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Alzheimer's Disease Health Center**Hot Tip: Curry May Protect Aging Brain****Spice Protects Brain Cells, Could Prevent Alzheimer's Disease**

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**Hot Topics In Alzheimer's Disease**

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Small doses of curry could help protect the brain against Alzheimer's disease -- at least that's the effect in rats. How it translates to humans has yet to be determined.

A new study provides more evidence that culinary spices indeed play a role in good health. For example, studies have shown that cinnamon can improve glucose (blood sugar) and cholesterol levels in the blood in people with type 2 diabetes and those fighting high cholesterol. Cloves, bay leaves, and turmeric have also shown promise in improving diabetes.

The spices appear to protect cells, tissues, and arteries against the damaging effects of free radicals in the bloodstream. Free radicals are the by-products of cell processes that damage cells. Mounting evidence shows that this type of cell damage in the brain also leads to Alzheimer's disease.

The new finding about curry is being presented this week at an annual scientific conference in Washington held by the American Physiological Society