

KETO & ALZHEIMER'S

Can Ketones Help?



CAUSES

YES KETONES HELP!



Genetics APOE4

Carriers of the apolipoprotein allele (APOE) gene variant are at a higher risk.

Oxidative Damage

Occurs when a group of free radicals damage cells and cause inflammation.



Insulin Resistance

Leads to an accumulation of toxic amyloid plaque that blocks and poisons brain cells.



Clean Energy

Denying carbs makes you turn to ketones for its main energy source. Ketones are a cleaner energy source for the brain.

Calm Brain

Ketones result in more GABA and less glutamate in the brain. Higher glutamate tends to increase the risk for neurodegenerative diseases.



Rich in MCTs

The Keto diet is rich with beneficial medium-chain triglycerides (MCTs). Taking MCT oil leads to better cognitive functioning.

