



Blueberries, ginkgo biloba may fight Alzheimer's

BRISBANE — Blueberries and ginkgo biloba show promise as possible preventive measures for Alzheimer's disease, researchers say.

Diet was a major focus of the International Healthy Ageing and Longevity Con-

ference in Brisbane at the weekend.

American researcher Jim Joseph told the conference he'd 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.

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

Dr Joseph, head of the neuroscience laboratory at the Human Nutrition Research Centre on Ageing at Tufts University in Boston, said epidemiological evidence had found people with a diet of fruit and vegetables were less likely to develop Alzheimer's. — AAP