

# Floor Covering Media

Your Gateway to the Floor Covering Industry

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## Strawberry experiment!



The University of Cincinnati recently recruited thirty volunteers for a rather interesting experiment. These participants were 50 to 65 years of age. They complained about mild cognitive impairment. The group was asked to refrain from eating berries for the duration of the experiment. Half the group was supplied with a daily supplement. It was a powder; that contained the equivalent of a cup of strawberries. Though the other half received a placebo; which is a substance without therapeutic effect! After 12 weeks (three months), the group was tested on their memories and word learning abilities.

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Those who were given the [strawberry](#) powder scored better on the test and displayed a significant reduction in depressive symptoms. Admittedly, the [California Strawberry Commission](#) funded the experiment. Nevertheless, the results actually support research that reveals those people with a diet of berries actually have a slower rate of cognitive decline, as they gracefully age.

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[Strawberries](#) are not the only fruit that defends against the onset of dementia. [Blueberries](#) also stave off dementia, which contain important [antioxidants](#) named [anthocyanins](#). These contribute to a diversity of health benefits, such as metabolic and cognitive enhancements. Also, strawberries contain compounds, which reduce inflammation; something that is linked to dementia!



There is the possibility a loved one or someone in your care may not be receptive to eating [strawberries](#) (or [blueberries](#)), as some people have an aversion to having fruit during meals and in the process rob themselves of important nutrients. Regardless, motivate them to have one before during or after a meal and gradually increase these quantities over a period of time. Eventually, this regimen may serve to slow the rate of their cognitive decline. You could use supplements or the real fruit. They might acquire a taste for it.

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Floor Covering Media publishes  
press releases called Flooring Updates.

## Flooring Updates



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## Flooring Network

For those in the market and those that serve it

Floor Covering Media is  
a social media network.

## Floor Search

Answers to Questions About Flooring

Retrieve timely, objective news and  
information at <https://www.floorsearch.info>.