

The Island LeisureLAND

Wednesday 28th January, 2009

Apple juice could guard against Alzheimer's



Drinking apple juice could help prevent Alzheimer's disease, a new study indicates.

Research has found that consuming two glasses of apple juice a day could delay the onset of the brain disorder, which affects more than 400,000 people in the UK.

Scientists made the discovery through laboratory tests on mice, which showed that those fed apple juice performed better in maze trials.

Experts observed that the drink prevented the decline in the rodents' performance in the tests, which they normally suffer as they get older.

The experiments found that apple juice stemmed the production of a small protein fragment called beta amyloid, commonly found in the brains of Alzheimer's sufferers.

The effect was most pronounced when mice were given the equivalent of two glasses of apple juice per day for one month, researchers at the University of Massachusetts Lowell found.

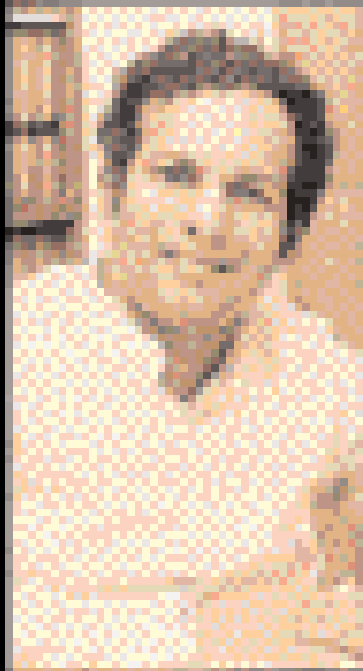
Professor Thomas Shea, from the university's Centre for Neurobiology, who led the research, said: "These findings provide further evidence linking nutritional and genetic risk factors for age-related neurodegeneration."

"They suggest that regular consumption of apple juice can not only help to keep one's mind functioning at its best, but may also be able to delay key aspects of Alzheimer's disease and augment therapeutic approaches."

The study is published in this month's issue of the Journal of Alzheimer's Disease.

More than 700,000 people in Britain suffer from dementia, an estimated 417,000 of whom have Alzheimer's, the most common form.

© The Telegraph Group
London 2008



Dr. Neelan Tiruchelvam



Neelan's 65th birth anniversary

India's renowned Folk Theatre to perform in Colombo

India's renowned cultural troupe from Tamil Nadu, Purisai Duraisami Kannappa Thambiran's folk theatre, 'Therukoothu', will grace the Colombo stage on January 31, at the Bishop's College auditorium at 7:00 p.m. and in Galle on February 1 at Hall de Galle at 5:00 p.m. The unique event is being organized by the Neelan Tiruchelvam Trust, International Centre for Ethnic Studies, Law and Society Trust and Tiruchelvam Associates in connection with the 65th birth anniversary celebrations of Dr. Neelan Tiruchelvam.

"Therukoothu" literally means "street theatre" in Tamil. It is a dynamic form of folk theatre indigenous to Tamil Nadu and popular among the rural population, combining spoken word, song and dance. Its repertoire is traditionally drawn from mythologies and epics, particularly the Mahabharata. Actors are painted with colourful facemasks and wear special costumes with heavy head-gears and arm plates made of wood. It employs simple musical instruments like Harmonium, Mridhangam, Mugaveenai and Cymbals, as accompaniment.

"Therukoothu" is not merely a form of theatre, it is bound with people's emotions, values, attitudes to life which are reflected in the many rituals that accompany this art.

The play to be staged in Colombo is titled "The Disrobing of Princess Draupathi", a classic story enacted from the Mahabharata where Draupathi's husband Yudhishtira gambled and lost all of his wealth, including his wife in a rigged game set up by the evil Duryodhana. The troupe has performed in various festivals and venues in India,

France, Sweden, Singapore and Columbia. They have been invited to perform at the India Republic Day celebrations in New Delhi on January 26, this year.

The play is directed by P.K. Sambandan, who also takes the lead role in the play. A fifth generation artiste of the Purisai School of Therukoothu, Sambandan has been performing since 1977 in the main roles. He was conferred the prestigious title Kalaimamani by the Tamil Nadu government in 1995.



'Tteokguk'



Samanmali's heart - soothing songs



Aamir enjoys an all boys night out