

PROPOSITIONS

Seaweed: From Sushi Ingredient to Nutritional Intervention Against Alzheimer's Disease

1. A multi-target approach is a promising strategy in the treatment of Alzheimer's Disease. *This thesis*
2. Effective amelioration of Alzheimer's disease symptoms is achieved without amyloid- β plaque load reduction. *This thesis*
3. Oxysterols outperform synthetic LXR agonists in the treatment of Alzheimer's Disease. *This thesis*
4. Supplementation with multiple seaweed constituents is more effective than the use of individual components. *This thesis*
5. The sea is the pharmacy of the future. *This thesis*
6. Health promoting dietary products are superior to medication in the prevention of disease.
7. Interdisciplinary collaboration is vital for a holistic approach to understand and treat multifactorial diseases.
8. Choices in scientific research are not solely driven by the objective pursuit of truth.
9. A publication is not the ultimate endpoint of scientific research.
10. The day you plant the seed is not the same day you eat the fruit.
11. Life is like riding a bicycle. To keep your balance, you must keep moving.
Albert Einstein

Nikita Martens, 2024