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## Vitamin D3 and Curcumin Offer Hope to Alzheimer's Patients

Monday, August 17, 2009 by: Barbi Trejo, citizen journalist  
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(NaturalNews) New information which was published in the *Journal of Alzheimer's Disease*, may help in the search for an answer to preventing Alzheimer's. Promising results were obtained, using D3 alone or together with curcumin, an active ingredient in turmeric and curry. There is new hope that these two natural occurring substances may help boost the immune system and thus clear the brain of amyloid-beta, which forms plaque, therefore giving hope and relief to Alzheimer's patients.

Over 13 million people suffer from some sort of [dementia](#) associated with Alzheimer's [disease](#). This is caused by a build up of plaque from the deposits of amyloid-beta, causing an increase in cell damage. With this new study, there is hope for millions. There are many studies in the work that have found [curcumin](#) to be highly successful with animals and are now being tested on humans. They hope to have the results on humans very soon, so that it can be recommended to the general public. These studies have shown that D3 and curcumin together have reduced the oxidized damage to the [brain](#) and also decreased the inflammation.

In the past, scientists have found that two different groups of Alzheimer's patients reacted differently: Type 1 patients responded to the curcuminoids and type 2 did not respond positively. These two types of patient results depend on the genes MGATIII and TLR-3, which allows the [immune system](#) to work properly and thus enables the immune system to ingest amyloid-beta.

"Since vitamin D and curcumin work differently with the immune system, we may find that a combination of the two or each used alone may be more effective - depending on the individual patient," said Fiala.

According to the UCLA team of researchers it is too early to be recommended at this point or to say what dose should be recommended. They also stated that more studies are in the works. The cost of Alzheimer's disease is in excess of one hundred billion dollars in the US, so the fact of being able to use curcumin as an aide in the prevention is extremely exciting. Curcumin is very inexpensive and along with the necessity of D3, the cost to the patient could be minimal.

"We hope that [vitamin D3](#) and curcumin, both naturally occurring nutrients, may offer new preventive and treatment possibilities for Alzheimer's disease," said Dr Milan Fiala from the University of California Los Angeles (UCLA).

Curcumin has been used for thousands of years in Asian countries as a [food](#) spice and has many [health](#) benefits, from protecting against [cancer](#) to mild psychological effects. It is also being used for the reduction in pain. Many call this the Asian Aspirin. If a person understood the many benefits of curcumin, they would be rushing to buy it right now. Some of the benefits are:

- Prevention for cancer
- Anti inflammatory properties
- Cardiovascular benefits

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Dr. Donald Miller M.D., University of Washington in Seattle, stated that anyone who decides against the [swine flu](#) vaccine, should take 5000iu's of [Vitamin D](#) every day as a preventative. The benefits of both Vitamin D3 and curcumin are offering us hope and excitement about the upcoming trial results, but in the meantime they are indeed a necessary supplement for any diet.

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**About the author**

I am a former Real Estate Broker from California and a Raw Foodist who is currently Moderating several forums, to promote good health through natural living. I reside in Jordan where I am busy furthering the practice of holistic lifestyles through the use of God's medicine. I use to have MS and Early Onset Dementia, not anymore and I am well, strictly due to adhering to a healthy lifestyle. I hope to encourage many to change their lives and work with what is available in nature. I cured myself very cheap with little funds and I am here alive to tell you it can be done. I am the Moderator of Sara's Soup Kitchen, Nigella Sativa Support and a writer for Helium

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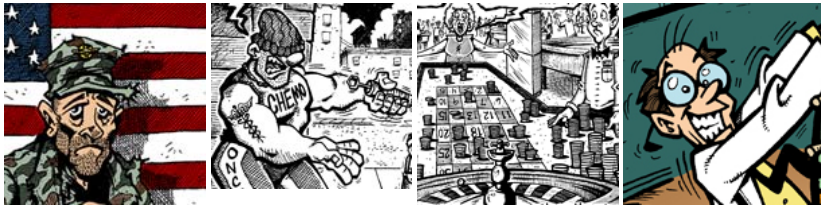
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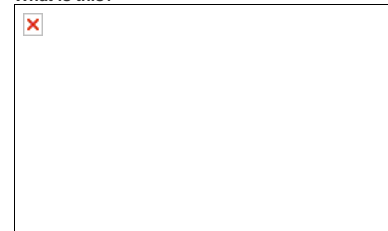
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