

Celery: Alzheimer's fighter?

Bloomberg News

10:22 PM EDT, May 21, 2008

Article tools

A chemical in celery reduced brain inflammation linked to Alzheimer's disease in a study of mice that suggests some plants help protect the brain.

Mice that drank water spiked with the chemical, an antioxidant called luteolin also found in hot peppers, parsley and chamomile tea, had less inflammation than other rodents when researchers tested them with a bacteria, according to a study in the May 27 issue of the Proceedings of the National Academy of Sciences.

Brain inflammation has been linked in other studies to Alzheimer's disease, multiple sclerosis and memory loss. This study, the first to focus on luteolin's brain-protecting properties, showed the substance modulates the body's response to diseases that inflame the brain. Luteolin and other plant chemicals, called flavonoids, also reduce cardiovascular disease and stroke in humans.

"We're not recommending anyone go out and binge on celery, but the ability to mitigate brain inflammation through the diet is exciting," said Rodney W. Johnson, the study's author and an associate professor in the department of animal sciences at

[University of Illinois at Urbana-Champaign](#), in a telephone interview yesterday.

The mice were fed the equivalent of roughly 47 human servings of celery each day, Johnson said. The U.S. Department of Agriculture recommends 2-cups of vegetables and 2 cups of fruit daily.

[More articles](#)

[Get breaking news](#) | [Most popular stories](#) | [Dining and Travel deals all via e-mail!](#)