WritersDiet™ Test Results

Your overall score

Fit and trim

<table>
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<th>Category</th>
<th>Recommendation</th>
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<tr>
<td>verbs</td>
<td>Fit and trim</td>
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<tr>
<td>nouns</td>
<td>Lean</td>
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<td>prepositions</td>
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<tr>
<td>adjectives/adverbs</td>
<td>Lean</td>
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<tr>
<td><em>it, this, that, there</em></td>
<td>Needs toning</td>
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Suggestions for improvement

Your writing sample contains a relatively high proportion of waste words (*it, this, that, there*). To pep up stodgy prose, follow The Writer’s Diet principles below, paying special attention to the items highlighted in yellow below.

Key principles

**Verbal verve**
Limit be-verbs (*is, was, are, were, be, been*) to no more than a few per paragraph. Favor strong, specific, robust action verbs (*scrutinize, dissect, capture*) over weak, vague, lazy ones (*have, do, show*). Steer clear of passive verb constructions (*it has been demonstrated*) except when used for stylistic effect.

**Noun density**
Anchor abstract ideas in concrete language and illustrate theoretical concepts using real-life examples. (Show, don’t just tell!) Avoid overdependence on nominalizations: long, important-sounding nouns formed from verbs or adjectives (*overdependence, nominalizations, pretentiousness*).

**Prepositional podge**
Avoid long strings of prepositional phrases, especially when they drive nouns and verbs apart (“The principle of keeping nouns and verbs as close to each other as possible for the benefit of readers has many benefits”).

**Ad-dictions**
Employ adjectives and adverbs only when they contribute new information to a sentence; get your nouns and verbs to do most of your descriptive work.

**Waste words: *it, this, that, there***
Employ *it* and *this* only when you can state exactly what noun each word refers to; avoid using *that* more than once in a single sentence or three times in a paragraph, except in parallel
constructions; and beware of sweeping generalizations that begin with There.

Important: The WritersDiet Test offers an automated diagnosis, not a subtle stylistic analysis or a prescriptive personal judgment. For best results, use the test together with The Writer’s Diet (Sword 2007), which discusses stylistic nuances and exceptions that the WritersDiet Test cannot address.


Your sample

Your sample has 292 words.

In Dr. Suzanne DeLaMonte’s Alzheimer’s Diabetes of the Brain? And Mark Bittman’s Is Alzheimer’s Type 3-Diabetes? , the two authors both suggest that insulin has a great connection with Alzheimer’s. Dr. DelaMonte indicates that people who have Type 2-diabetes mellitus would have their cells of the body become insulin-resistant. As a result, part of the brain is affected by this condition which leads to Alzheimer’s. In Mark Bittman’s point of view, diabetics fail to absorb glucose from the blood so the pancreas starts to produce much more insulin than the organs can stand. Therefore, the blood vassals in our brains gradually collapse making diabetics develop Alzheimer’s. Furthermore, the two authors have the same opinions that diabetes and Alzheimer’s are not directly related. Dr. DeLaMonte says “This doesn’t mean that everyone who has diabetes will develop Alzheimer’s or that all people with Alzheimer’s have diabetes.” She explains that the two diseases overlap each other a lot. But this is not strong enough to prove the connection between the two. Bittman, in the other hand, says “What is new is the thought that while diabetes doesn’t cause Alzheimer’s they have the same root: an over consumption of those foods that mess with insulin’s many roles.” He thinks what causes the diabetes and Alzheimer’s is the food we eat nowadays. Both of them also mention what we consume in our daily life could influence the possibility of developing the two diseases. For example, food containing nitrates can bring about diabetes and other insulin-related diseases. In conclusion, Dr. DeLaMonte and Bittman provide the idea that insulin and Alzheimer’s is the food we eat nowadays. Both of them also mention what we consume in our daily life could influence the possibility of developing the two diseases. For example, food containing nitrates can bring about diabetes and other insulin-related diseases.