



# Sugar Drives Alzheimer's

How Sugar Harms Your Brain Health

*"Sugar is Driving the Alzheimer's Epidemic."*



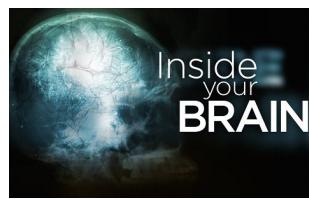
New research suggests that your diet and risk of developing Alzheimer's disease are connected, and via similar pathways that cause type 2 diabetes.

Contrary to popular belief, your brain does not require glucose, and actually functions better burning alternative fuels, especially ketones, that are derived by digesting healthy fats.

Alzheimer's and other brain disorders may be caused by the constant burning of glucose for fuel by your brain.

Alzheimer's disease was dubbed "type 3 diabetes" in 2005 when researchers discovered that in addition to your pancreas, your brain also produces insulin, and this brain insulin is necessary for the survival of brain cells.

as a smaller hippocampus and compromised hippocampal structure. The researchers also found that the structural changes partially accounted for the statistical link between glucose and memory. According to study co-author Agnes Flöel, a neurologist, the results 'provide further evidence that glucose might directly contribute to hippocampal atrophy.'"



In your brain, insulin helps with neuron glucose-uptake and the regulation of neurotransmitters, such as acetylcholine, which are crucial for memory and learning. This is why reducing the level of insulin in your brain impairs your cognition.

"Higher levels on both glucose measures were associated with worse memory, as well

## Sugar Saga

Alzheimer's is now the third leading cause of death in the US, behind heart disease and cancer

A growing body of research suggests there's a powerful connection between diet and risk of developing Alzheimer's disease, via similar pathways that cause type 2 diabetes

Recent research shows that sugar and other carbohydrates can disrupt your brain function even if you're not diabetic or have any signs of dementia



Long-term, sugar can contribute to the shrinking of your hippocampus, which is a hallmark symptom of Alzheimer's disease

The researchers propose that lowering glucose levels, even if they're within the "normal" range, may have a positive influence on cognition in older people.

## Sugar Damages Brain Structure and Function

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