



Beyond Blood Sugar Control: Deep Dive into Type 3 Diabetes

Compliments of EatRight-LiveWell™ with Tam John | FNTTP | Functional Nutrition expert

Three major lifestyle related diseases – heart disease, diabetes, and obesity begin to take root in human physiology long before they are diagnosable. Their symptoms vary from fatigue, weight gain, insomnia, insatiable eating, anxiety, and many more. The three are interrelated so that if you have one, the others may express themselves too. In this EatRight-LiveWell™ article we are going to dive into diet and lifestyle answers that can improve the trajectory of your health and balance your blood sugar with a focus on preventing type 3 diabetes.

Obesity is a health marker for poor health including blood sugar imbalances, but too often being underweight is overlooked as being problematic. A thin person may also have a protruding gut that may indicate inflammation, fatty liver, high triglycerides, or a post-menopausal imbalance due to undesirable hormone balance, lifestyle, and nutrition changes or something else.

Whatever your health markers and symptoms, personalized functional nutritional therapy is a wonderful component for every healthy living plan and to nourish the root of the issue for improved wellness. This approach is an excellent adjunct to Physician or NP treatment plans or as standalone self-care with a [measurable return for your health](#).

Functional Nutritional Therapy Practitioner, [Tam John's expertise](#) is to interpret client nutrition data for understanding symptoms, complexities, patterns, triggers and how to navigate a sustainable precision nutrition plan. Her expertise guiding better blood sugar balance lifestyle (prediabetes, type 2 diabetes insulin resistance, and hypoglycemia) with food and lifestyle is all around even more important because research now correlates Alzheimer's as type 3 diabetes.

In today's world, the term "diabetes" is often associated with blood sugar control and insulin management. However, there is a lesser-known form of diabetes that goes beyond just regulating glucose levels. Type 3 diabetes, also known as "diabetes of the brain," has emerged as a significant concern due to its impact on cognitive health.

Type 3 diabetes refers to insulin resistance in the brain, leading to impaired brain function and an increased risk of developing neurodegenerative conditions like Alzheimer's disease.

Understanding the connection between type 3 diabetes and cognitive health is crucial, as it sheds light on potential preventive measures and treatment options. By managing blood sugar levels effectively and adopting a precision nutrition plan and healthy lifestyle, individuals may be able to reduce their risk of developing type 3 diabetes and protect their cognitive function.



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Understanding the link between Type 3 diabetes and cognitive health

Type 3 diabetes refers to insulin resistance in the brain, leading to impaired brain function and an increased risk of developing neurodegenerative conditions like Alzheimer's disease. While the exact cause of type 3 diabetes is still being studied, researchers have found a strong link between insulin resistance, chronic inflammation, and the accumulation of amyloid plaques in the brain.

Insulin is a hormone produced by the pancreas that regulates glucose levels in the body. In the brain, insulin plays a critical role in supporting brain function, including memory and learning. When insulin resistance occurs in the brain, it can lead to impaired insulin signaling and reduced glucose uptake, affecting brain function.

Chronic inflammation is also an essential factor in the development of type 3 diabetes. Inflammation occurs when the body's immune system responds to injury or infection, leading to the release of pro-inflammatory cytokines. These cytokines can promote insulin resistance and contribute to the accumulation of amyloid plaques in the brain, leading to cognitive decline.

Symptoms and risk factors of type 3 diabetes

Type 3 diabetes is a relatively new concept, and its symptoms and risk factors are still being studied. However, several factors may increase the risk of developing type 3 diabetes, including a history of type 2 diabetes, obesity, and metabolic syndrome.

Some of the common symptoms of type 3 diabetes include memory loss, difficulty concentrating, and confusion. These symptoms may be mild initially and progress over time, leading to significant cognitive decline. It is essential to monitor these symptoms and seek medical attention if they persist or worsen.

Impact of Type 3 Diabetes on cognitive function

Individuals with type 3 diabetes may also be at increased risk of developing neurodegenerative conditions like Alzheimer's disease.

Research has shown that insulin resistance in the brain can lead to the accumulation of amyloid plaques, a hallmark of Alzheimer's disease. These plaques can disrupt communication between brain cells, leading to cognitive decline. Chronic inflammation also plays a role in the development of Alzheimer's disease, contributing to the accumulation of amyloid plaques and neurofibrillary tangles in the brain.

Prevention and management strategies for Type 3 Diabetes



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Preventing and managing type 3 diabetes involves adopting a healthy lifestyle, including regular exercise, a balanced diet, and stress relief. The concept of stress relief lowers physiological cortisol, whereas stress management is a vague term. Managing blood sugar levels effectively is also crucial in preventing insulin resistance in the brain.

One strategy for preventing type 3 diabetes is to adopt a low refined carbohydrate diet, which can help regulate blood sugar levels and reduce inflammation in the body. Complex carbohydrates and whole grains right for the person can be an advantageous nutrition strategy. Including healthy fats like omega-3 fatty acids, olive oil, nuts, and seeds in your diet can also support cognitive function and reduce the risk of developing neurodegenerative conditions. Learn which foods in these overall healthy categories are especially right for you because not all healthy food is healthy for all.

Avoid one-size fits all healthy nutrition recommendations and learn what is right for you. Nutrigenomic | DNA testing is an easy, painless, and affordable test with a wealth of information about food that is aligned with your nutrition and performance genetics. [70 gene and 77 gene test sample reports](#) are available to view how this personalized precision nutrition and performance test results can guide your nutrition plan.

Other lifestyle changes that may help prevent type 3 diabetes include reducing stress, getting enough sleep, and quitting smoking. These changes can help reduce inflammation in the body and support overall health.

When your nervous system is stressed, and blood sugar imbalanced, it can be difficult to fall asleep and stay asleep. Adopting habits throughout the day and into the evening around food, beverages, lifestyle / movement right for you, and stress relief throughout the day will support getting consistent quality sleep for rejuvenation and repair.

[Eat Right – Food for Life™](#) personalized nutritional consultations include physiological stress relief tips and strategy. [Biomat®](#) doctor studies correlate a 78% reduction in physiological stress measured by brain biofeedback, blood serum cortisol, and Heart Rate Variability/HRV.

Plus using Biomats® feels wonderful. Imagine soothing far infrared heat 6-8” deep into your circulation and relaxing you at a beachy feeling level. That’s the result of negative ions produced by amethyst and tourmaline over a 17 layer scientific design. Biomats® is solid in technology, FDA cleared since 1997 as a class 2 medical device that you can have at home. BioAcoustic Mat™ is wonderful under Biomats to soothing the autonomic nervous system (linked to brain health). Read the clinical study [‘Preventing and possibly reversing Dementia and Alzheimer’s using Thermoacoustic and Vibroacoustic therapy in 12 subjects over 3 months.’](#)



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Diet and lifestyle changes to support cognitive health.

Diet and lifestyle changes can also support cognitive health and help manage type 3 diabetes. Including foods rich in antioxidants like berries, leafy greens, and dark chocolate can help reduce inflammation in the body and support brain function. The quality and quantity matters, as not all of these are right for each person in similar quantities. Lean into foods that you will learn are therapeutic for you when you work with EatRight-LiveWell™.

Resources for your personalized therapeutic nutrition plan:

[Nutrigenomic | DNA testing](#) is an excellent basis for precision nutrition.

[Hair Tissue Mineral Analysis](#) provides a view of your body's biochemistry with personalized food and nutritional supplementation.

Consuming omega-3 fatty acids found in fatty fish like salmon, chia seeds and nuts can also support cognitive function and reduce the risk of developing neurodegenerative conditions. Nutrigenomic DNA testing is a means to know which fats are right for you with recommended daily allowances. For some monounsaturated fats are genetically appealing more than other sources.

Hydration. We all know the importance of staying hydrated by drinking plenty of water. Yet developing a practical strategy that you can follow every day to assure ample water consumption is part of a healthy living plan.

Reduce sugar in all its disguises (alcohol, packaged food ingredient labels and too much fruit) because of the known link between insulin resistance and dementia. JAMA (Journal of the American Medical Association) published a study [Association of Insulin Resistance With Cerebral Glucose Uptake in Late Middle-Aged Adults at Risk for Alzheimer Disease | Radiology | JAMA Neurology | JAMA Network](#) that showed that people with higher levels of insulin resistance used less blood sugar in areas of the brain most susceptible to Alzheimer's, which means that part of the brain has less energy to process information and create and retain memories.



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The role of exercise in preventing Type 3 diabetes and promoting cognitive health

Exercise plays a crucial role in preventing type 3 diabetes and promoting cognitive health. Regular physical activity can help regulate blood sugar levels, reduce inflammation in the body, and support brain function.

Move well and often – just right for you. You might be surprised how much movement your body needs to thrive. Nutrigenomic | nutrition and performance DNA testing provides recommendations according to your genetic information.

Aerobic exercise like jogging, cycling, and swimming can improve cardiovascular health and reduce the risk of developing type 3 diabetes. Strength training exercises like weightlifting can also support cognitive health by promoting the growth of new brain cells.

Cognitive exercises and activities to improve brain function.

Cognitive exercises and activities can also support brain function and reduce the risk of developing type 3 diabetes. Engaging in mentally stimulating activities like puzzles, reading, and learning a new skill can support cognitive function and improve memory.

Other activities like meditation and yoga can also support cognitive function by reducing stress and promoting relaxation. Getting enough sleep is also crucial in supporting cognitive health, as it allows the brain to consolidate memories and process information.

Support and resources for individuals affected by Type 3 diabetes.

Prevention should be your number one health priority. Know that every aligned choice of food, beverages, stress relief, and lifestyle gives your body and brain good information to heal, feel better, and age well. These resources can provide information and guidance on managing blood sugar levels, adopting a healthy lifestyle, and preventing cognitive decline.

Online resources like the [Alzheimer's Association](#) and the [National Institute on Aging](#) can provide information on cognitive decline and support services for individuals and families affected by neurodegenerative conditions.

Conclusion

Type 3 diabetes is a significant concern that can impact cognitive health and increase the risk of developing neurodegenerative conditions like Alzheimer's disease. Understanding the link between type 3 diabetes and cognitive health is crucial in adopting preventive measures and treatment options.



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By managing blood sugar levels effectively, adopting a healthy lifestyle, and engaging in mentally stimulating activities, individuals may be able to reduce their risk of developing type 3 diabetes and protecting their cognitive function.

[Type 3 blood sugar nutrition](#) starts here.



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