Dietary or supplemental DHA and EPA may complement antioxidant nutrients to significantly reduce the risk of developing age-related macular degeneration, according to a new study. Research conducted at Tufts University and the University of Wisconsin, and published in the *British Journal of Ophthalmology*, showed significant preventive benefit when DHA and EPA were added to an eye health program that also included antioxidant nutrients. These findings concur with earlier reports of improvements in eye health with DHA and EPA.\(^2\)

Health conscious individuals obtain EPA and DHA in their fish oil supplements. Supplements previously found to protect eye health include vitamins C and E, zinc, copper, and beta-carotene.\(^3\) This recent study found that the addition of DHA was associated with a 27% reduction in the progression to advanced age-related macular degeneration, while EPA was linked to a 26% reduction when added to these nutrients.

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**Curcumin and Vitamin D Duo May Improve Brain Health**

A recent study in the Journal of *Alzheimer's Disease* may lead to new methods when it comes to the prevention of Alzheimer’s disease. The study was done at the University of California Los Angeles (UCLA) and involved using vitamin D3 alone or with natural or synthetic curcumin to bolster the immune system and protect the brain against beta-amyloid.*

Beta-amyloid deposits cause a build-up of plaque, which is associated with an increase in brain cell damage and oxidative stress. This damage and stress can lead to cell death, which correlates to a loss of cognitive function and an increased risk of Alzheimer’s disease. In order to boost the immune system, vitamin D3 and natural or synthetic curcumin were incubated with macrophages exposed to beta-amyloid. Macrophages play an important role in boosting the immune system.

The researchers at UCLA discovered that vitamin D could help the absorption of beta-amyloid into macrophages and that curcumin compounds improved the binding of beta-amyloid to macrophages. They concluded that vitamin D3 and curcumin may help the immune system clear protein plaques linked to Alzheimer’s.

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**Reference**

