

A Smart Sugar Protects Brain Cells From Inflammation

Historic discovery for protecting and improving brain function.

Smart Sugars Lesson #54

by JC Spencer

This historic discovery may change the way doctors deal with the brain. New evidence published April 30, 2012 indicates that the sugar Trehalose suppresses cerebral inflammation which normally results in high mortality.

Protecting and improving brain cells should be top priority in the future of medicine and healthcare. When we improve brain function, we address over 600 diseases directly and all other human illnesses indirectly. The better the brain functions, the more effective are the motor and mental skills.

Trehalose can protect the brain! More specifically, it protects the arachnoid mater which is the protective membranes that cover the brain and spinal cord. This protection extends to the subarachnoid cavity of the central nervous system following cerebral vasospasm. New findings indicate that the sugar Trehalose prevents oxidative degradation of the lipids caused by free radical electrons in the cell membranes.

In the researchers' words, "*The study suggest that Trehalose has suppressive effects on various pathological events after subarachnoid hemorrhage (SAH), including vasospasm, inflammatory responses, and lipid peroxidation. Trehalose may be a new therapeutic approach for treatment of complications after SAH.*"

Maltose, another disaccharide did not have the positive effects as did Trehalose. Both Trehalose and maltose are two glucose molecules bonded together. The two glucose molecules forming Trehalose are linked by a, α -1,1-glycosidic bond. This unique bond actually causes a function in physics beyond simple

chemistry and requires further study. Inquiring minds may wish to read about the quantum physics of sugars. This emerging science is known as quantum glycobiology. See:

<http://forum.endowmentmed.org/index.php?board=26.0>

Traumatic brain injury often results in neuroinflammation. It is medically accepted that brain cell inflammation can cause additional brain damage as more neurotoxins are released.

Immunoactivation using specific sugars continues to be reported and supported by university studies around the world. Compounding evidence is changing the world of medicine and healthcare. Advanced studies in smart sugars reveal new ways and means of improving brain function.

It is time we, that's US, accept and advance Glycomics, the science of sugars. We are learning how well these sugars function and just how vital they are to the human body. The US in the 1960s was in the Top Ten healthiest countries on the planet. Today, according to WHO we have slipped to 76th. Something is rotten with our sickcare system.

Glycomics is the hope of an individual, a family, and a country for improving brain function and general health.

Source: *Expand Your Mind - Improve Your Brain*
<http://www.endowmentmed.org/content/view/826/106/>
Change Your Sugar, Change Your Life
<http://DiabeticHope.com>

<http://www.translational-medicine.com/content/10/1/80/abstract>

<http://www.myjournals.org/index.php?nr=209399>

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<http://www.endowmentmed.org/pdf/SmartLesson54.pdf>

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