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Thread: [The diet that can help protect you against Alzheimer's Disease](#)

The Pact - October 20, 2026, 10:52 am

Recent studies from researchers in Ireland, England, and Italy have been identifying links between gut bacteria and changes associated with Alzheimer's disease. These findings support the idea that there is ongoing communication between the gut and the brain, often referred to as the "gut-brain axis."

Earlier research from King's College London compared blood and stool samples from people with and without Alzheimer's disease and found differences in their gut microbiomes. Other studies have also reported higher levels of inflammatory markers in individuals with Alzheimer's, adding to evidence that gut health and inflammation may be connected to neurological health.

While scientists are still working to understand exactly how these relationships work, many experts agree that the gut-brain connection is an important area of research that could lead to new approaches for supporting healthy aging.

Nutrition and inflammation

One reason the gut-brain connection has attracted attention is the role that diet can play in inflammation and overall health.

Researchers have observed that traditional dietary patterns in some parts of the world have historically been associated with lower rates of certain chronic diseases. While many factors influence dementia risk, including genetics, healthcare access, education, and lifestyle, diet is one area people can potentially modify.

Turmeric, a spice commonly used in South Asian cuisine, has received particular attention because it contains curcumin, a compound with anti-inflammatory properties. Some studies suggest that curcumin may support gut health and intestinal barrier function, although more research is needed to fully understand its effects on brain health.

For those who enjoy it, turmeric can be an easy addition to meals such as soups, vegetables, lentils, eggs, smoothies, or tea. It is often paired with black pepper, which may help improve the body's absorption of curcumin.

The Mediterranean diet and brain health

When discussing nutrition and healthy aging, many experts point to the Mediterranean diet as a well-studied dietary pattern associated with cardiovascular and brain health.

The diet emphasizes:

- Vegetables, especially leafy greens
- Fruits
- Beans and legumes
- Whole grains
- Nuts and seeds

Olive oil
Fish in moderation
Fermented foods such as yogurt
Herbs and spices

It also tends to limit:

Highly processed foods
Processed meats
Foods high in added sugar
Refined grains
Excessively salty foods

Rather than focusing on strict rules, many people find it helpful to make gradual changes over time, such as adding more vegetables, replacing processed snacks with nuts or fruit, or cooking more meals with olive oil and legumes.

A balanced perspective

Research into Alzheimer's disease is advancing rapidly, and scientists continue to learn more about how the gut microbiome, inflammation, metabolism, and brain health may interact.

While no single food or dietary pattern can prevent Alzheimer's disease, maintaining overall health through balanced nutrition, regular physical activity, social engagement, good sleep, and management of conditions such as high blood pressure and diabetes may help support healthy aging and brain function.

The encouraging message is that many lifestyle factors remain within our control, and even small, sustainable changes can contribute to better overall health.

This is paraphrased from the following article.

<https://www.dailymail.com/health/article-15535147/These-two-diets-help-protect-you-against-Alzheimers-Disease-writes-leading-gastroenterologist-DR-PARTHA-NANDI-new-book-Heal-Gut-Save-Brain.html>

Raijin - October 21, 2026, 7:04 am

I seem to be eating the Mediterranean diet and I didn't know it.

The Pact - October 21, 2026, 8:26 pm

(Oct 21, 2026 07:04 AM)Raijin Wrote: [\[CITE\]](#) I seem to be eating the Mediterranean diet and I didn't know it.

Hmm I wish I was. Would be best for me, but for one thing olive oil here is so insanely expensive. And I'm not good at having the energy to always cook from fresh ingredients. Maybe when I've recovered more from my operation.