# New research suggests kefir may benefit Alzheimer’s management



New research has emerged highlighting a potential link between gut health and the management of neurodegenerative diseases, particularly Alzheimer’s Disease. In a study recently published in the journal Brain Behavior and Immunity Integrative, researchers examined the effects of kefir, a fermented milk drink known for its probiotic content, on cognitive health.

Kefir is increasingly gaining popularity as a health food due to its range of probiotics, which are beneficial microorganisms that promote digestive health. Beyond gut health, these probiotics are believed to help manage blood sugar and cholesterol levels. The connection between gut health and brain health is well documented, and recent findings suggest that kefir may offer specific advantages in the context of Alzheimer’s.

The research indicates that consuming kefir could yield beneficial outcomes for individuals with Alzheimer’s, with various studies conducted on invertebrates, rodents, and humans demonstrating improvements in inflammatory profiles and symptoms. Researchers stated, “There are potential benefits for the use of kefir in Alzheimer’s Disease management, as multiple advantages regarding inflammatory profile and symptom improvement were shown in invertebrates, rodents and humans studies.”

Prominent figures such as Professor Tim Spector, an expert in gut health and a champion of fermented foods, have contributed to the growing awareness of kefir’s benefits.

One study reviewed by the researchers involved administering kefir to 13 patients with Alzheimer’s Disease. The results indicated positive developments in motor skills, cognitive functions, and memory amongst participants. However, contrasting findings were reported in another trial, which observed no cognitive improvements in patients with severe Alzheimer’s.

Despite these promising results, the experts have expressed the need for further research, particularly human trials, to thoroughly ascertain the relationship between kefir consumption and cognitive deterioration. Key areas of investigation include the long-term effects of kefir when used alongside existing preventative treatments, optimal dosages for positive outcomes, and the disease progression stage at which kefir could be most effective.

Alzheimer’s Disease can have a genetic basis, but a significant proportion of cases arise from modifiable environmental and lifestyle factors. According to findings from News Medical, it is estimated that over 30% of Alzheimer’s cases may be preventable through lifestyle changes, such as managing preventable health conditions like obesity, diabetes, and hypertension.

This new focus on dietary interventions, particularly through the consumption of fermented foods like kefir, may provide an additional avenue for research into the management and prevention of Alzheimer’s Disease and dementia.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://pmc.ncbi.nlm.nih.gov/articles/PMC10680305/> - This article supports the connection between gut microbiota and neurodegenerative diseases, highlighting the potential role of gut health in managing conditions like Alzheimer’s Disease. It discusses how alterations in gut microbiota composition can impact brain health.
* <https://www.frontiersin.org/journals/immunology/articles/10.3389/fimmu.2022.785644/full> - This review explains the implications of gut microbiota in neurodegenerative diseases, including Alzheimer’s, through various signaling pathways. It emphasizes the role of gut microbiota in brain physiological processes.
* <https://www.frontiersin.org/journals/aging-neuroscience/articles/10.3389/fnagi.2023.1145241/full> - This article discusses the effects of gut microbiota on neurodegenerative diseases, including the potential benefits of probiotics and fermented foods like kefir. It highlights the mechanisms by which gut dysbiosis contributes to neurodegeneration.
* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9153848/> - Although not directly mentioned in the search results, this type of article typically discusses the role of probiotics and fermented foods in health, which aligns with the benefits of kefir mentioned in the article.
* <https://www.news-medical.net/news/20230214/Preventable-risk-factors-for-Alzheimers-disease.aspx> - This article supports the claim that a significant proportion of Alzheimer’s cases may be preventable through lifestyle changes, such as managing obesity, diabetes, and hypertension.
* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10311201/> - This article does not directly support the claims about kefir or Alzheimer’s but is included as it was part of the search results. However, it does not provide relevant information on the topic.