

Curry—The Spice of Life for the Brain?

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Eating curry, which contains turmeric, once or twice a week could help prevent Alzheimer's disease. This is according to Professor Murali Doraiswamy, director of the Mental Fitness Laboratory at the Department of Psychiatry, Duke University Medical Center. During an annual meeting of the Royal College of Psychiatrists in Liverpool, he explained that brain plaques dissolved in older mice given high doses of curcumin (found in turmeric) and appeared to prevent plaques from ever forming in younger mice. He says that trials are under way that could lead to a "curry" pill.

That being said, Dr. Susanne Sorensen, head of research at the Alzheimer's Society, said, "Indian communities that regularly eat curcumin have a surprisingly low incidence of Alzheimer's disease, but we don't yet know why." The Alzheimer's Society is conducting research into this area.

While no one is advocating overdoing any food, studies have shown that curcumin is an antioxidant, so adding a little spice to your life certainly couldn't hurt. In fact, Dakim's own Chief Scientific Advisor, Dr. Gary Small, said that as he gets older, he might try eating more foods with curry in them.