

## **Increasing Brain Magnesium May Reverse Memory Decline**

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CITY OF INDUSTRY, Calif.—Researchers in Beijing discovered a therapy for reversing memory decline in mice with Alzheimer's disease (AD) by increasing brain magnesium levels.

Scientists at the Center for Learning and Memory, Tsinghua University, demonstrated the first mechanism for reversing cognitive decline for advanced state AD mice and for presenting a long-term treatment for early stage AD mice.

The report, published in the Journal of Neuroscience, shows a recently developed magnesium L-threonate compound may prevent cognitive impairment when administered to mice with early stage AD. The treatment was shown to remain effective for at least 16 months. Additionally, magnesium L-threonate significantly improved memory and cognition when given to advanced stage AD mice.

Researchers believe the loss of neuronal connections in brain regions critical for memory function is a major hallmark of Alzheimer's disease. Preventing those losses can lead to new treatment options.

Earlier studies revealed the elevation of brain magnesium can selectively reduce background calcium signaling in the hippocampus, the brain region controlling memory, and thereby enhance synaptic plasticity and density. Further work demonstrated that elevating magnesium can reverse memory decline in aging rats.

The new study builds previous findings and sheds light on how increased magnesium levels may protect from brain neurodegeneration. To explore the protective mechanism, researchers investigated major signaling pathways critical for synapse function and memory formation. They found that elevated A $\beta$  leads to widespread activation of calcium-dependent signaling molecules that contribute to neuronal degeneration. Magnesium L-threonate can prevent this type of degeneration by reducing the non-specific calcium activation.

"This study demonstrated a totally different approach for prevention and reversion of Alzheimer's disease," said Jennifer Gu, Ph.D., AIDP vice president of research and development. "Instead of continued stimulation of the neural cells as most of the drugs do, magnesium L-threonate lets the cell rest by preventing the non-specific activation, attempting to reverse the aging brain to its youthful condition."

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[siselopportunity@inet.net.au](mailto:siselopportunity@inet.net.au)

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