

Cliff's Alzheimer's Disease, and using Coconut Oil - by Kendra Fraser

I met Cliff in 1993, when he was a ruggedly handsome man of 42 years of age. He climbed trees for a living so physically he was in great shape, but what drew me to him most was his brilliant mind. He was a genius. I was in awe of him as he worked math problems 10 steps out in advance of where he was. He absorbed everything he read and his favorite pastime was keeping statistics on his favorite football team, the 49ers. Cliff would scout all the eligible draft choices and come up with the picks he believed the Niners should make. Then after the endless two days of draft, he would compare his team with the team the Niners ended up with. Over the course of the next years he would follow his team to see how it compared to the actual Niners team. Cliff's team was always ahead. It was fascinating watching him. Mind you he refused to do any of the calculations on a computer. He has decades of statistics that he calculated either in his head or on a simple calculator.

In 2003, I started noticing little changes in Cliff. First he began to misplace things, which was never his fault. He wouldn't have put that there. Then I noticed that his depth perception was not right. One night we were driving home late and a car with its tail lights was driving about five miles in front of us. Cliff slammed on the brakes for fear of running into it.

In 2006, there were a lot more signs that something was wrong. But it wasn't until one night when he came home from work and sat me down that he admitted something wasn't right. He had gone to work and they needed him to climb a tree to remove some of the branches over some overhead power lines. He sat down and started to put on his climbing gear when suddenly he couldn't remember how to tie his knots. Cliff had been climbing trees and using these same knots since he was fifteen years old and now he couldn't figure them out.

That night was a turning point, he was ready to admit something was wrong and he needed to go to the doctor.

After over a year of cognitive testing, MRIs, EEGs and numerous blood tests, a very grim doctor sat Cliff and me down and gave us his best diagnosis. Cliff has Alzheimer's disease. Immediately I thought "How, he is only fifty-eight years old?" I could have understood cancer since he had smoked most of his life, but Alzheimer's disease?

Since we received Cliff's diagnoses in 2008, we have tried numerous medications that are popular for this disease. Unfortunately, none of them helped significantly and the side effects were intolerable.

Last year, in July, Hospice was brought in to help us since Cliff had experienced a heart attack. What a wonderful organization they are! Cliff's condition deteriorated drastically after his heart episode. He became delusional, angry, and sometimes even violent. Hospice tried a large variety of medications to help with the delusions and to keep him comfortable but he had numerous negative responses to many of the drugs. Cliff lost 30 pounds and had no appetite. Hospice was preparing me for his final days. But I wasn't done fighting for him; I took him off all his medications to see if maybe the drugs were causing the problems. My plan was to then reintroduce them one by one to see which one was causing the ill effects. Eureka!! The confused but sweet Cliff was back. Cliff remains off all medications but one.

In late January, a good friend came to stay with us for a while. He said that he felt he had been told to come. Not two weeks into his visit, he asked me if I had seen the information on YouTube regarding Alzheimer's disease and Coconut oil. Immediately, I went to my computer and search YouTube for the video he had told me about. I was so excited!!

Cliff has been on Coconut Oil for approximately three weeks now. He takes 1,000 mg capsules, four times a day. We have all seen an improvement in his memory, attitude, socialization, humor, and awareness. He is eating better and is doing so well that Hospice has dismissed him. I even had to let his pants out again.

I do not expect coconut oil to cure Cliff's Alzheimer's disease. What it has given us, is a chance to have more time with him. We are no longer bound to the house because of his delusions, we can enjoy life, and laugh for a bit longer.