

## Creating pomegranate drug to stem Alzheimer's, Parkinson's

The onset of Alzheimer's disease can be slowed and some of its symptoms curbed by a natural compound that is found in pomegranate. Also, the painful inflammation that accompanies illnesses such as rheumatoid arthritis and Parkinson's disease could be reduced, according to the findings of a project headed by University of Huddersfield.



The key breakthrough by the researchers is to demonstrate that punicalagin, which is a polyphenol -- a form of chemical compound -- found in pomegranate fruit, can inhibit inflammation in specialized brain cells known as microglia. This inflammation leads to the destruction of more and more brain cells, making the condition of Alzheimer's sufferers progressively worse. There is still no cure for the disease, but the punicalagin in pomegranate could prevent it or slow down its development. The team used brain cells isolated from rats in order to test their findings.

But we do know that regular intake and regular consumption of pomegranate has a lot of health benefits -- including prevention of neuro-inflammation related to dementia. Recommending juice products that are 100 per cent pomegranate, meaning that approximately 3.4 per cent will be punicalagin, the compound that slows down the progression of dementia.

Most of the anti-oxidant compounds are found in the outer skin of the pomegranate, not in the soft part of the fruit. Although this has yet to be scientifically evaluated, pomegranate will be useful in any condition for which inflammation -- not just neuro-inflammation -- is a factor, such as rheumatoid arthritis, Parkinson's and cancer.

**Source: <http://www.sciencedaily.com/releases/2014/08/140822094106.htm>**