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Olive Oil and its Potential Effects on Alzheimer’s Disease
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Alzheimer’s disease is a neuro-degenerative brain disease that is responsible for af-
flecting the lives of hundreds of thousands of people every year. There has been no
evidence to suggest a cure for the disease and the only existing treatments have very
low rates of success in trial patients. This is largely due to the fact that the brain
is one of the most undiscovered parts of the human body. Brain chemistry is highly
complex and responds to its environment in random and radical ways. My research
includes testing the reactionary outcomes of combining compounds of olive oil with
the 20 basic amino acids. Regions around the world with olive oil based diets show
a direct correlation to lower rates of Alzheimer’s. Testing few compounds of olive
oil with chemicals already found in the brain may yield to a better understanding as
to why that is. I took the compounds tyrosol, hydroxytyrosol, and oleocanthal, and
combined them with the 20 basic amino acids and calculated the total energy of the
new molecule. The molecules produced with acceptably low energy values will be
the center of further research. These molecules could lead to truly understanding
olive oil’s effect on the brain, and ultimately, the cure or prevention of Alzheimer’s
disease.

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