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You are here: [Home](#) | [News](#) | [Curry brain food](#)

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[Business](#)

[Blog](#)

[Special reports](#)

## » Interactive

## News

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### Curry brain food

27 / 7 / 2007

TURMERIC - already promoted as an anti-cancer spice - also may protect against Alzheimer's disease.

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**TURMERIC - already promoted as an anti-cancer spice - also may protect against Alzheimer's disease.**

Research by medics at the University of California found that Alzheimer's disease is very rare in India.

They experimented by adding an active ingredient found in turmeric root to immune cells and found they became more active against the disease as a result.