

Mōñā Ājmourur ñan Ājmour in Kōmalij im Mour Ājmourur

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Wūnin an Ōn Wōr Tokjen ñan Ājmour in Kōmalij

Kōmalij eo ej kōjberbaḷe elaplok kajoor jen jabdewōt bar jikin ilo enbwin. Mōñā ko jej mōñā rej jipañ kōmalij eo kōmman kajoor im dapij an ājmourur cell in kōmalij ko.^{1,2} Ilo an armej rūttolok, jōt eṃaroñ laplok aer bōk jekjek ko rej jelot ememej im kōlṃanlokjen, ekoba Alzheimer's nañinmej im nañinmej in ebbal ko jōt. Innem, katak ej bar kwalok ke mōñā ājmourur ko reṃaroñ kokajoor ājmour in kōmalij ilo mour.^{3,4} Waween mōñā ājmourur ko reṃaroñ kokajoor ājmour in kōmalij, kadiklok kauwōtata in ebbal, im jipañ armej dapij aer anemkwōj ilo aer rūttolok.⁴

Waween Mōñā ko im Ājmour in Kōmalij

Ijḷakin kalimjōk juon wōt “mōñā eo elap ōn ie”, katak ej kwalok ke ewōr tokjen aolep waween mōñā ñan ājmour in kōmalij.¹ Waween mōñā ko elap leen wōjke, pejtobol, bean, ine likio, kūrrij ājmourur, im kanneik ko ejelok kūrrij ie im eddik jukwa ko rej etet rej koneek ñan ājmour in kōmalij eo eman lok im diklok kauwōtata in ebbal.^{3,4}

Ewōr jejjō waween mōñā ko eloñ aer kein kokajoor ko rellap ñan jipañ ikkijen ājmour in kōmalij:

- Mediterranean mōñā, eo elap an kwalok kōn menono-ājmourur

kūrrij ko, nut, im eman joñan mōñā ek.²

- DASH mōñā ak Kiḷen Mōñā ko ñan Kabojrak Aerin Bōtōktōk, eo ej juon menono ājmourur waween ñan kadiklok aerin bōtōktōk im cholesterol.⁵
- Mediterranean-DASH Waween Mōñā eo emōj an Karōk ñan Kōjbarok Ājmour in Kōmalij, ak MIND waween mōñā ej kobaiki Mediterranean im DASH mōñā ko.⁶ Eaar karōk ñan kokajoor ājmour in kōmalij. Ej rojāñ ñan mōñā ki mōñā ko rej jen mennin eddek (ainwot leen wōjke, pejtobol, bean, im likio ine ko) im elaptata olive weil eḷaṃe kūrrij ej jermal. Ej koba ek im bao ilo an oktaktak. Kūrrij ko rej pād ilo kanniek ak mōñā im jukwa ko ewōr joñan. Ej koba kōttōpar in raan im wii ko ñan mōñā aorōk ko.⁶

Ilo killep, aitok-kutien katak ko, waween mōñā ko rej koneek ñan an eman lak ememej, diklok rumij ilo kapeel in ḷōmnak ko, im diklok kauwōtata in Alzheimer's nañinmej.^{3,4,6}

Wūno ko im Dān ko ñan Ājmour in Kōmalij

Armej ekkā aer kajjitōk ñe wūno ko reṃaroñ kōmman bwe en eman lok ājmour in kōmalij. Mōñā mōkta ej kōttōpar eo eman tata, im eloñ iaan ōn

Mōñā ko Rej Kokajoor Ājmour in Kōmalij

KAIN MŌÑĀ	WAANJOÑAK KO	WAWEEAN AN JIPAÑ KŌMALIJ
Leen wōjke im pejtobol ko	Bōlōk kuriin ko, berry ko, tomato ko	Jipañ kōjbarok kōmalij cell ko ^{3,4}
Wōil ko	Olive wōil, fish wōil, pejtobol wōil in ek in kelet	Jipañ kōmman kōmalij cell ko im maroñ kadiklok bōbōj ^{3,4}
Grain ko	Oat ko, būrawun raji, likio wheat bilawe	Lelok kajoor ñan kōmalij eo ³
Protein ko	Ek, bean, bao	Jipañ kōmalij eo jilkinlok enaan ko ³
Diklok joñan jukwa ko rej etet	liet lok dān toñal ak ko eloñ jukwa ie	Jipañ dāpij jukwa bōtōktōk, eo ej kokajoor kōmalij kajoor ^{3,4}
Diklok joñan Kurij ko rej pād ilo kanniek ak mōñā	Kelet mōñā ko ājmouru lok kurij ko ie (waanjoñak., nut im seed ko) im kanneik ko ejelok kurij ie (waanjoñak., bao)	Jipañ kōmalij eo bōk kajoor eo ej aikuji ⁶

ko rej kokajoor ājmour in kōmalij rej itok jen waween mōñā ko āinwot Mediterranean, DASH, ak MIND mōñā ko. Jōt wūno ko reṃaroñ jipañ ilo jekjek ko rejenolok, ak ewōr joñan kein kamool ko, im wūno ko rejjab kōmadmōd ak kein kammour ñan Alzheimer’s nañinmej.⁷

Creatine im Ājmour in Kōmalij

Creatine ej juon men eo ej pād ilo enwin im ilo mōñā ko āinwot kanniek būroro im ek. Ej jipañ enwin kōmman kajoor, eo ej aikuji jen majel ko jimoor im kōmalij.^{8,9} Kōmalij eo ej kōjberbaḷe eloñ joñan kajoor aolep raan, im creatine ej jipañ kōmalij cell ko kōmman im bar kōjberbaḷe kajoor eo.⁸⁻¹⁰

Jokdoon creatine ej buñbuñ ñan kokajoor majel,⁸ rikatak ro elaplok aer katak jeral eo an ilo kōmalij ājmour. Jōt katak rej kwalok ke creatine eṃaroñ jipañ ikkijen ememej, eḷaak, im joñan mōkaj in kōlmanlokjen, elaptata ilo rūttolok ak iien aer kōlmanlokjen.^{10,11}

Katak ko rej lale ñe creatine eṃaroñ kokajoor kōmalij im jōt waween kōlmanlojen, ak kein kamool ilo armej ro renañinmej in Alzheimer’s ej wōr wōt joñan.¹⁰

Creatine ejjab juon kein kōmadmōd ñan kammour ñan Alzheimer’s nañinmej. Armej ro rej aikuji kōñōñō ippān juon jikin ājmour mōkta jen kōjberbaḷe creatine, elaptata eḷaṃe ewōr aer nañinmej ilo deka in jibke ak jekjek in ājmour kauwōtata ko jōt.

Kope im Ājmour in Kōmalij

Ewōr caffeine ilo kope im mōttan mennin eddek

ko reṃaroñ jipañ kajoor in kōmalij, an ettor bōtōktōk, im kantūro nañinmej.¹² Ilo katak in etal ko aitok-kutien, idaak kope eṃōj an koba ippān an diklok kauwōtata in an jab eman kōlmanlokjen im Alzheimer’s nañinmej.^{12,13}

Eloñ iaan mennin jipañ ko ekkā aer walok ippān joñan daak ko ekkā, ak eṃaroñ ruo ñan jilu kab kajojo raan.¹² Juon kab in kope (8 ounce ko) ewōr 95 – 100 mg caffeine ie. Ruo ñan jilu kab rej lewaj enañin 190 ñan 300 mg in caffeine aolep raan. Ñan eloñ rūtto ājmourur ro, joñan eo ej rojāñ ñan bojrak ie ejjab laplok jen 400 mg kajojo raan (enañin emān kab ko). Kope ej aikuji daak ilo an eman joñan, im armej ro rejjab ṃaroñ bōk caffeine ak wōr aer jekjek in ājmour ko rejenolok rej aikuji konnaan ippān juon jikin taktō.

Multivitamin ko im Ājmour in Kōmalij

Katak ko kio rej kwalok ke multivitamin rej lelok jidik wōt jipañ ñan ājmour in kōmalij, ippān an meḷeḷe ko eṃōj loe kwalok jidik wōt wonṃaanlok ilo ememej, elaptata ñan an rumij ememej, im ejelok kein kamool alikkar ke multivitamin ko rej bōbrae ebbaḷ ak lap aer jipañ kōn kōlmanlokjen.⁷

Tokja kein rej kwalok ke multivitamin reṃaroñ jipañ kajimwe kota in ōn ko ak elap aer koneek ilo meḷan ko ewōr meḷeḷein ilo aolepen ājmour in kōmalij ak aitok-kutien jemlok in kōlmanlokjen ko.⁷ Āinwot j uon alikkar, multi-vitamin ko rejjab aikuji pedped ion āinwot juon kōllejar eo elap ñan kokajoor ājmour in kōmalij.

Vitamin D im Ājmour in Kōmalij

Ibwiljin ōn ko rej māke, vitamin D ej waļok an juon vitamin eo ejejot kutien an jermal n̄an ājmour in kōmalij ilo an aļlok ippān vitamin ko jōt, ainwot B vitamin, vitamin K, vitamin E/C eo ekkā an pād ilo multivitamin batin ko.^{7,14} Vitamin D ej jipaņ ājmour in kōmalij ilo an kadiklok bōboj im inepata, jipaņ bwe en jīmwe calcium kakōļle ko ilo kōmalij cell ko, im kōmman joņan an laplok protein kauwōtata ko repāake neurodegeneration.⁷ Vitamin D lābōl ko redik ekkā aer koba ippān an lap kauwōtata in an mojno kōlmanlokjen, ilo an wūno maroņ jipaņ bwe naņinmej eo en rumij an laplok ak kokajoor kōmalij jermal ilo armej ro ejabwe ippeir ak pād ilo elaplok kauwōtata.^{7,14} Ilo kadu, vitamin D ewōr an kein kamool n̄an jipaņ kokajoor ājmour in kōmalij.

Omega 3 Kuriij ko im Ājmour in Kōmalij

Omega 3 kuriij ko aorōk jermal eo aer ilo kōmalij im jermal im epāake tata n̄an ememej, ekatak, kōmalij bōtōktōk, im leto letak meļeļe ikōtaan kōmalij cell ko.¹⁵ Katak ej kwalok ke omega 3 wūno ko elaptata aer jipaņ n̄an rūtto ak armej ro edik omega 3 joņak ko aer, ilo an jipaņ ko diklok ak jako ilo armej ājmourur ro im eman mōñā ko rej mōñā.^{15,16}

Ilo kadu, omega 3 kuriij ko rej lewaj elaplok jipaņ

Kōmeļeļe kōn Wūno im Dān ko

MEN EO	JIPAŅ EO EMAROŅ KŌMMAN	TA EO KATAK EJ KWALOK
Creatine (mōñā & wūno)	Maroņ jipaņ kōmalij kajoor	Katak ko mōkta rej kwalok jipaņ jidik ko, ekkā ilo iien inepata ak an jako awa in kiki. Jabwe kein kamool n̄an an kōmalij jermal ainwot aolep iien. ^{10,11}
Kope (dān)	Maroņ jipaņ ikkijen ruj im kōmalij ājmour	Armej ro rej daak kope aolep iien ekkā an diklok kauwōtata in aer ebbal. Kein kamool ekajoor ak ekkā an pidodo lale. ^{12,13}
Multivitamin (wūno)	Jipaņ kanne ōn kota ko	Maroņ lelok jidik ememej jipaņ ko, ak alikkar an jab bōbrae ebbal, elaptata ilo rūtto ro elap ōn rej bōk. ⁷
Fish wōil (omega 3s)	Jipaņ kōmman kōmalij cell ko	Ekerere alikka rko. Jipaņ ko relaplok elaņe joņan bōk eo edik. Ejaņin kamool n̄an bōbrae ebbal. ^{15,16}
Vitamin D (mōñā im wūno)	Kokajoor kōmalij cell ājmour	Kein kamool eman n̄an an aorōk n̄an kōmalij ājmour. ^{7,14}
Wūno ko jōt	Ej oktaktak	Eloņ iaan wūno ko ejelok aer kein kamool n̄an kōmalij ājmour im rejjab rojāņ n̄an kojerbale aolep iien. ^{3,4}

in kōlmanlokjen ko jen multivitamin, elaptata n̄e ej n̄an armej ro ejabwe ippeir.

Waween an Ōn Jipaņ Elōņ Mōttan Oktak in Kōlmanlokjen im Ememej

Kōmalij eo ej aikuj kajoor eo aitok an pād im an ājmourur an bōtōktōk makūtūt bwe en eman an jermal. Mōñā ko jej mōñā rej jipaņ kokajoor kōmalij cell ko im dāpij an iaļan bōtōktō ājmourur. Jipaņ kein rej kokajoor eloņ taib in kōlmanlokjen im ememej:

- **Eļaaak im ļōmnak** rej eman lok n̄e kōmalij eo ej bōk kajoor im ej bwe dān ko. Mōñā ilo waween ko rejjan kōmman bwe en laplok bōtōktōk jukwa remaroņ jipaņ armej ilo aer kōlmanlokjen.³
- **Ememej** ej kokajoor jen mōñā ko rej jipaņ bōbrae kōmalij cell ko im kokajoor an bōtōktōk emakūt. Mennin ekoba leen wōjke, pejtobol ko, im kuriij ko remman n̄an ājmour rej kōmman bwe en eman lok waween mōñā.^{3,4}
- **Jermal ko rellap**, ekoba bulāān, uwaak-būrooblem, im kōmman-kelet. Kapeel kein rej epāake ājmour in menono im ājmour in joņan mokaj in an mōñā deloņ e enbwinnim, eo elap aer jelōt jen waween ōñā.⁴
- **Joņan mokaj in jermal** emaroņ bōk jipaņ jen

waween mōñā ko rej jipañ an eke in bōtōktōk ājmourur im kadiklok aer ilo enbwin.⁴

- **Kapeel in jellā kōn ia eo enbwinim ej pād ie im maroñ makūtkūt** ej bōk jipañ in herbal in ōn ilo majel, kōmman kajoor, im aolepen ājmour.^{3,4}

Likūt Aolep Ippān Doon

Waween mōñā ājmourur ko im komakūt enbwin aolep iien rej jeral ippān doon ñan jipañ ājmour in kōmalij, koba ippān makūtkūt eo ej aod jimor enbwin im kōlmanlokjen, jipañ ikkijen ememej, kapeel in lōmna, im anemkwoj ilo mour.^{1,2} Oktak jidik, im kwon ilo iminene ko aolep raan reparañ kōmman oktak eo elap meļeļein ilo an laplok iien.

Enaan Aorōk ko ñan Rool Kaki

- Waween mōñā ājmourur ko elaplok token jen mōñā ko rej māke ak wūno ko.^{3,4}
- Mōñā jen mennin eddek ippān kurij ājmourur ko rej koneek ñan an eman lok ājmour in kōmalij.^{3,4,6}
- Creatine im coffee rej eman ak rejjab kamour nañinmej ko ilo kōlmanlokjen.^{10,13}
- Ōn im komakūt enbwin ippān doon rej lelok jipañ eo ekajoor tata ñan ājmour in kōmalij.^{3,4}

Ia ko Melele Kein Rej Itok Jen E

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Āinwot 7 CFR § 15.3, University of Arkansas Douluul in Ekkat ej lejlok aolep bürokraam in herbal in Katak im Elaplok (ekoba herbal) ilo an ejelok lõmnak kōn bwij, kōlar in kil, ia eo juon ej itok jen e, kabuň, yiiō, utamwe, jekjek in pälele ak tarine, mejele ko ikkijen kij, ñe emaan ak kōrā, börrro ak jabdewōt bar jekjek eo ej kōjbarok iumwin kien, im ej juon jikin eo ejelok kalijeklok ie.

Jouj lale bwe Kajin Palle ej kajin eo elap kōjerbaļe.