
cardiovascular health Smoke Em If You Got Em

Posted by ironjustice - 2008/11/18 00:10

Kirk McKoy / Los Angeles Times Flintstones Complete?s maker says its choline aids healthy brain function. The supplement is touted as beneficial for mood, mental acuity and heart health. But many get enough in their diets. By Chris Woolston November 17, 2008 From arginine to zinc, there's a frighteningly long list of nutrients that you can't live without. You certainly don't want to fall short of choline

=====

cardiovascular health Smoke Em If You Got Em

Posted by ironjustice - 2008/11/18 00:10

Nicotinamide lowered levels of phosphorylated tau << The lower number of tangles in the super aged appears to be the critical difference in maintaining memory skills Tangles consist of a protein called tau 'Super' Aged Brains Reveal First Secrets Of Sharp Memory In Old Age ScienceDaily (Nov. 17, 2008) ? Maybe you have an 85-year-old grandfather who still whips through the newspaper crossword puzzle every morning or a 94-year-old aunt who never forgets a name or a face. They don't seem to suffer the ravages of memory that beset most people as they age. Researchers at Northwestern University's Feinberg School of Medicine wondered if the brains of the elderly with still laser sharp memory

=====