



RALPH SANCHEZ

Author of *The Diabetic Brain In Alzheimer's Disease*

Key Focus: Alzheimer's Disease / Dementia Education and Prevention

Ralph Sanchez is the author of *The Diabetic Brain in Alzheimer's Disease*, a book that "Connects the dots between, type 2 diabetes, type 3 diabetes and Alzheimer's disease."

Ralph has spent nearly two decades in study to comprehend the risk factors and related etiologies of Alzheimer's Disease (AD), and has extensively reviewed the neurological complexities and metabolic underpinnings that are linked to a diabetic brain in dementia and AD.

Ralph's passion is to enlighten others and to share his insights on the AD pandemic that is drawn from his in-depth review of AD research, and how that body of science can be transformed into actionable steps for risk reduction and prevention.

SUGGESTED INTRODUCTION:

For the last eighteen years, Ralph Sanchez's passion and focus has centered on the metabolic underpinnings associated with Alzheimer's disease and the progressive research that is building the foundation for Alzheimer's and dementia prevention strategies.

Ralph translates the complexities of diabetic brain theories into details everyone can understand, engaging with authenticity about his own health challenges and how he continually battles for his own cognitive health.

Ralph's book *The Diabetic Brain in Alzheimer's Disease* connects the dots between, type 2 diabetes, type 3 diabetes and Alzheimer's disease.

INTERVIEW TOPICS

▽My story: How a concussion and exposure to pesticides and mercury led to my Alzheimer's journey

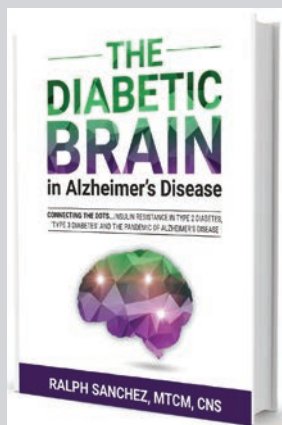
▽What is Type 3 Diabetes? *The Diabetic Brain in Alzheimer's Disease*

▽Think ahead: Risk factors associated with Alzheimer's Disease - what to look for in your 30s, 40s and 50s

▽The Dementia Antidote - How to keep your brain young

▽The Alzheimer's Gene Pool: Do genes determine our dementia destiny?

▽Brain energetics-why powering up your brain is essential as you age



The Diabetic Brain in Alzheimer's Disease is extremely enlightening. Terrific science based information about the underlying causes of Alzheimer's disease that empowers me to take control of my own risk for it.

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