

New study provides further evidence that apple juice can delay onset of Alzheimer's disease

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A growing body of evidence demonstrates that we can take steps to delay age-related cognitive decline, including in some cases that which accompanies Alzheimer's disease, according to a study published in the January 2009 issue of the *Journal of Alzheimer's Disease*.

Thomas B. Shea, PhD, of the Center for Cellular Neurobiology; Neurodegeneration Research University of Massachusetts, Lowell and his research team have carried out a number of laboratory studies demonstrating that drinking apple juice helped mice perform better than normal in maze trials, and prevented the decline in performance that was otherwise observed as these mice aged.

In the most recent study Shea and his team demonstrated that mice receiving the human equivalent of 2 glasses of apple juice per day for 1 month produced less of a small protein fragment, called "beta-amyloid" that is responsible for forming the "senile plaques" that are commonly found in brains of individuals suffering from Alzheimer's disease.

Dr. Shea commented that "These findings provide further evidence linking nutritional and genetic risk factors for age-related neurodegeneration and suggest that regular consumption of apple juice can not only help to keep one's mind functioning at its best, but may also be able to delay key aspects of Alzheimer's disease and augment therapeutic approaches."

Paper: The article is "Dietary Supplementation with Apple Juice Decreases Endogenous Amyloid- β Levels in Murine Brain" by Amy Chan and Thomas B. Shea. It is published in the *Journal of Alzheimer's Disease* 16:1 (January 2009).

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