

PROGRAM:	KCAL 9 News at 2 PM
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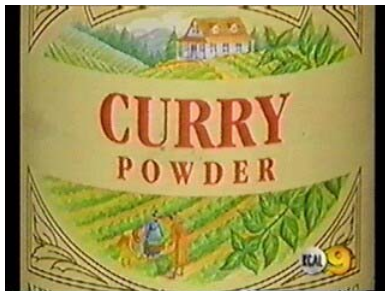
Divla Henry, Medical Reporter: Well, if you like curry in your food, you may be doing more for your health than you ever imagined. Studies show curry protects the brain against Alzheimer's and may actually break up the plaque caused by this disease.



It's not a food everyone likes, but those who do usually can't get enough of it. And now we're learning that one of the most common spices used in Indian food, curry, not only tastes good but has an added benefit, a big one.



Dr. Greg Cole, Researcher, UCLA Alzheimer's Center: We've discovered that it has, it's a triple threat against Alzheimer's disease.



Henry: That's right. Curry, used in most Indian dishes for centuries, is shown in animal trials to protect the brain against Alzheimer's disease. Dr. Greg Cole, who's conducting human trials at UCLA, says that's because curry is a powerful antioxidant.



Alzheimer's disease is believed to be caused by a small protein toxin that results in inflammation and free radical damage in the brain. Antioxidants and anti-inflammatory agents are shown to protect the brain, reducing your risk of getting the disease.



Cole: It directly attacks the toxin and prevents it from forming, or disaggregates it, and it also inhibits the response to the toxin, which is this inflammation and oxidative damage, so you've got a multi-pronged attack on the disease.



Henry: Great news for Mohammad Munim.
Mohammad Munim, Owner, Bollywood Restaurant: Very happy to hear that.



Henry: He eats curry daily and is owner of the family-run Indian restaurant Bollywood in Studio City. Some of their most popular dishes, chicken tikka masala, samosas, tandoori chicken, are all made with curry.



Munim: Always people have misconception about the Indian food. They think it's, you know, sometimes they think the spices, the spicy, it's bad for their health.

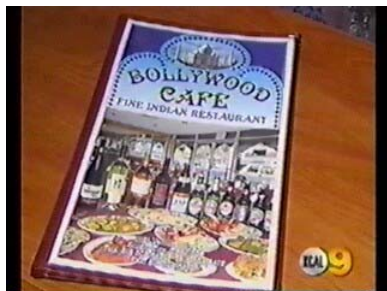


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Henry: You can order it spicy or mild, but the curry will be in there, hopefully working its magic. But there's more good news about curry.



Cole: It's a good anti-cancer agent, and it's been studied against prostate cancer, colon cancer, breast cancer—lots of different types of cancers.



Henry: That's right. Well, in India, where curry is used more than anywhere else, Alzheimer's rates are reportedly among the world's lowest.



Now, for more information about enrolling in UCLA's clinical trial on curry and Alzheimer's, you can call area code 310-206-3779. Again, that number is 310-206-3779.



So very good news there if you already like curry. It's a great spice. And that food is excellent, by the way. I love Indian food anyway, but theirs is really, really good. So...



David Gonzalez, Anchor: Great benefits.

Henry: Yeah, absolutely.

Mia Lee, Anchor: Thanks, Dilva.

Henry: Sure.



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