



Sugar (glucose) in insulin resistance and diabetes

Sugar (glucose) is the brain's only source of energy and for metabolism necessary. Other organs such as the liver, muscles or fat tissue can also use amino acids or fatty acids in addition to glucose – but also suffer damage if the supply of sugar is not guaranteed. Diabetes is the most common cause of amputations, blindness and dementia.

The brain is not able to use amino acids or fatty acids. It needs about 150g of glucose per day. However, only 5g are in stock in the total blood. As a result, the brain is dependent on the ongoing supply. Thus, a limited supply of glucose to the brain inevitably leads to functional limitations.

Also in the brain, glucose uptake is partially mediated via the insulin receptor, and Alzheimer's disease is called insulin resistance type III.

1. The solution to the problem of insulin resistance and diabetes cannot be achieved by abstaining from sugar. Even sweeteners (Assugrin, xylitol) do not solve the problem. Sweeteners are more likely to exacerbate the problems because they stimulate appetite and lead to weight gain. An exception is at most plant stevia extracts.
2. Sugar in the form of fructose increases insulin and uric acid levels and promotes diabetes and weight gain.
3. The solution to the problem with insulin resistance and diabetes is exercise and weight loss with support for the absorption of sugar into the body and nerve cells with "insulin sensitizers", i.e. door openers to overcome insulin resistance: metformin, berberol, myo-inositol (clavella, fol-ino), L-arginine, isoflavones, resveratrol and cinnamon.

Sugar in the form of galactose gets into the body and especially nerve cells without an insulin receptor and is a real chance to prevent dementia.