



Blueberry benefit

BRISBANE (AAP).— Blueberries are showing promise as possible preventive measures for Alzheimer's disease, researchers say.

At the International Healthy Ageing and Longevity Conference in Brisbane at the weekend American researcher Jim Joseph said he'd shown feeding blueberries to mice with brain plaques, similar to those in Alzheimer's patients, improved neuronal communication.

He said colleagues at Cornell University were about to present positive findings from a small study of humans who improved their reaction speeds by adding a cup or two of blueberries to their daily dietary intake.