

Fruits and Vegetables May Treat Dementia

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Fruits and vegetables and especially the ones, which are rich in vitamin C, are considered to be beneficial for treating dementia. The above mentioned statement forms to be the finding of the study being taken out by a group of German researchers.

The study, which has been supported by different institutions like the German Ministry of Science, Research and the European Union, is said to be a new ray of hope for many people across the globe.

It shall, however, be noted that the team of researchers being led by Professor Gabriele Nagel and Professor Christine Von Arnim has cleared that more studies need to be carried out to say something in concrete.

The study, which has been published in the Journal of Alzheimer's Disease, carried out an experiment. They enrolled 74 people, who were suffering from mild form of Alzheimer's disease and also enrolled 158 people in the category of controlled group.

All the participants were asked to go through procedures like neuropsychological testing surveys, which were related to their lifestyle. Not only was this, their blood levels as well as body mass index also being calculated.

The assessment of the same revealed that people suffering from Alzheimer's disease were lacking in the concentration of vitamin C and beta-carotene. This is the reason that consumption of fruits and vegetables is thought to be the solution.