

alternative therapy for als

Alternative Therapy for ALS: Exploring Unconventional Approaches and Their Efficacy

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Editor: Dr. Marcus Chen, MD, a board-certified neurologist with expertise in ALS management and a keen interest in the potential benefits and limitations of alternative therapies in managing ALS symptoms. Dr. Chen's experience spans two decades, including clinical practice and research focusing on improving the quality of life for ALS patients.

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Understanding Amyotrophic Lateral Sclerosis (ALS)

Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gehrig's disease, is a progressive neurodegenerative disease affecting nerve cells in the brain and spinal cord responsible for controlling voluntary muscle movement. The disease leads to muscle weakness, atrophy, and eventually paralysis, significantly impacting a patient's quality of life. While the exact cause of ALS remains unknown, research suggests a combination of genetic and environmental factors may contribute to its development. Currently, there is no cure for ALS, and treatment options primarily focus on managing symptoms and slowing disease progression.

The Search for Alternative Therapy for ALS: A Critical Review

Given the limitations of current ALS treatments, the search for effective alternative therapy for ALS has intensified. Many individuals with ALS and their families explore complementary and alternative medicine (CAM) approaches hoping to improve symptoms, enhance quality of life, and potentially slow disease progression. However, it's crucial to approach these therapies with a critical and evidence-based perspective. Many claims lack robust scientific backing, and some may even be harmful.

Exploring Promising Avenues in Alternative Therapy for ALS

While many alternative therapies lack conclusive evidence, some show potential and are under investigation. These include:

1. Nutritional Interventions:

Dietary modifications: Some research suggests that specific dietary changes, such as reducing inflammation through an anti-inflammatory diet, might be beneficial. However, more large-scale studies are needed to validate these findings. The focus is on providing adequate nutrition for muscle maintenance and overall health. Specific dietary recommendations should always be discussed with a physician or registered dietitian specializing in ALS care.

Nutritional supplements: Several supplements, including creatine, CoQ10, and vitamin E, have been explored for their potential neuroprotective effects. While some small studies suggest potential benefits, large-scale clinical trials are needed to confirm their efficacy and safety in ALS patients. It's crucial to remember that self-medicating with supplements can be risky, and consultation with a healthcare professional is essential.

1. Physical and Occupational Therapies:

Physical therapy: Maintaining muscle strength and range of motion through regular physical therapy is vital in managing ALS symptoms. Physical therapy can help slow the progression of muscle weakness and improve a patient's functional abilities.

Occupational therapy: Occupational therapy plays a crucial role in adapting daily living activities to accommodate the progressive limitations caused by ALS. This involves assistive devices and adaptive strategies to maintain independence for as long as possible.

1. Riluzole and Other Approved Medications:

While not strictly "alternative," the limitations of current approved medications such as Riluzole, which only modestly extends survival time, fuels the search for alternative therapy for ALS. Research continues to explore new drug targets and mechanisms to develop more effective treatments.

1. Stem Cell Therapy:

Stem cell therapy is a promising area of research in ALS. Preclinical studies have shown potential in repairing damaged nerve cells and promoting neuroprotection, but the efficacy and safety of stem

cell therapies in human ALS patients require further investigation through rigorous clinical trials.

1. Mindfulness and Stress Reduction Techniques:

Managing stress and improving mental well-being are crucial for ALS patients. Practices such as meditation, yoga, and deep breathing exercises can help reduce stress, anxiety, and depression, improving overall quality of life. These approaches are often included as part of a holistic approach to alternative therapy for ALS.

Cautionary Note on Unproven Alternative Therapy for ALS

Many unproven therapies for ALS are promoted online and through other channels. It is crucial to exercise extreme caution when considering these interventions. Some may not only be ineffective but also potentially harmful. Examples include:

Unproven herbal remedies and supplements: Many herbal remedies and supplements lack scientific evidence supporting their efficacy and safety in ALS. Some may interact negatively with other medications, causing harmful side effects.

Quackery and fraudulent treatments: Be wary of any treatment promising miraculous cures or quick fixes for ALS. Such claims should raise immediate red flags. Always consult your physician before starting any new therapy.

Importance of Evidence-Based Approaches

The use of alternative therapy for ALS must be approached cautiously. While some complementary therapies may improve quality of life by managing symptoms, it's vital to rely on evidence-based interventions. Always discuss any alternative therapy with your physician or a neurologist specializing in ALS to ensure its safety and potential benefits and to avoid any potential harm.

Conclusion

The quest for effective alternative therapy for ALS continues. While some promising avenues are under investigation, caution is warranted. Rigorous scientific research and clinical trials are essential to validate the efficacy and safety of any alternative therapy. Currently, the best approach is a holistic one, combining conventional medical management with evidence-based complementary therapies to improve the quality of life for individuals living with ALS. Open communication between patients, their families, and healthcare professionals is crucial in navigating the complex landscape of ALS treatment options.

FAQs

1. What are the most common symptoms of ALS? Common symptoms include muscle weakness,

twitching, slurred speech, difficulty swallowing, and progressive muscle atrophy.

1. Is ALS hereditary? While most cases of ALS are sporadic (not inherited), a small percentage are caused by genetic mutations.
1. How is ALS diagnosed? Diagnosis typically involves a neurological examination, electromyography (EMG), and nerve conduction studies.
1. What is the life expectancy for someone with ALS? The average life expectancy after diagnosis is 2-5 years, but this can vary widely.
1. Are there any clinical trials for alternative therapies in ALS? Yes, research is ongoing, and clinical trials are exploring various potential therapies. Check [ClinicalTrials.gov](https://clinicaltrials.gov) for updated information.
1. Can alternative therapies cure ALS? Currently, no alternative therapy has been proven to cure ALS.
1. How can I find a doctor specializing in ALS? Consult your primary care physician for referrals to neurologists specializing in ALS care.
1. What support groups are available for ALS patients and families? The ALS Association and other organizations offer support groups and resources.
1. What role does nutrition play in managing ALS? Maintaining adequate nutrition is crucial for managing the disease and preserving muscle mass. Consult with a dietician specializing in ALS for dietary guidance.

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alternative therapy for als: The Deanna Protocol Vincent Tedone, Deanna Tedone, Chiara Tedone, 2015-07-10 The authors are in a life and death struggle against a terrible disease, Amyotrophic Lateral Sclerosis, which is referred to as ALS or Lou Gehrig's disease. If you or a loved one have been diagnosed with ALS, then you need to read this book. The Deanna Protocol® program was discovered by Dr. Tedone, Deanna's father, only after failing, again and again, with everything that he tried. The massage, non-exhausting exercise and core supplements, which are inexpensive and available without prescription from many suppliers. The program works for many ALS patients. It is not a cure, however, it provides a better quality of life and has been shown in ALS mice to extend life and improve motor skills. The rate of progression of ALS symptoms reported in ALSFRS scores, is markedly reduced in those adhering to the Deanna Protocol® program. There a few side effects reported, and those are manageable for most, if the program is phased in, gradually, over time.

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include complementary therapies, personal and family experiences of ALS, new genetics research, and updated guidelines for patient care, to ensure this new edition remains the essential guide to palliative care in ALS.

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textbook serves to help practitioners, healthcare systems, and policy makers better understand this different and novel approach to complex chronic disorders. It provides the reader with real world examples of applications of the underlying principles and practices of integrative/functional nutrition therapies and presents the most up-to-date intervention strategies and clinical tools to help the reader keep abreast of developments in this emerging specialty field. Many chapters include comprehensive coverage of the topic and clinical applications with supplementary learning features such as case studies, take-home messages, patient and practitioner handouts, algorithms, and suggested readings. Integrative and Functional Medical Nutrition Therapy: Principles and Practices will serve as an invaluable guide for healthcare professionals in their clinical application of nutrition, lifestyle assessment, and intervention for each unique, individual patient.

alternative therapy for als: Stop Alzheimer's Now! Bruce Fife, 2016-04-11 Over 35 million people have dementia today. Each year 4.6 million new cases occur world-wide -- one new case every 7 seconds. Alzheimer's disease is the most common form of dementia. Parkinson's disease, another progressive brain disorder, affects about 4 million people world-wide. Millions more suffer with other neurodegenerative disorders. The number of people affected by these destructive diseases continues to increase every year. Dementia and other forms of neurodegeneration are not a part of the normal ageing process. The brain is fully capable of functioning normally for a lifetime, regardless of how long a person lives. While ageing is a risk factor for neurodegeneration, it is not the cause! Dementia and other neurodegenerative disorders are disease processes that can be prevented and successfully treated. This book outlines a program using ketone therapy and diet that is backed by decades of medical and clinical research and has proven successful in restoring mental function and improving both brain and overall health. You will learn how to prevent and even reverse symptoms associated with Alzheimer's disease, Parkinson's disease, amyotrophic lateral sclerosis (ALS), multiple sclerosis (MS), Huntington's disease, epilepsy, diabetes, stroke, and various forms of dementia. The information in this book is useful not only for those who are suffering from neurodegenerative disease but for anyone who wants to be spared from ever encountering one or more of these devastating afflictions. These diseases don't just happen overnight. They take years, often decades, to develop. In the case of Alzheimer's disease, approximately 70 percent the brain cells responsible for memory are destroyed before symptoms become noticeable. You can stop Alzheimer's and other neurodegenerative diseases before they take over your life. The best time to start is now.

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diseases of the brain! The science and the art of functional medicine for the brain are laid out in this book. Dr. Ken Sharlin shows us how the individual pieces of the puzzle are integrated and nurtured along in a stepwise, achievable fashion, while recognizing the uniqueness of each individual who makes this approach their own. Here's what you will find inside: FORWARD by Terry Wahls, MD, IFMCP PART 1 - THE SCIENCE CHAPTER 1 Houston, We Have a Problem! How to Think Outside the Box to Solve a Global Health Crisis CHAPTER 2 I am a Product of My Generation: The Truth About How I Got Here CHAPTER 3 The Apple Can Land Far from the Tree, If You Give it a Push: How A Conventionally-Trained Doctor Turned into a Functional Medicine Fanatic CHAPTER 4 Inflammation and Oxidative Stress: Unearthing the Root Causes of Chronic Disease CHAPTER 5 The Seven Biological Systems: Imbalances in Functional Systems Affect One Another and Spark the Fire of Illness CHAPTER 6 The Clues are in the History: How Your Story Can Help You Learn What You Need to Do to Protect Your Brain CHAPTER 7 Getting Around the Parts of the Brain: How Structure Relates to Function, When it Comes to Preventing Memory Loss PART 2 - THE STRATEGIES CHAPTER 8 Brain Tune Up! In the Office: How a Functional Medicine Practice Can Work for You CHAPTER 9 Sleep Is More Than A Time Of Rest: Get Your Zzzs to Protect Your Brain! CHAPTER 10 Movement and Exercise: How Physical Activity Prevents Memory Loss and Protects Your Brain by Amy Gordin, PT CHAPTER 11 Nutrition to Tune Up Your Brain: How Food Provides the Building Blocks to Brain Health by Angela Jenkins, RD, LD CHAPTER 12 To Om and Beyond: An Emotional and Spiritual Stress Resilience Practice Can Improve Your Memory and Grow Your Brain by Chuck Renner, OTR, CHT CHAPTER 13 Eureka! How to Use Supplements, Herbal Brain Enhancers, and Technology to Prevent Memory Loss and Protect Your Aging Brain EPILOGUE: The Road Back

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management, living with ALS, managing advanced disease, end-of-life issues, and resources that can provide support and assistance in this time of need.

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alternative therapy for als: Snake Oil Science R. Barker Bausell PhD, 2009-07-31 Millions of people worldwide swear by such therapies as acupuncture, herbal cures, and homeopathic remedies. Indeed, complementary and alternative medicine is embraced by a broad spectrum of society, from ordinary people, to scientists and physicians, to celebrities such as Prince Charles and Oprah Winfrey. In the tradition of Michael Shermers *Why People Believe Weird Things* and Robert Parks's *Voodoo Science*, Barker Bausell provides an engaging look at the scientific evidence for complementary and alternative medicine (CAM) and at the logical, psychological, and physiological pitfalls that lead otherwise intelligent people—including researchers, physicians, and therapists—to endorse these cures. The book's ultimate goal is to reveal not whether these therapies work—as Bausell explains, most do work, although weakly and temporarily—but whether they work for the reasons their proponents believe. Indeed, as Bausell reveals, it is the placebo effect that accounts for most of the positive results. He explores this remarkable phenomenon—the biological and chemical evidence for the placebo effect, how it works in the body, and why research on any therapy that does not factor in the placebo effect will inevitably produce false results. By contrast, as Bausell shows in an impressive survey of research from high-quality scientific journals and systematic reviews, studies employing credible placebo controls do not indicate positive effects for CAM therapies over and above those attributable to random chance. Here is not only an entertaining critique of the strangely zealous world of CAM belief and practice, but it also a first-rate introduction to how to correctly interpret scientific research of any sort. Readers will come away with a solid understanding of good vs. bad research practice and a healthy skepticism of claims about the latest miracle cure, be it St. John's Wort for depression or acupuncture for chronic pain.

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Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

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alternative therapy for als: The Health Effects of Cannabis and Cannabinoids National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on the Health Effects of Marijuana: An Evidence Review and Research Agenda, 2017-03-31 Significant changes have taken place in the policy landscape surrounding cannabis legalization, production, and use. During the past 20 years, 25 states and the District of Columbia have legalized cannabis and/or cannabidiol (a component of cannabis) for medical conditions or retail sales at the state level and 4 states have legalized both the

medical and recreational use of cannabis. These landmark changes in policy have impacted cannabis use patterns and perceived levels of risk. However, despite this changing landscape, evidence regarding the short- and long-term health effects of cannabis use remains elusive. While a myriad of studies have examined cannabis use in all its various forms, often these research conclusions are not appropriately synthesized, translated for, or communicated to policy makers, health care providers, state health officials, or other stakeholders who have been charged with influencing and enacting policies, procedures, and laws related to cannabis use. Unlike other controlled substances such as alcohol or tobacco, no accepted standards for safe use or appropriate dose are available to help guide individuals as they make choices regarding the issues of if, when, where, and how to use cannabis safely and, in regard to therapeutic uses, effectively. Shifting public sentiment, conflicting and impeded scientific research, and legislative battles have fueled the debate about what, if any, harms or benefits can be attributed to the use of cannabis or its derivatives, and this lack of aggregated knowledge has broad public health implications. The Health Effects of Cannabis and Cannabinoids provides a comprehensive review of scientific evidence related to the health effects and potential therapeutic benefits of cannabis. This report provides a research agenda—outlining gaps in current knowledge and opportunities for providing additional insight into these issues—that summarizes and prioritizes pressing research needs.

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spring of 2005: At forty-seven years old he was diagnosed with ALS. Devastated, Augie struggled with depression and attempted suicide. When he awoke from a coma, with friends and family surrounding him, his sense of faith and mission were renewed. Fast-forward one year: Augie and his wife, Lynne, were profiled as Real Heroes on the Today show. Their determination to beat the disease had already led to major overhauls in the way ALS research was conducted. In partnership with the Muscular Dystrophy Association, Augie had set up a foundation and lab to coordinate and oversee ALS research and testing across the globe. By centralizing operations and championing an entrepreneurial approach to medical research, Augie and his team accomplished remarkable results in less than two years. Part inspiration, part business innovation, Augie's Quest illustrates how one person can make a meaningful difference. Praise for Augie Nieto: George H. W. Bush, former U.S. president: Your contributions to the fitness industry are well known, and your dedication an inspiration. Lance Armstrong, seven-time Le Tour de France champion: I think it says a lot about Augie, the fact that everybody came together regardless of whether or not it's for competing gyms or competing companies that make equipment. They all say, this is one of our own; this is a guy who's committed his life to our industry and has been dealt a serious blow. We're going to be there for him, we're going to say, we're here for you and we're part of the Quest. Arnold Schwarzenegger, governor of California: Your success has been incredible. But you are so much more than just a successful businessman. You are the greatest husband, a great father, and a terrific friend. So,

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