



“A diet rich in phytochemicals from berries could help improve brain health in several ways, such as improving communication pathways and protecting against oxidative stress ”, say Miller and his researcher team in their review published in the Journal of Agricultural and Food Chemistry.

On the other side : *“two glasses of cranberry juice a day may protect against the development of hardening of the arteries ”* according to another new study published in European Journal of Nutrition.

The power of polyphenols from berries, and also from others fruits and vegetables, in the human health is currently the hot topic for which many researchers are working. Every day, news positive effects are found and published in scientific reviews. But how really about polyphenols applications ?

The challenge of [Paris Polyphenols 2012 World Congress](#) which will be held in **Paris**, France in **June 7-8**

2012

, is to answer with scientists, academics, industrials and many others professionals of polyphenols from all countries. This Congress will showcase how to use polyphenols in human health, with applications and perspectives.

Paris Polyphenols 2012 is the perfect opportunity to find new ideas on polyphenols applications !

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