

Eat grapes daily to prevent Alzheimer's disease

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Previously, Alzheimer's is a brain disease associated with slow decline of memory as well as long-term awareness.

Recently, the scientist and investigator Daniel Silverman, from the University of California Los Angeles, USA, said: This study has discovered and is looking more closely at its ability to resist neurological impairment and mental retardation. Remember related to Alzheimer's disease by eating grapes every day.



Silverman added: *'Previously, eating grape known to be beneficial for neural health as well as cardiovascular, but eating grape against the decline associated with Alzheimer's dementia is one shot. currently extremely new to play a very important role in medicine ' .*

Specifically, the discovery clearly indicates that eating grapes every day helps to prevent metabolic decline in the brain, which is one of the early signs of Alzheimer's disease.

In addition, people who consume a grape-rich diet also increase metabolism in different areas of the brain, increasing their memory and cognitive efficiency than those who do not eat grapes.



To reach this conclusion, the team selected a group of people who often suffered from later memory impairment for consuming grape powder, equivalent to less than two cups of grapes a day and a flavored placebo. grape polyphenol. The scientists then followed the experiment.

After 6 months, with exercises of cognitive reinforcement, memory as well as brain MRI scan, the results showed that people with memory impairment who eat grape flour frequently had a significant improvement in the exchange process. substances between brain regions rather than placebo consumers.

Not only that, the group of people with dementia consuming placebo tends to reduce the metabolism of brain regions over time, which may be one of the reasons why **Alzheimer's dementia** is getting worse.

The cause is found in grapes with polyphenols can help promote brain production of antioxidants and anti-inflammatory activities in brain regions, boosting metabolism .

Previous research has shown that grapes can reduce oxidative stress in the brain, boost blood flow, help maintain awareness and memory when the body works.

This research has just been published in Experimental Gerontology.

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