What the media say

‘This looks like the real deal’: are we inching closer to a treatment for Alzheimer’s?

The Guardian, November 22, 2022

Gantenerumab’s Phase 3 Flop Means Lecanemab Emerges As Favourite In Antibody Class Targeting Amyloid Plaque In Alzheimer’s Patients

Forbes, November 14, 2022

Dementia vaccines: What are they, and when could they become available?

MedicalNewsToday, November 21, 2022

What the media doesn’t say

• Latest Alzheimer’s drug lecanemab found to cause very serious adverse reactions.

• Supplementation with high dose B vitamins has previously been shown to benefit brain health, but when combined with omega 3 oils with a high DHA content (at least 50%), the benefits are nothing less than spectacular.

• Up to half of all Alzheimer’s and dementia cases are preventable.

• A low carb diet can prevent and even reverse neurological changes associated with Alzheimer’s and dementia.
**What the media say**

**New obesity treatments and technology to save the NHS billions**

UK government, November 27, 2022

**Pharma Giants Eye Obesity Treatments**

Investopedia, November 21, 2022

**Amgen says experimental obesity drug has promising durability**

Reuters, December 3, 2022

**Major obesity advance takes out targeted fat depots anywhere in the body**

New Atlas, December 01, 2022

**What the media doesn’t say**

- Low carb diets positively impact multiple clinical indicators of poor cardiometabolic health and diabetes.
  

- Intermittent fasting is a safe and effective way to help obese individuals lose weight and improve their metabolic health.
  

- Exercise improves metabolic fitness as well as cognitive health and helps individuals burn fat and lose weight.
  
**HYPERTENSION**
(HIGH BLOOD PRESSURE)

**What the media say**

**NBC NEWS**

New drug may help people with uncontrolled high blood pressure

*NBC News, November 7, 2022*

**verywellhealth**

Top 9 Vitamins That May Raise Blood Pressure

*VeryWell, November 28, 2022*

**MEDICALNEWS TODAY**

Resistant blood pressure: New drug proves effective in phase 2 trials

*MedicalNewsToday, November 10, 2022*

**What the media doesn’t say**

- Five to 10 minutes of daily breathwork markedly reduces blood pressure.
  

- A few minutes of meditation per day induces deep relaxation and lowers blood pressure.
  

- All types of exercise reduce blood pressure.
  

- Forest bathing reduces systemic inflammation and hypertension risk.
  
CHOLESTEROL

What the media say

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**Healio**

Statin therapy ‘vastly superior’ to common dietary supplements for cholesterol lowering

Healio, November 6, 2022

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**Harvard Health Publishing**

Muscle pain in statin users is probably not caused by the drug

Harvard Health, December 1, 2022

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**MedicalNewsToday**

New oral drug may become alternative to statins to lower cholesterol

MedicalNewsToday, November 23, 2022

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What the media doesn’t say

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• Micronutrient supplementation, particularly fatty acids, folic acid, vitamin D, magnesium, zinc, CoQ10 and quercetin reduces cardiovascular risk.


• Red yeast rice found to significantly lower total cholesterol and triacylglycerides.


• Statins not needed for those on a low carb diet with low triglycerides and high-density lipoprotein (HDL) ratio.


• Eating a diet rich in cruciferous vegetables reduces cholesterol naturally.


• Moderate exercise can increase LDL particle size, known to reduce risk of cardiovascular disease.