

Tri-Cities Functional Medicine Explores the Connection Between Blood Sugar and Cognitive Function

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EINPresswire.com/ -- Recent findings from Tri-Cities Functional Medicine have explored the [relationship between blood glucose and cognition](#) in a newly released guide, providing evidence-based solutions to help support proper brain function.



Reaching and maintaining healthy blood sugar levels are essential for optimal mental performance. However, most people aren't aware of the important role that these levels play in cognitive health.

A functional medicine approach focuses on how all the body systems interact with each other and can provide a more holistic view of brain health. By addressing blood sugar, an individual can directly improve their cognitive abilities as well as their overall health. [Studies have also found](#) that poor blood sugar regulation can lead to higher levels of stress and anxiety, further exacerbating symptoms of cognitive decline.

By regularly monitoring blood sugar through a functional medicine approach, individuals can take steps to reduce their risk of developing dementia and Alzheimer's disease. Additionally, appropriate nutrition interventions (such as reducing the intake of refined carbohydrates, processed foods, and sugars) can help protect the brain from damage.

The team at Tri-Cities Functional Medicine is dedicated to providing evidence-based solutions for improving overall health and wellness and ensuring proper brain function through a personalized, patient-centered approach. With the right nutritional and lifestyle changes, individuals can take control of their own cognitive health by managing their blood glucose levels. As a result, individuals can improve their memory, focus, and problem-solving abilities.

If you're interested in learning more about how blood sugar plays a role in cognitive health, or if you'd like to schedule an appointment with a practitioner, reach out to Tri-Cities Functional

Medicine today [via the company website](#).

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