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Galactose in insulin resistance for the prevention of Alzheimer's dementia

Sugar, i.e. glucose, is the only source of energy for the brain.

The insulin receptors play an essential role here, because only with their help can sugar get into the nerve cells.

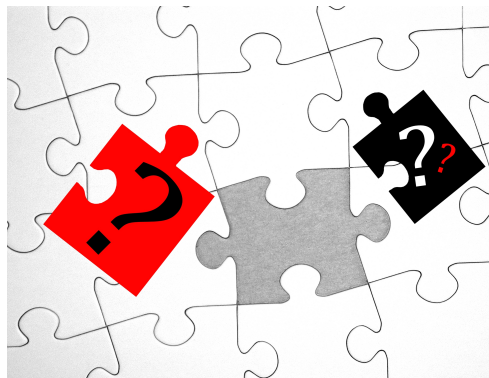
Thus, restricting the supply of sugar to the brain has an impact on brain functions.

Galactose, also sugar, is absorbed independently of the insulin receptors of nerve cells.

Galactose is thus a way to ensure the energy requirements of the brain, to increase its performance and, for example, to prevent Alzheimer's dementia.

The insulin receptors are crucial for the regulation of glucose concentration in the blood. In insulin resistance and type II diabetes, this regulation expires. In the long term, this leads to the known organ damage (blindness, amputations).

Research has shown that insulin resistance plays a central role not only in diabetes, but also in Alzheimer's disease.



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That is why Alzheimer's disease is now also referred to as diabetes mellitus type III. The resulting state of hunger of the brain gradually leads to the cessation of its functions, which is particularly noticeable in the restriction of memory.

Bypass disruption of the insulin receptor by galactose.

If the energy supply of the brain by **glucose** can no longer take place, then the energy metabolism can still be maintained by the intake of **galactose**. The reason for this is the hitherto little-noticed property of galactose that it can be absorbed by cells independently of insulin and the insulin receptor.

However, in order to be absorbed in effective

amounts, galactose must be present in the blood in higher concentrations than is released by the digestion of lactose-containing foods.

Therefore, the consumption of pure galactose in sufficient quantities is necessary. Experience has shown that well-being and sleep quality are significantly improved.

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