



Berries might be a cure

BRISBANE, AAP: Blueberries and ginkgo biloba are showing promise as possible preventive measures for Alzheimer's disease, researchers say.

Diet was a major focus of the International Healthy Ageing and Longevity Conference in Brisbane at the weekend. American researcher Jim Joseph told the conference he had shown feeding blueberries to mice with brain plaques, similar to those in Alzheimer's patients, improved neuronal communication.

"The interesting thing was when we looked to see whether we reduced the number of plaques in the animal, we didn't," he said outside the conference.

"But they started doing better. They didn't show the cognitive deficits ... which means that what we did was we improved the signalling, communication in the brain."