

New Research Suggests That Black Carrots Could Reduce the Risk of Neurological Diseases Including Alzheimer's

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Evidence from new research suggests that eating black carrots on a regular basis could have positive benefits in reducing the risk of neurological diseases such as Alzheimer's.

Shetland, UK -- (SBWire) -- 02/14/2019 --Evidence from new research suggests that eating black carrots on a regular basis could have positive benefits in reducing the risk of neurological diseases such as Alzheimer's. A number of components in black carrots including its anti-inflammatory properties and anthocyanin can play an important role in treating these conditions. The research is not yet conclusive but it's a big step towards understanding Alzheimer's as well as its potential natural treatments.

Alzheimer's is one of the leading causes of death among seniors around the world. Despite billions of dollars dedicated to research, there hasn't been any definitive step forward yet in understanding what causes the ailment and how to treat it. Alzheimer's is a neurological disease that causes progressive loss of memory and cognitive abilities. It's not easily detectable since most people suffering from it don't even know they have the symptoms. In most cases, it can take years before symptoms become clear and by then it's often too late. But recent studies suggest that eating [black carrots](#) could help reduce the risk and even the severity of Alzheimer.

Scientists note that black carrots contain important anthocyanin elements that have traditionally been used in treating Alzheimer's. The researchers also note that anthocyanin have potent antioxidants. They say that antioxidants can help reduce inflammation which in turn helps reduce the risk of dementia. In addition to this, antioxidants have also been known to counter toxins in the body that damage healthy cells. This can help reduce the risk of cancer too although research on this is still ongoing. These benefits of black carrots are also well documented.

Scientists have hypothesized that Alzheimer's is caused by the accumulation of certain proteins in the brain. The proteins are called amyloid and tau. In recent years, a bulk of research funds has been dedicated towards developing drugs that prevent the synthesis of these proteins. However, things have not worked out since cases of Alzheimer's have continued to deteriorate even with these types of treatments. More recently, researchers are also associating a bacterium involved in gum disease with dementia. There is, in fact, evidence backing this hypothesis and many scientists feel that it could be a major breakthrough in understanding this condition.

But for most patients, natural alternatives like [black carrot extract](#) are often encouraged. Although there are many things people can do to reduce the risk of dementia or Alzheimer's, there is little evidence to support most of them. But black carrots seem to have the backing of the scientific community and when you consider these veggies have other health benefits too, they should indeed be worth the try.

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