

# Summary of the sugar can make you dumb, scientists warn by jamaica observer

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The professor noted the decline in synaptic activity with the rat group that lacked the DHA as the rats indicated trouble in recalling maze routes which they had been trained to memorize in 6 weeks. Researchers also figured that besides memory loss, resistance to insulin generated as well in the absence of DHA where such findings meant that excessive fructose intake may inhibit the insulin's action of regulating cellular activity with sugar. Since insulin is a hormone that is not only responsible for controlling blood sugar level in the body, if not properly regulated, it may further cause disturbance on memory and the brain's learning ability according to Gomez-Pinilla.