

# Unbelievable story: The brain can produce sugar for itself

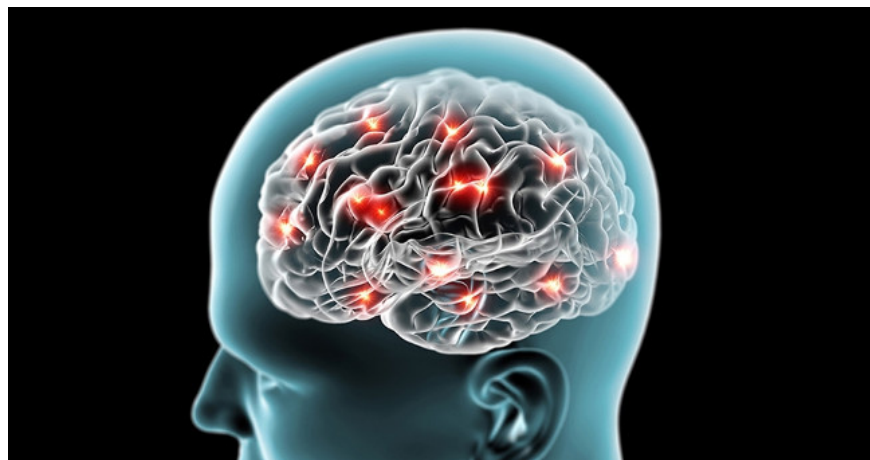
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A team of Yale University researchers said that the brain is able to produce fructose by itself, not by way of a high sugar diet.

Previously, **Fructose** is a kind of sugar found in fruits, vegetables, sugar and many other processed industrial foods .

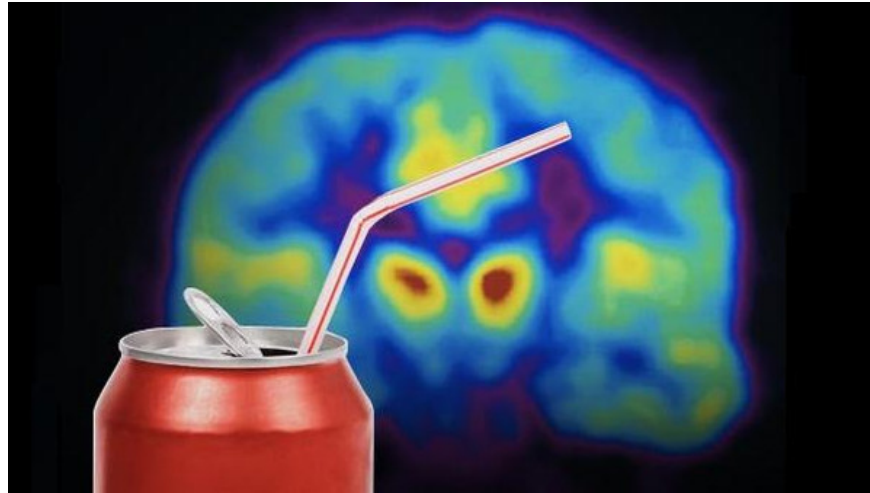
1. Plan to remove sugar from your daily meals in just 3 weeks



To get this conclusion, the team conducted experiments with 8 healthy volunteers and found the brain capable of converting from glucose to fructose.

' *In this study, we saw for the first time fructose produced in the human brain,* ' - the lead author of the study, Dr. Janice Hwang, an assistant professor of medicine, said in a statement. .

' *By detecting fructose in the brain, the amount of sugar in the body can be seen not simply through the daily diet. This tells us more about a form, a pathway that creates sugar in the brain region .* '



The team showed that glucose sends signals and the brain is responsible for converting this sugar into fructose. However, the team pointed out that not only the brain but also some other organs in the body are able to perform this strange mechanism.

*" There are many other mechanisms that cause blood sugar and body to rise, which is completely detrimental to the body, " Hwang said.*

This research has just been published in JCI Insight.

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