

## Cortisol and Folate and their Roles in Alzheimer's Disease, Diabetes

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In previous articles[1-2,4], I studied the role of Cortisol, the “stress hormone”, produced to promote transfusion of sugar to the bloodstream in stressful situations, as the cause for Alzheimer’s Disease, based on the deteriorating effect it has on alpha, beta and gamma secretase, enzymes in charge of the peptide of amyloid beta.[1] I hypothesized that one way to downplay Cortisol secretion is by elevating blood glucose levels in nutrition [1], but this was challenged by Alzheimer’s occurrence in Type2 Diabetes Patients[2]. In this 2nd article I hypothesized that Insulin treatment could be the reason for this malice. This based on the logic that the body could be responding to Insulin infusion - the hormone in charge of sugar transfusion from the bloodstream to the body - with elevated Cortisol secretion, because it has impact similar to glucagon, the hormone opposite to Insulin. This proved to possibly be true [3]. I also brought evidence that Glucagon having Cortisol like effect thus possibly be making it redundant could be why GLP1 (Glucagon Like Peptide) has been researched with very good results as AD treatment[2] and that diabetics on noninsulin diabetes medications were shown to be having lower AD occurrence.[2]. In the following paper [4] I argued that Diabetes type 2 should not be treated with Insulin or at all, but that Diabetes’ hallmark of sugar in the urine, is the body’s natural way of treating the disease. I concluded the paper by suggesting that medical intervention to diabetes should only be done by advocating Sports or Diet [4]. I later pondered a conclusion that diabetes could be in some ways a behavioral reaction to high Cortisol levels, for the same logic of answering Cortisol secretion with Glucosic nutrition[1] which also proved to possibly have some merit[5]. And when I tried to think what could cure high Cortisol Levels, not by duplication of its role, but by itself, I thought of Folic Acid, for the soothing effect of leaves.[6] and indeed, Several studies show low folate levels and not just high cortisol levels as correlated with Alzheimer’s.[6-10] This, by the way, could also be true for Cushing Syndrome [11] and Schizophrenia [12], where high cortisol levels and low folate levels are evidenced. And could also be true for Diabetics if high Cortisol levels are indeed related to the development of Diabetes [5, 13, 14]

### Biography:

Amos Gelbard, a theology student in the Zefat Academic College “Misticism and Spirituality” program in Zefat, Israel. Has written more than a dozen papers suggesting possible cures and treatments to several key diseases. Been to the “2017 Health Conference” in Oxford, England, where he presented his idea of possibly treating Malaria by excessive water drinking.

Also written about Cancer where he suggested Zinc as a possible treatment; On Aids regarding Castanospermine as an important research target; Regarding Sclerosis possibly being a result of Vitamin D deficiency; Migraine Headaches being potentially prevented by more spicy food in nutrition and of several other illnesses.