

NAFLD and Dementia

Ronald Grisanti D.C., D.A.B.C.O., DACBN, MS, CFMP

Study from the journal Neurology revealed that nonalcoholic fatty liver disease (NAFLD) is independently associated with cognitive impairment.

Nonalcoholic fatty liver disease (NAFLD) is an umbrella term for a range of liver conditions affecting people who drink little to no alcohol. As the name implies, the main characteristic of NAFLD is too much fat stored in liver cells.

Dementia and NAFLD are two frequent conditions that share underlying risk factors mainly in the realm of metabolic disease.

The study from the journal, Neurology, included 4,472 adults aged 20–59 years.

The participants underwent assessment of liver enzyme activity and hepatic steatosis by ultrasound, and underwent cognitive evaluation using the following computer-administered tests: **the Simple Reaction Time Test (SRTT), the Symbol-Digit Substitution Test (SDST), and the Serial Digit Learning Test (SDLT).**

Increased activity of the liver enzymes alanine aminotransferase (ALT) and aspartate aminotransferase (AST) correlated with **lower performance on the SDLT**, while increased alanine aminotransferase was also correlated **with lower performance in the SDST.**

The current studies suggest that NAFLD patients incur cognitive dysfunction.

Although if left untreated NAFLD can lead to much more serious conditions including cirrhosis and liver failure. The good news is that fatty liver disease can be reversed—and even cured.

8 Steps to Effectively Treat Fatty Liver Disease

1. Lose excess weight--losing between 7 and 10 percent of body weight can improve other symptoms of NAFLD, such as inflammation, fibrosis, and scarring

2: Research from 2017 suggests that the **Mediterranean diet** may help to reduce liver fat, even without weight loss.

3: Exercise: It's important to stay active when you have NAFLD. A good goal to shoot for is at least 150 minutes of moderate-intensity exercise per week.

4: Avoid foods with added sugars-Dietary sugars such as fructose and sucrose have been linked to the development of NAFLD.

5: Take an omega-3 supplement--A peer review study suggests that taking an omega-3 supplement may reduce liver fat.

6: Avoid known liver irritants--Certain substances can put excess stress on your liver. They include alcohol and certain over the counter medications.

7: Consider taking vitamin E--Vitamin E is one antioxidant that may reduce inflammation caused by NAFLD. Must take all components of vitamin E. This would include Mixed Tocopherols and Tocotrienols

8: Consider Herbs--A 2018 paper identified certain herbs, supplements, and spices that have been used as alternative treatments for NAFLD. Compounds shown to have positive effects on liver health include **turmeric, milk thistle, resveratrol, and green tea.**

References

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4820136/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7400092/>

[NAFLD and Dementia](#)

<https://aasldpubs.onlinelibrary.wiley.com/doi/pdf/10.1002/hep.22752>

<https://www.hindawi.com/journals/grp/2016/1459790/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5789322/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6165515/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5960814/>

The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Grisanti and his functional medicine community. Dr. Grisanti encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

Visit www.FunctionalMedicineUniversity.com for more information on our training in functional medicine. Look for practitioners who have successfully completed the Functional Medicine University's Certification Program (CFMP) www.functionalmedicinedoctors.com. This content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not-for-profit format. If any other use is desired, permission in writing from Dr. Grisanti is required

© 2021 Sequoia Education Systems, Inc. All Rights Reserved. Reproduction without permission prohibited.