



Study Shows Eating This Food May Help Alleviate Symptoms in Alzheimer's Patients

Description

Researchers at the University of Copenhagen and the U.S. National Institute on Aging have discovered that consuming foods like pomegranates, strawberries, and walnuts may improve memory in Alzheimer's patients. These foods contain a substance called urolithin A, which can help alleviate memory problems associated with dementia. This natural compound found in pomegranates has been shown to remove weak mitochondria from the brain, thus restoring cognitive function. Clinical trials on humans are being planned based on promising results seen in mouse models. While more research is needed to determine the exact dosage needed for cognitive benefits, adding these foods to the diet is recommended. In addition to diet, maintaining physical activity and engaging in activities that keep the brain sharp can help mitigate Alzheimer's symptoms. These findings provide hope for potential natural treatments for neurological diseases.

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Vocabulary List:

1. **Alleviate** // (verb): To make a problem or suffering less severe.
2. **Cognitive** // (adjective): Related to mental processes such as thinking remembering understanding and reasoning.
3. **Compound** // (noun): A substance formed by the chemical combination of two or more elements.
4. **Mitochondria** // (noun): Cell organelles that generate energy for the cell.
5. **Neurological** // (adjective): Related to the study of nerves and the diseases that affect them.
6. **Urolithin** // (noun): A substance found in certain foods like pomegranates.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is important to do in order to keep muscle mass?
Option: Eat a balanced diet
Option: Sleep less
Option: Avoid exercise
Option: Ignore hydration
2. Which term refers to the ability to sustain prolonged physical or mental effort?
Option: Maintain
Option: Muscle mass
Option: Metabolism
Option: Endurance
3. What type of infection is caused by bacteria?
Option: Viral
Option: Parasitic
Option: Bacterial
Option: Fungal
4. What type of measure is taken to prevent disease?
Option: Curative
Option: Prophylactic
Option: Symptomatic
Option: Chronic
5. Which term relates to the mental processes of perception memory and reasoning?
Option: Alleviate



- Option: Complications
- Option: Cognitive
- Option: Immature

6. What type of disorders affect the nerves and brain?

- Option: Endurance
- Option: Alleviate
- Option: Neurological
- Option: Metabolism

7. Which compound is associated with the health benefits of pomegranates?

- Option: Bacterial
- Option: Urolithin
- Option: Aloe
- Option: UV

8. What term describes minor illnesses?

- Option: Infection
- Option: Ailments
- Option: Complications
- Option: Excessive

9. What term describes something not fully developed or grown?

- Option: Preventing
- Option: Immature
- Option: Spread
- Option: Guidelines

10. What is the result of excessive exposure to UV radiation?

- Option: Precautions
- Option: Alleviate
- Option: Sunburn
- Option: Crucial

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Regular exercise helps to maintain _____.

12. It is crucial to drink enough water to prevent _____.

13. Exercise can boost your _____ helping you burn more calories.



14. Consult with _____ to get reliable health advice.
15. Washing hands regularly can help prevent the _____ of germs.
16. _____ consumption of sugary drinks can lead to health issues.
17. Ignoring early symptoms of an illness can lead to serious _____.
18. Applying sunscreen can protect your skin from _____ radiation.
19. Follow safety _____ to avoid accidents and injuries.
20. Painkillers can help _____ discomfort caused by headaches.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Regular exercise and a healthy diet are essential for illness.
22. Using cold packs can help swelling after an injury.
23. Getting enough sleep is for overall health and well-being.
24. Antibiotics are used to treat bacterial .
25. Following safety can help reduce workplace accidents.
26. vera is known for its soothing properties and is commonly used for sunburns.
27. Regular exercise can increase your rate aiding in weight management.
28. Protect your skin from harmful rays by wearing sunscreen.
29. Strength training exercises can help maintain and increase .
30. Good hygiene practices can prevent the of infectious diseases.

Answer

Multiple Choice: 1. Eat a balanced diet 2. Endurance 3. Bacterial 4. Prophylactic 5. Cognitive 6. Neurological 7. Urolithin 8. Ailments 9. Immature 10. Sunburn

Gap-Fill: 11. Muscle mass 12. Dehydration 13. Metabolism 14. Experts 15. Spread 16. Excessive 17. Complications



18. UV 19. Guidelines 20. Alleviate

Matching sentence: 1. Preventing 2. Alleviate 3. Crucial 4. Infection 5. Guidelines 6. Aloe 7. Metabolism 8. UV
9. Muscle mass 10. Spread

CATEGORY

1. Health - LEVEL1

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