WritersDiet™ Test Results

Your overall score

Fit and trim

verbs Needs toning
nouns Lean
prepositions Fit and trim
adjectives/adverbs Fit and trim
it, this, that, there Fit and trim

Suggestions for improvement

Your writing sample contains a relatively high proportion of be-verbs. 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 327 words.

In Mark Bittmans’s *Is Alzheimer’s Type 3 Diabetes?* and Dr. Suzanne DeLaMonte’s *Alzheimer’s: Diabetes of the Brain*, readers are provided the overview of the impotence of insulin, of the disorder of insulin leading to diabetes and of the overlap between diabetes and Alzheimer’s. Created by the cells in pancreas, insulin is later released into vessels to activate the intake of blood sugar so that the energy that the body requires can be generated. Brain, particularly, needs more insulin stimulating its cells to absorb sugar to support the extremely complicated communication of neurons which transmit the signals from brain to manipulate the physical function. Surprisingly, insulin will be harmful when the intake of the sugar becomes unusually high. To quicken the absorption, pancreas releases more insulin, which only makes the overloaded cells insulin-resistant. To make matters worse, the resisted insulin will seriously damage the vessels and then worsen the physical condition. It is also the main reason contributing to diabetes. According to Mark Bittmans, there are two kinds of diabetes. Type 1 is congenital, while Type 2 is related to the environmental condition and the individual living style of nowadays. Some of the recent research, however, shows that perhaps there is the other so-called Alzheimer’s diabetes in addition to the two diseases increases as researchers discover that, via animal testing, low levels of insulin, which is responsible for diabetes, may give rise to Alzheimer’s as well. In addition, the researchers also learn that people with diabetes are at least twice likely to get Alzheimer’s again underpins the viewpoint that Alzheimer’s is a different type of diabetes. In conclusion, the two authors, coincidently, promote the importance of eating healthily: people can avoid diabetes and Alzheimer’s by following the appropriate eating habits: Mark Bittmans appeals for quitting junk food, and Dr. Suzanne DeLaMonte hopes people eat more organic food instead of the process food contaminated with toxic preservatives.