The Wellness Express™
Jump on the train to good health

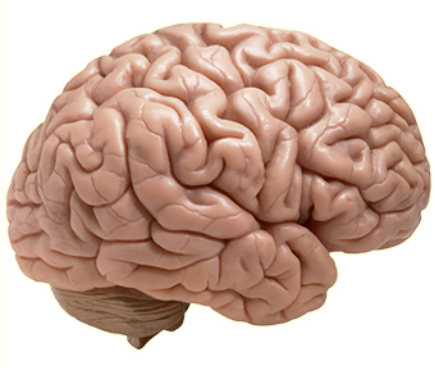
Issue 4, January 2014

Too Much Sugar Over the Holidays?

Presented by:

Introduction

We all know that eating all those holiday goodies can have a detrimental effect to our waistline, our cholesterol and our blood sugar but did you know that it can affect your brain too?



A strong link is being developed by researchers who link Alzheimer's to diabetes. The diabetes they are linking it to is being called Type 3 diabetes (although this is not an official term), which is different from Type 1 diabetes (the autoimmune diabetes which affects 10% of diabetics) and Type 2 diabetes (which now impacts about one-third of adults and is epidemic in children due to the amount of sugar we consume.)

Type 3 diabetes as a concept has existed since 2005 but has becoming more convincing as the connection between poor diet and Alzheimer's is validated with very persuasive studies linking Alzheimer's, vascular dementia and other cognitive impairments to impaired sugar metabolism.

Our bodies need insulin to help cells use sugar (glucose) for energy. Once cells have all the sugar they need the excess sugar is first stored in the liver and when the liver is full of sugar, we store it as fat. Blood sugar comes from sugar and carbohydrates.

Insulin not only helps cells obtain sugar but also keeps blood vessels, (including those to the brain) healthy. Low insulin levels mean reduced brain function because sugar in the form of glucose can't get into the neurons.

Presented by:

Exercise of the Week

Seated Upper Back Extension

Difficulty: Moderate

(Consult your chiropractor before doing this or any other exercise.)

Start: Seated in a chair with a backrest that extends up to mid-back (at or around height of shoulder blades).

Exercise: both hands together, and reach arms overhead. Then, reach up and back, letting upper back bend over backrest of chair. Also bring chin up toward ceiling. Concentrate on 'opening' effect this stretch can have on chest and shoulders. Hold for 30-60 seconds, and then return to starting position. Repeat 2X.

Chronically high insulin levels, either destroy the pancreas, reducing insulin levels, or leave the pancreas overproducing insulin. When insulin is high for long periods of times, cells desensitize to the insulin and ignore it, leaving them unable to absorb blood sugar. **So both high and low insulin, over time, result in neurons being starved of energy.**

When brain cells become insulin resistant, memory loss, disorientation and personality changes may occur. With chronic insulin resistance, proteins called beta amyloid plaques develop in the brain, impairing brain function.

The Key to Good Memory May Reside in your Food Choices!

Researchers have already established that people with diabetes are at least twice as likely to get Alzheimer's and that obesity alone increases the risk of impaired brain function. Although diabetes doesn't "cause" Alzheimer's, they both require the over-consumption of foods that impair insulin's many roles.

The link between diet and Alzheimer's should have you raising the bar on those New Year's resolutions about diet! Seven to nine servings of fruits and vegetables a day, lean meats, complex carbohydrates and very little processed or packaged food is a SANE diet. The standard American diet (the SAD diet) will leave you SAD when your physical or cognitive health fails.

How can you modify your diet and lifestyle for 2014?

- Use xylitol or stevia as a sweetener.

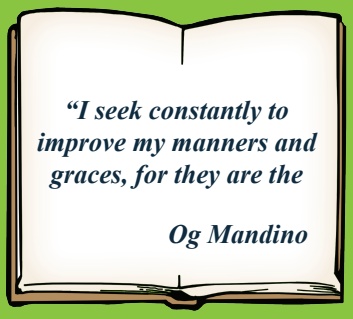
- Exercise to support healthy blood sugar and enhance brain function.

- Use supplements such as chromium picolinate, cinnamon and gymnema sylvestre to support blood sugar. Chromium reduces glysosylated hemoglobin (HbA1C) which is a measure of blood sugar control, as well as fasting blood glucose levels.

- Gymnema sylevestre is an herb native to the tropical forests of southern and central India and Sri Lanka which can also reduce HbA1C levels. Cinnamon improves fasting blood glucose.

- **Stop smoking!** If you smoke and have high blood pressure, chronic inflammation and are prediabetic or diabetic, you increase your risk of Alzheimer's.

Quote to Inspire



"I seek constantly to improve my manners and graces, for they are the

Og Mandino

TRIVIA QUESTION:

Where is sugar (glucose) stored in the body before it is stored as body fat?

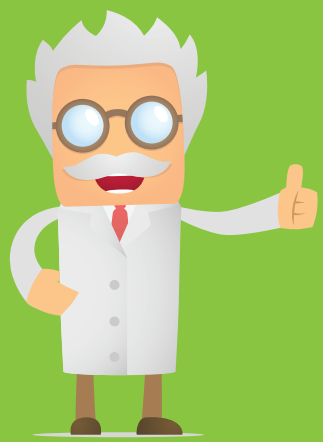
A) in the pancreas

B) in the kidneys

C) in the liver

ANSWER:

C) in the liver



Writer: Jenny Crosby, DC
Design: Elena Zhukova
Graphics: Maria Camille Almirañez
Production: Mike Talarico