

# Curry – Brain Food



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## Food for the Brain

By BRYAN WALSH

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Fans of Indian cuisine know a spicy curry can go straight to the head? and now medical science backs them up. A recent study by researchers at the University of California Los Angeles and the Greater Los Angeles Veterans Affairs Healthcare System concludes that curcumin, the substance that gives the curry spice turmeric its yellow pigment, may help combat Alzheimer's disease. In India's

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