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FATTY ACID PLUMPS UP THE BRAIN

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OMEGA-3 fatty acid may be the magic bullet to fending off the memory-robbing effects of Alzheimer's disease. A new study found Alzheimer's patients taking daily omega-3 supplements saw their performance in memory tests remained steady. But the memory function in patients who didn't take the supplement deteriorated. What's more, taking the supplements early is best. "Patients who were taking omega-3 supplements at an early stage of the disease scored better" on memory tests, said researcher

Yvonne Freund-Levi.

