

[IMAGE]

A Colorful Way to Reduce the Risk of Alzheimer's

Alzheimer's disease, a common form of dementia that currently affects 13 million people across the globe, may start losing the battle because of a new enemy – fruit and vegetable juice. The results of a new study published in the September 2006 edition of *The Journal of American Medicine* suggest that the antioxidant polyphenols found naturally in fruits and vegetables can reduce the risk of the onset of Alzheimer's.

A group of 1,836 dementia-free Japanese-Americans in the Seattle area were chosen for the study. Information was collected on their consumption of fruit and vegetable juice with the use of a questionnaire and was assessed every two years for up to 10 years. The results showed that individuals who drank juice three or more times a week were 76 percent less likely to develop the symptoms of Alzheimer's compared to those who drank less than one serving a week.

The only limitation of the study was that specific juices were not found to be more effective than others. This may lead to a more precise study of individual vegetable and fruit juices. To find out more about the benefits of antioxidants and other compounds found in fruits and vegetables, talk to your chiropractor and visit www.chiroweb.com/find/tellmeabout/nutrients.html.

Reference:

Dai Q, Borenstein A, Wu Y, et al. Fruit and vegetable juices and Alzheimer's disease: the Kame project. *The American Journal of Medicine*, September 2006;119(9):751-759.

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