

Lowering the Risk of Alzheimer's

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Is this another breakthrough that could rid us of this terrible disease?

As the number of sufferers from Alzheimer's continues to grow so research into ways of preventing this terrible disease continue around the world and breakthroughs are beginning to happen.

We've already reported on one possible breakthrough and you can find that at Alzheimer's – is This a Breakthrough?

The latest breakthrough comes after researchers in Japan and the United States followed thousands of volunteers for up to 10 years. The research showed that the risk of developing the dreadful disease could be reduced by up to 76% among those who drank fruit and vegetable juices more than three times a week.

The effect of fruit juice was particularly noticeable in those who live a less active lifestyle and so are more at risk of the disease.

While the researchers are not yet sure which juices are the best to drink they do believe that the protection against Alzheimer's is produced by chemicals called polyphenals.