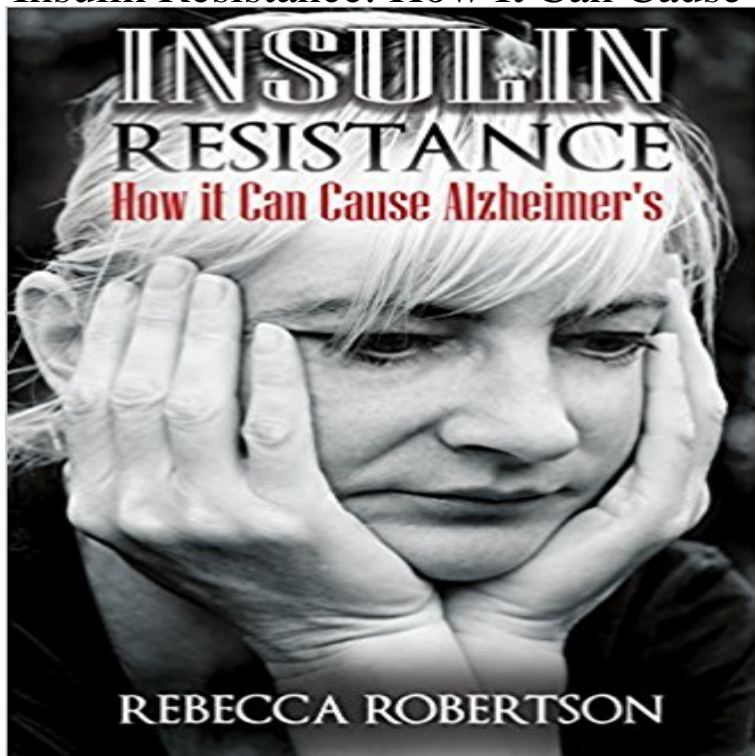


## Insulin Resistance: How It Can Cause Alzheimers



Is Alzheimers really diabetes of the brain? In a 2007 study, researchers from Northwestern University suggested that this could be the case. Since then, the evidence has mounted that your blood sugar and insulin levels are critical to your cognitive ability and can play a decisive role in whether you get Alzheimers. Insulin is a hormone thats critical to the health of your brain cells. Your insulin levels affect your ability to think clearly, to pay attention, to learn, and to remember what youve learned. It can also impact your mood and mental health. This is something I discovered when I was diagnosed with insulin resistance. I was surprised when my doctor told me, because I was slim (55 and 110 lbs.) and thought that I was eating a healthy diet. Unfortunately, following conventional health advice, which advocates a low-fat, high-carb diet based on the old American Heart Association food pyramid, was sapping my energy and giving me brain fog. It was also putting me at risk of getting Alzheimers or experiencing cognitive decline. Could this be happening to you? You could be slim and fairly active. Or you could have challenges with your weight. Maybe youve already been diagnosed with pre-diabetes or diabetes. Or you could be one of the millions world-wide who have high blood sugar and other insulin-related problems without even knowing it. This book provides all the essential information on why your blood sugar and insulin levels are inextricably linked to your mental capabilities. Backed by credible research, the information in this book will explain how you can prevent insulin-related brain damage from occurring or even reverse and heal the damage thats already been done. If you like to read, if you enjoy intellectually stimulating activities, if you want to maintain an active social life and keep up with your family and friends when you have conversations, can you imagine

your life without any of the above? Can you imagine being unable to engage in cognitively demanding conversations? What if you lacked the focus and working memory to read your favorite books and magazines? What if you stopped being you? Thankfully, this doesn't have to happen, and I'll show you why.

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**increases risk for Alzheimers disease, study finds Preventing Alzheimers Disease Is Easier Than You Think** Sep 7, 2016 This does not mean that diabetes causes Alzheimers Disease dementia can strike even if you dont have diabetes. Its more accurate to think **How Alzheimers Could Be Type 2 Diabetes - Diabetes and Alzheimers: Insulin resistance increases risk - Mayo** Jul 31, 2015 Insulin resistance is associated lower brain glucose metabolism and poorer memory in late-middle-aged adults at risk for Alzheimers disease **Insulin Resistance and Alzheimers Disease - University of Washington** Aug 12, 2015 Insulin resistance also raises your risk for heart disease, so its not insulin resistance will ultimately also raise your risk of Alzheimers.

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