

In A Nutshell  
September 2020  
Cashews

According to a study published in the journal PNAS anacardic acid, a compound found in cashew nuts, promoted myelin regeneration and eased neuronal damage and disability in two mouse models of MS.

These findings suggest that treatment with anacardic acid may be a new potential therapeutic approach for demyelinating diseases such as MS.

In the brain, damage of myelin attracts immature, stem-like cells called oligodendrocyte precursor cells (OPCs) to the lesion site. These OPCs then mature into oligodendrocytes, which are myelin-producing cells capable of restoring the myelin sheath.

Despite the presence of these progenitor cells in MS lesions, remyelination, or myelin repair, is incomplete or absent. Increasing efforts are focused on identifying potential therapeutic approaches to promote oligodendrocyte maturation and/or remyelination.

<https://multiplesclerosisnewstoday.com/news-posts/2020/08/18/cashew-shell-compound-appears-to-mend-damaged-nerves/>

Just For Fun

So let's all start eating cashews!

<b><u>Cashew Crusted Chicken</u></b>	
1 (12 ounce) jar	<b>Apricot Preserves</b>
¼ cup	<b>Prepared Dijon-Style Mustard</b>
1 teaspoon	<b>Curry Powder</b>
4	<b>Boneless Chicken Breast Halves</b> (skinless)
1 cup	<b>Cashews</b> (coarsely chopped)

Preheat oven to 375 degrees F (190 degrees C).

Combine the preserves, mustard and curry powder in a large skillet and heat over low heat, stirring constantly, until preserves are completely melted and smooth.

Place cashews in a shallow dish or bowl. Dip chicken breasts in skillet sauce, then roll in nuts to coat and place in a lightly greased 9x13 inch baking dish.

Bake at 375 degrees F (190 degrees C) for 20 to 30 minutes. Boil any remaining sauce and serve on the side with the baked chicken.