



Dr Georges MOUTON MD

Functional Medicine

TWEET GM #44

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Title

Created

HIGH GLYCOSYLATED HAEMOGLOBIN PREDICTS MEMORY DECLINE!

We have just posted QUOTE GM #44 today, which you will hopefully read.

I have been ranting about critical need to keep glycosylated haemoglobin (HbA1c) as low as manageable for at least a decade, for sure since 2009 when reliable German study found out that higher HbA1c was associated with memory drop **even within the physiological range**, i.e. under 6%.

Now comes this new article confirming not just the fact that caramelizing your brain does not benefit cognitive function, which hopefully everyone can anticipate (at least, if brain is not caramelized yet), but also that the lower the HbA1c level, the better memory is kept **also for non-diabetics!**

This concept, which I am absolutely fond of, relates to understanding and, in best occurrences, maintaining what is **normal**. If not possible or if you are starting a bit too late, the goal consists in restoring **normal function**.

Now, is that really sooo difficult to cope with? Why not switch paradigm? Adapting diet and lifestyle to prevent neurodegeneration works wonders, but of course it implies daily commitment and some sacrifices. I believe it is worth it, and I practice what I preach. Please give it further thoughts...