

The Diabetic Brain in Alzheimer's Disease by Ralph Sanchez has been launched offering a thorough and revealing overview on how and why Alzheimer's is so prevalent. The book provides detailed information for anyone wishing to arm themselves with sufficient knowledge to reduce the risk of dementia and preserve their cognitive function for the rest of their life.

More information can be found at <https://TheDiabeticbrain.com>.

Identified just over a century ago, Alzheimer's disease is a complex, multifaceted condition that affects nearly 44 million people worldwide. As the incidence of late-onset Alzheimer's disease is expected to triple by the year 2050, a compelling explanation to this alarming projection has become imperative.

Ralph Sanchez's book focuses on identifying and understanding basic mechanisms underlying the brain insulin resistance process in Alzheimer's disease, and the translation of this knowledge into the actionable roadmap for reducing the risk for dementia as one ages.

The biological phenomena of a brain insulin resistance and the risk factors that are associated with it are carefully analyzed throughout. Specifically, The Diabetic Brain in Alzheimer's Disease includes detailed information on how insulin resistance contributes to the risk of late-onset Alzheimer's disease and the biological links between type 2 diabetes and cardiovascular disease with late-onset Alzheimer's disease.

In addition, the author details why a gradual loss of the brain's ability to utilize glucose for energy metabolism is central to the earliest stages in Alzheimer's disease. The role of mitochondrial function, inflammation and oxidative stress, and the importance of understanding the identifiable risk factors that include genetic risk variants that are linked to late-onset Alzheimer's disease, are woven into a prevention oriented call to action for mid-lifers, aging individuals, and the health care practitioners that care for them.

Ralph Sanchez holds a Master's degree of Traditional Chinese Medicine and is a board certified nutrition specialist. Mr. Sanchez currently maintains a consulting service in functional nutrition that includes a particular emphasis on a Personalized Body-Brain Health and Renewal Program—BrainDefend™. Ralph's books and work are rooted in his calling to serve, and the quest to leave a legacy.

A satisfied reader said: "Alzheimer's Disease sends a tremor of fear through us all. Ralph has spent years studying the disease and enlightening all of us that Alzheimer's is not something we need to fear but something we need to understand and take precautions. His book, The Diabetic Brain in Alzheimer's Disease, is a must read as is his blog."

Interested parties can find more by visiting the above-mentioned website, and <https://www.TheAlzheimersSolution.com>