

# Eating mushrooms helps prevent the risk of dementia, Alzheimer's disease

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Accordingly, a group of American medical researchers have announced that eating mushrooms will help grow, strengthen the nervous system in the brain, prevent the risk of dementia and Alzheimer's specific dementia.

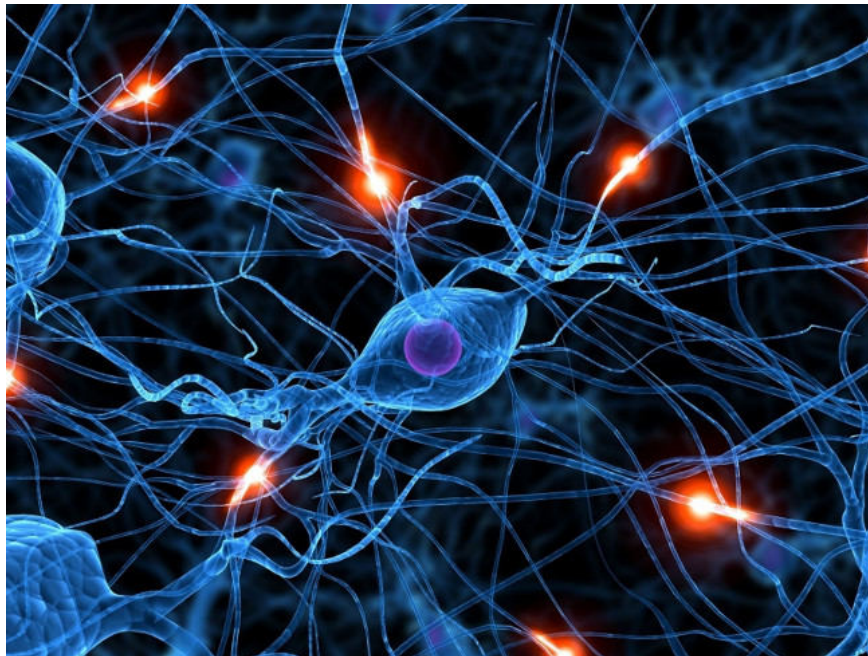


Researchers point out that in the fungus contains several specific biopharmaceuticals, capable of enhancing the development of the nervous system in the brain, against neurological inflammation processes that are the root causes. weak cause dementia, Alzheimer's .

Previously, also in a study published in the International Journal of Pharmaceuticals showed the potential role of fungi in delaying neurodegeneration by age, and there are now University of Malaya researchers. In Malaysia, there are also intensive researches on the health value of mushrooms in cuisine .



It is estimated that up to 5.1 million Americans suffer from Alzheimer's disease and worldwide there will be up to 42 million cases expected by 2020. And drugs that treat these diseases, whether changed or elevated more but the treatment effect is not high and not yet finished.



*"Not only that, but the team has also shown that in mushrooms, it is possible to produce a neurotransmitter active as NGF. When entering the body, this active ingredient will help regulate and increase. growth, maintenance and recovery of neurons in the brain, ' said the lead author of the study of Sampath Parthasarathy from the University of Central Florida.*

Currently, the group of scientists is continuing to study more in-depth about specific biological substances and activities in fungi with more benefits in protecting the nervous system and cognition .

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