



Dr Georges MOUTON MD

Functional Medicine

TWEET GM #19

2018-01-22

Title

Created

SUGARS (MAYBE CARBS) ARE NOT GOOD FOR OUR BRAIN

A recent article (please find corresponding abstract in my QUOTE #19) informs us about the correlation between higher triglycerides and lower cognition among the elderly. But how do we increase our **triglycerides**?

Most common triggers lie in fast sugars (including fructose) and alcohol. However, for some patients at least, triglycerides go up also with carbs.

Another article published last year and entitled "*High Haemoglobin A1c and Diabetes Predict Memory Decline in the Health and Retirement Study*" shows that "*Even among individuals with HbA1c < 6.5% (threshold for diabetes), higher HbA1c was associated with memory decline*". As **HbA1c** also called **glycosylated haemoglobin** reflects average blood glucose level for the previous 2-3 months, blame again falls on sugars and carbs.

What is fascinating is that negative impact of **sugars** and **carbs** affects all individuals, not only within pathological range of HbA1c (from 6.5%), but also the ones within physiological range (under 6.5%). Conclusion is straightforward: the lower HbA1c, the better for memory and cognition!