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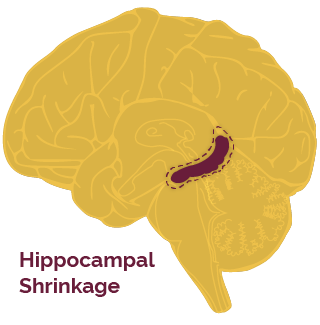
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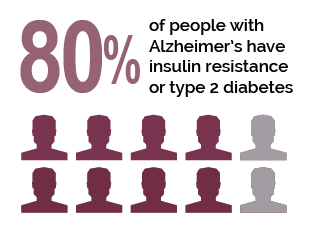


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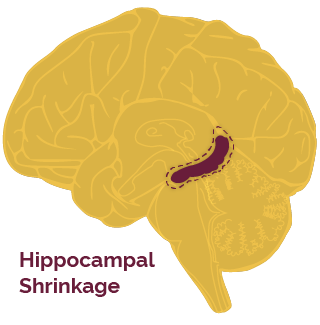
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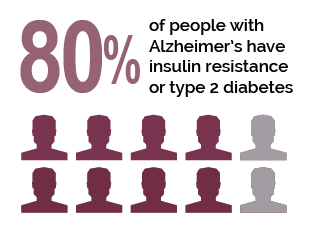


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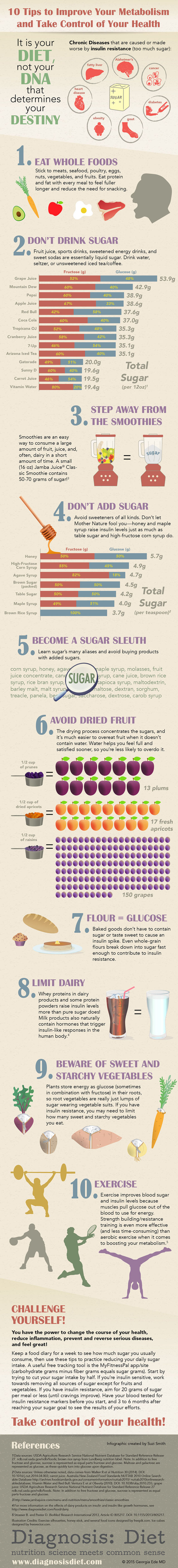
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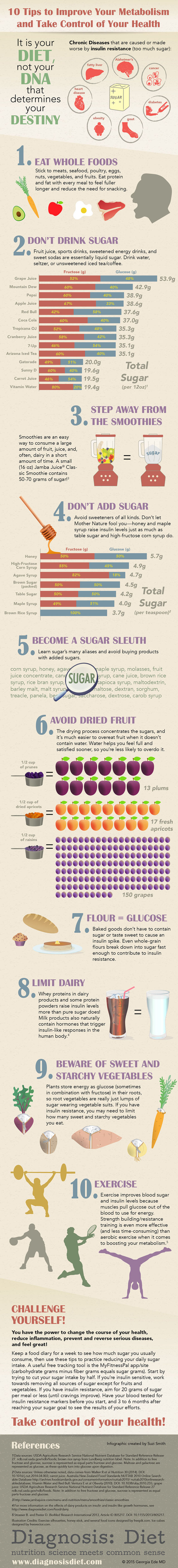
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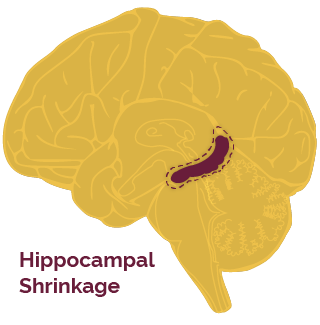
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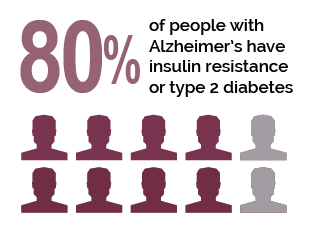


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You can’t do anything about your genes or how old you are—but you can certainly change how you eat. It's not about eating less fat, less meat, more fiber, or more fruits and vegetables. Changing the amount and type of carbohydrate you eat is where the money's at.

**Three steps you can take right now to minimize your risk for Alzheimer’s Disease**

**1. Find out how insulin resistant you are.** Your health care provider can estimate where you are on the insulin resistance spectrum using simple blood tests such as glucose, insulin, triglyceride and HDL cholesterol levels, in combination with other information such as waist measurement and blood pressure. In my article [How to Diagnose, Prevent and Treat Insulin Resistance](http://www.diagnosisdiet.com/how-to-diagnose-prevent-and-treat-insulin-resistance/), I include a downloadable PDF of tests with healthy target ranges for you to discuss with your health care provider, and a simple formula you can use to calculate your own insulin resistance.



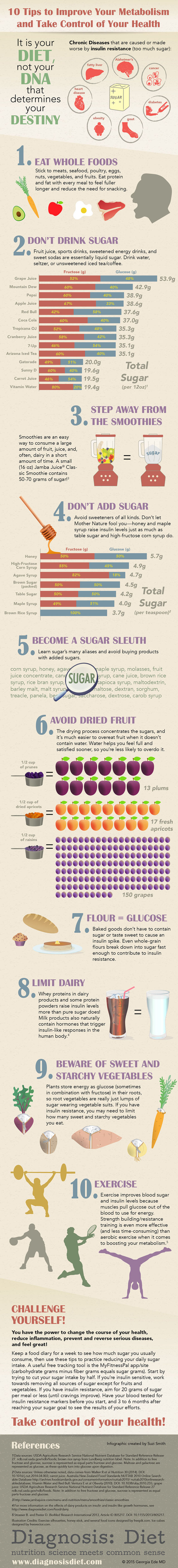
Source: RaviKrishnappa/Pixabay

**2. Avoid refined carbohydrates like the plague, starting right now.** Even if you don’t have insulin resistance yet, you remain at high risk for developing it until you kick refined carbohydrates such as bagels, juice boxes and granola bars to the curb. For clear definitions and a list of refined foods to avoid: <http://www.diagnosisdiet.com/refined-carbohydrate-list/>

**3. If you have insulin resistance, watch your carbohydrate intake.** Unfortunately, people with insulin resistance need to be careful with all carbs, not just the refined ones. Replace most of the carbs on your plate with delicious healthy fats and proteins to protect your insulin signaling system. The infographic below provides key strategies you'll need to normalize blood sugar and insulin levels.

You can wield tremendous power over insulin resistance—and your intellectual future—simply by changing the way you eat. Laboratory tests for insulin resistance respond surprisingly quickly to dietary changes—many people see dramatic improvements in their blood sugar, insulin, and triglyceride levels within just a few weeks.

If you already have some memory problems and think it’s too late to do anything about it, think again! This [2012 study](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3116949/) showed that a low-carbohydrate high-fat [diet](https://www.psychologytoday.com/basics/diet) improved memory in people with “Mild Cognitive Impairment” (Pre-Alzheimer’s Disease) in only six weeks.

Yes, it is difficult to remove refined carbohydrates from the diet—they are addictive, inexpensive, convenient, and delicious—but you can do it. *It is primarily your diet, not your DNA, that controls your destiny.* You don’t have to be a sitting duck waiting around to see if Alzheimer’s Disease happens to you. Armed with this information, you can be a proactive, swimming duck sporting a big, beautiful hippocampus who gets to keep every single one of your marbles for the rest of your life. 

Originally published in the article "How to Diagnose, Prevent and Treat Insulin Resistance"  at [http://www.diagnosisdiet.com/how-to-diagnose-prevent-and-treat-insulin-r...](http://www.diagnosisdiet.com/how-to-diagnose-prevent-and-treat-insulin-resistance/)

Source: Suzi Smith, used with permission

UPDATE: [**Listen to my 8-minute radio interview**](https://audioboom.com/boos/5044713-september-13-2016-alzheimer-s-prevention-and-the-link-to-insulin-resistance) about [Alzheimer's](https://www.psychologytoday.com/conditions/alzheimers-disease) and diet with San Francisco talk show host Ethan Bearman!