



# NEWSLETTER

## **LATEST IN RESEARCH**

### **H.Pylori Infection As A Potential Risk Factor of Alzheimer's Disease**

Recent research has unveiled a potential connection between H. Pylori infection and an increased risk of Alzheimer's disease after a previous systematic review and meta-analysis that supports a positive association between H.pylori infection and all-cause dementia. Alzheimer's, a neurodegenerative disorder affecting millions worldwide, has long been a subject of extensive study. However, the intricate web of factors contributing to its development continues to be unraveled.

H. Pylori, a bacterium notorious for causing stomach ulcers and gastritis, has now come under the spotlight in relation to Alzheimer's disease. Scientists have observed a correlation between individuals 50 years and older with H. Pylori infection and a higher likelihood of developing Alzheimer's later in life by 11%. It is important to note that this research is still in its early stages however, these findings open new avenues for exploring preventive measures and potential treatments for Alzheimer's disease.

Reference:

<https://www.medscape.com/viewarticle/h-pylori-infection-linked-increased-alzheimers-risk-2023>

<https://pubmed.ncbi.nlm.nih.gov/34559067/>

## **Announcement**

We are thrilled to introduce our Previ Virtual Weight Management program. Our program goes beyond traditional weight management programs by embracing the virtual realm, making wellness accessible to you anytime, anywhere. Our program is not just about shedding pounds; it's about cultivating a sustainable, healthy lifestyle that fits into your busy schedule.

## **WHAT YOU SHOULD KNOW?**

### **Are you taking enough Vitamin D?**

- Most people are still not taking enough vitamin D even if they are taking 5000 IU daily.
- Recent study found that nearly all adults should be taking at least 9,000 IU per day .
- In winter, you may require doses even higher than 10,000 IU.
- Make sure to take a high quality multivitamin along with your vitamin D to get the most out of it.

Reference:<https://www.nutrientinsider.com/News/3895/Why-youre-not-taking-enough-vitamin-D>.



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Previ Virtual Weight Management  
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