

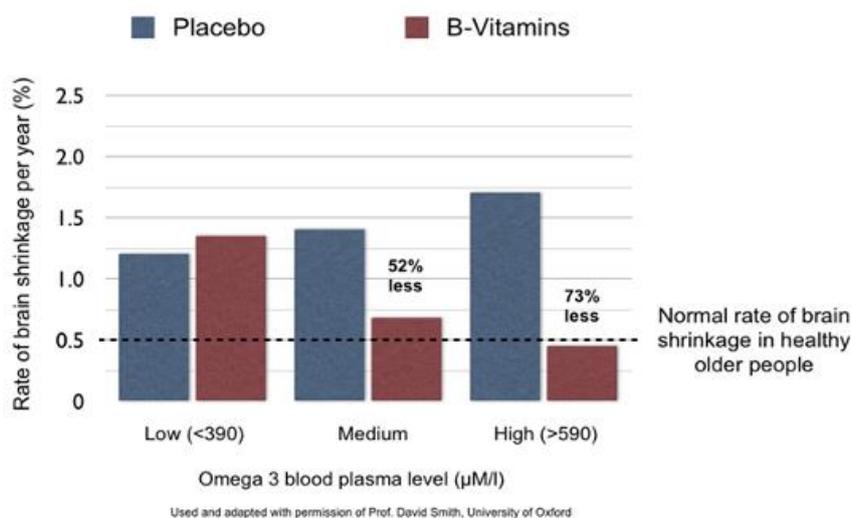
FOOD FOR THE BRAIN

Championing optimum nutrition for the mind

Omega-3 and B vitamins arrest Alzheimer's brain shrinkage

Food for the Brain's very own [Scientific Advisor, Professor David Smith](#) made [headlines last week](#); his latest Alzheimer's research shows that with **sufficient levels of omega-3 fats and B vitamins, brain shrinkage can be arrested by up to 73%** in those with high homocysteine and the first signs of memory decline.

[Reported last week in the American Journal of Clinical Nutrition](#) the study took 168 people over the age of 70 years with the first signs of memory decline and gave them either high dose B vitamins or a placebo, whilst closely monitoring brain shrinkage. The results were significant; those **taking the extra B vitamins who started with high omega-3 levels in their blood had 73% less brain shrinkage, reaching about the same degree of shrinkage as is normally found in healthy elderly people with no memory decline.**



Rate of brain shrinkage reduced by 73% in those given B vitamins, who started with a high omega-3 and a raised homocysteine level, indicating need for more B vitamins.

The least brain shrinkage occurred in participants with both high levels of omega-3 fats and homocysteine (it is understood that about half of people over the age of 65 years have raised blood [homocysteine](#)), which indicates poor vitamin B levels.

Professor Smith's work suggests that **at least one third of the British population could**

significantly reduce their risk of developing Alzheimer's simply by taking in enough omega-3 fats and B vitamins. Smith comments on how encouraging this study is, "something so simple as keeping your omega-3 levels high and supplementing B vitamins could dramatically reduce a person's risk. We should be screening people for the early signs of cognitive impairment and then testing their homocysteine and omega-3 status."

[To read the full feature on this story please click here](#)

Food for the Brain wishes to build on these latest findings on Alzheimer's prevention. You can support us in doing this by [making a donation within your means here](#), completing and sharing with friends and family the free online [Cognitive Function Test](#) which screens for signs of cognitive decline, or simply spreading the message that 'Alzheimer's prevention is better than taking drugs' by watching and sharing our film below:



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