

## Log Book;Can Alzheimer's be reversed by medication or changes in lifestyle?

Dec 4 2025: Today I decided on the topic I wanted to do for my science fair,which is:Can Alzheimer's be reversed by lifestyle or medication.

Dec 8 2025: Today I started the draft of my project on a google doc. I did my problem, and question,my hypothesis,and started researching about what Alzheimer's is,the causes,and the stages of Alzheimer's. I also sited any of the reference I used.

Dec 9 2025: Today,I finished the what parts of the brain are affected when you have Alzheimer's,and put in a diagram of what parts of the brain are affected.

Dec 10 2025: Today I started on theories of curing and preventing Alzheimer's,and found out about beta amyloid therapies.

Dec 18 2025: Today,I wrote one theory of preventing Alzheimer's which is eating blueberries.

Dec 19 2025: Today,I started writing about foods that help with Alzheimer's,and the first thing I write was colourful foods and vegetables.

Dec 21 2025: Today I continued working on food that could prevent Alzheimer's. I also started on prevention of Alzheimer's.

Dec 28 2025: Today I finished the draft I was working on. I finished the Scientific principles,concepts,results,conclusion,what I would do next,and I finished my references. I figured out that my hypothesis was wrong,and that Alzheimer's could not be reversed.

Dec 30 2025: Today my teacher reviewed my draft and gave me a lot of feedback on what I did really good,what I could try to improve,and things she wonders about my presentation.

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Jan 2 2026: Today I fixed all the things my teacher told me to improve on, and added the things she wondered about on to my draft, so my teacher could finalize it one more time.

Jan 3 2026: Today I started the real project on a google doc. So far I have done Problem, method, hypothesis, and research.

Jan 4 2026: Today I finished the rest of my real copy based on my draft. I have done data, conclusion, application, acknowledgements, and finally citations.

Jan 29 2026: I decided that I didn't do enough research on the medications for reversing Alzheimer's and did some more research, and found out about two cancer drugs that could maybe heal Alzheimer's, Letrozole and Irenotican. I also changed my prevention of Alzheimer's with food strategies category, to the general prevention of Alzheimer's.

Feb 11 2026: I finished the final draft of my science fair, that I will put on my tri-fold.

Feb 24 2026: Today I finished copying all my work from the final draft onto my CYSF platform. I also started on my clay brain on how the brain looks like when you have Alzheimer's .

Feb 28 2026: I finished painting my brain model, and got ready to print my science fair.