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Although Alzheimer's disease exerted its influence on her behavior, her depressive mood intensified the symptoms of the Alzheimer's disease.

Differentiating the limbic from cognitive applications

Alzheimer's disease is the degeneration of the cognitive functions of the brain. However, their emotional aspects were still functioning well that their limbic part of the brain should be targeted in treating people with Alzheimer's. Routing this way can cross the blood brain barriers easily. Essential oils molecules are more readily absorbed to the brain when it is in nano form [1,2]. Rosemary is well studied in improving the cognitive function of the brain and can improve one's memory. Actually, all essential oils that belong to the ketone family also work so well in this case study. Examples of ketone family oils are clove (*Eugenia caryophyllus*), eucalyptus (*Eucalyptus globulus*), rosemary ct camphor (*Rosmarinus officinalis ct camphor*), rosemary ct verbenone (*Rosmarinus officinalis ct verbenone*), and rosemary ct alpha pinene (*Rosmarinus officinalis ct alpha pinene*) [3]. Combining rosemary ct camphor, rosemary ct alpha pinene (optional), t, and lavender (*Lavandula angustifolia*) can help the subject express her thoughts fluently, become more aware of her, improve sleep, and improve her memory. In some cases she could pick up her past memory immediately even though she was unable to express her thoughts clearly.

Healing approach revisited

Although Alzheimer's disease is somehow related to the formation of plaques or amyloid on the brain, it is because the absence of certain chemical composition that makes this occurs? Removing the symptoms cannot eradicate the issue. However, is it possible that we can eliminate the plaques by replenishing what is lacking in the brain?

After 4 months diligently carrying out using a nano diffusing method, 12 hours a day-6 hours in the morning 6 hours in the evening-her speech, expression, memory and communication skills improved. In some weeks she still experienced insomnia for 1-2 days. She still experienced confusion in time and space, but the occurrences were greatly reduced. She still had instances where she saw her imagination or dreams as reality, but this only happened once a week. Her blood test results were normal (including B12). Her MRI brain scan came back normal, although there was inflammation in the brain. That inflammation was treated with antibiotics [4].

When she behaved out of norm, diffusing the above-mentioned blend helped her calm down and she came back to bedroom to sleep. Her condition was a bit worse in the evening when compared with that in the morning, suggesting that light might have impact on her behavior.

In diet, replenishing probiotics by taking yogurt and chocolate milk related food items did help. As she liked to eat rice, coconut meat and ginger were used to cook with rice. Ginger oil (steam distilled) was used in rice cooking. Melatonin was taken in case of insomnia. She took B12 daily also.

Empathy rather than criticisms helped to build up their confidence again. The subject was given a topic each day to express her thoughts and keep her mind working. The purpose of this was to help her to train her mind and make sure it was working in the right track. If we notice something abnormal, we would correct her mildly her way of thinking to make certain it was on track [5].

Actually, with all these combining for months, the subject was able to take care of herself with minimal help. When she was put in supermarket for grocery shopping, she could complete the entire process herself by getting what she wanted and paid. She exhibited strong analytical ability and ability to read newspapers and could remember the content of what she read and discussed. It was observed that her lower legs had at least 20 swollen lymph nodes each. By proper massage with aromatherapy, they started to disappear and her sleep improved intensely (Table 1).

Table 1: Essential oils suggested for diffusing on different conditions.

Condition	Essential oil diffusing blend
Confusion, Memory impairment	3 drops of rosemary, 3 drops of eucalyptus, 5 drops of lavender
Insomnia	5 drops of lavender, 2 drops of frankincense
Emotional uplift	8 drops of citrus oil, 5 drops of lavender

RESULTS AND DISCUSSION

The subject was put into a protected environment to make sure that she didn't get disturbances that would trigger her anger. It was observed that when she got angry, her improvement would stop and reverse back to inferior stages. When this happened, we diffused some calming and uplifting essential oils like orange, bergamot, lavender, lime and so forth. Insomnia would only make her condition worse, so it was very important to get a goodnight sleep every day or even taking some naps during daytime. Unfortunately, this could not be guaranteed with the use of alternative methods that was tried.

CONCLUSION

To tackle dementia including Alzheimer's disease, a neurologist is usually the one to be visited. However, psychiatric issues were rarely mentioned and got treated that could lessened the severity of Alzheimer's. It is suggested that more research work should be done by incorporating psychiatrists and psychotherapists as players in the treatment process. This case study only studied the supplemental effects of ketones in rebuilding the brain again. Also worth noting is that working with a physician can ensure proper briefing of the whole situation, and timely process can be checked with proper lab reports.

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