

Proteins and Alzheimer's

Blood levels of homocysteine tend to be higher in people whose diets are high in animal protein and low in fruit and green leafy vegetables. A study published and reported in the New England Journal of Medicine in 2002 showed that people with high blood levels of homocysteine, a toxic amino acid, have twice the normal risk of developing Alzheimer's. This product of protein metabolism has been linked to heart attacks and stroke; it can increase blood pressure and of course higher levels of cholesterol. Fruits and leafy vegetables provide folic acid, antioxidants and other B vitamins to help rid the body of homocysteine.

Let's hope that the new high protein diet craze does not produce many more patients with this disease in the near future!

The results of another study have reported recently that the more mentally challenged your mind, the lower your risk of developing Alzheimer's disease. People who participate daily in activities such as reading, playing cards, crosswords, other games and new learning skills are at much lower risk and gives the most protection against this disease.

Nature's Healing Herbs
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