OraQuick® Launches “Make Knowing Your Thing Today” Campaign to Promote the Importance of Knowing Your HIV Status

Early study: feeling hungry may protect the brain against Alzheimer's disease

Tips to help allow sufferers get some rest

Tips to help you handle the challenges of autism

Spray is here! This week's health news may change your life, in your home, on your phone, and even in your car. After all, it's time to spray clean things!"

Sparking life! Here's how to spring clean your health and lifestyle. After all, it's time to spring clean the things that matter most!

Health & Wellness

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BRIGHTON, Ala. – The feeling of hunger may protect the brain against Alzheimer's disease. A study published in the journal PLOS ONE in July found that a diet high in protein, specifically soy, may help prevent the disease.

The study, which was conducted at the University of Alabama at Birmingham, found that a diet high in protein, specifically soy, may help prevent the disease.

However, the study only included a small number of participants, and more research is needed to confirm the results.

“The lack of studies on how to prevent Alzheimer's disease is a major reason why the disease is not a priority for clinical research,” said Jayne F. Goyette, a neurobiologist at the University of Alabama at Birmingham, in a statement. “We need to turn our attention to understanding the mechanisms underlying Alzheimer's disease and the potential role of dietary factors in preventing the disease.”

The study suggests that a diet high in protein, specifically soy, may help prevent the disease.