**Being Too “Sweet” Can Cause You to Lose Your Mind**

By Dr. Ramona Warren

Being sweet is a wonderful thing…if it relates to your personality. Unfortunately, more and more Americans are becoming too “sweet” physiologically and, according to recent research, this is causing people to “lose their minds.”

High blood sugar, known as diabetes, has many devastating side effects including increased risk for heart disease, stroke, high blood pressure, complications with eyesight and neuropathy.

Now research is showing increased blood sugar levels can also cause the brain to “shrink” in areas associated with memory and emotional processing, while increasing the overall risk for developing Alzheimer’s. Alzheimer’s is a form of dementia and is a progressive degenerative disorder of the brain resulting in memory loss and personality changes. Those with diabetes have twice the risk of developing Alzheimer’s.

For years we have been taught there are two types of diabetes. Type 1 Diabetes is a condition you are born with, or develop as a child, and requires daily insulin to help maintain blood sugar levels since the pancreas is unable to produce adequate insulin. Type 1 diabetes accounts for about 5-10 percent of diabetic cases.

Type 2 diabetes is acquired and accounts for about 90 percent of diabetes cases – with the number of American cases nearly tripling over the past 40 years. It is often caused by poor lifestyle habits where the individual eats too many refined, processed, sugary foods and has a sedentary lifestyle. With Type 2 Diabetes, the pancreas has to release more and more insulin into the bloodstream to keep up with the increased levels of sugar being consumed. The result is “insulin resistance,” where the cells in the body basically ignore insulin. We need insulin because it is used to transport blood sugar, the “fuel” of our body, into the cells. When the insulin levels in the blood increase and the cells become resistant, then the excess blood sugar is stored as fat. When the cells of the brain become resistant to insulin it leads to Alzheimer’s, which has been referred to as Type 3 Diabetes. In the next 40 years more than 115 million new cases of “Type 3 Diabetes” are projected around the world.

Multiple studies have shown the link between diet and diabetes, as well as the link between diet and Alzheimer’s. Type 2 Diabetes and Alzheimer’s are not conditions that just “happen” to us. Genetics is responsible for only a small percentage of people with diabetes or Alzheimer’s. When you have a genetic tendency toward developing a disease, it is much like you have come to this earth with a loaded gun within your body. What pulls the trigger and causes the disease to develop is your lifestyle.

To help reduce the risk for Alzheimer’s and Type 2 Diabetes, we need to follow the advice of Hippocrates, the father of medicine, who said: ”Let food be your medicine.” A Mayo Clinic Report published in the *Journal of Alzheimer’s Disease* in 2012 showed those eating a carbohydrate-rich diet had an 89 percent increased risk for dementia, and those whose diets had higher levels of healthy fats showed a 44 percent decreased risk for dementia. In the September 2011 issue of *The Lancet Neurology* research showed that diet and lifestyle could have prevented up to 54 percent of Alzheimer’s cases in the United States.

The following steps can go a long way toward improving your health and lowering your risk of developing these devastating conditions.

* Eliminate sugar and processed grains. There are many healthy replacements for those who have a “sweet” tooth. Look on my website [www.pathwaystohealing.biz](http://www.pathwaystohealing.biz) for recipe ideas.
* Avoid processed foods, especially those with sodium nitrite on the label since it has a strong correlation with insulin resistance.
* Eat a diet rich in colorful vegetables and lean meats, preferably from an organic source.
* Consume cold water fish that are wild caught.
* Exercise to help your body and your brain. Weight training is very effective for insulin resistance and fat loss, as well as interval training.
* There is a very effective 10-Day Blood Sugar Program I have used in the office with great success, including with my own husband.

You don’t have to become one of the many who are at risk for developing diabetes and Alzheimer’s. You do have a choice. Be “sweet” to yourself and your family by making healthy lifestyle choices. We don’t have to suffer with failing bodies and weakened minds. We do have choices, and we can make changes to lower our risk for diabetes and Alzheimer’s.