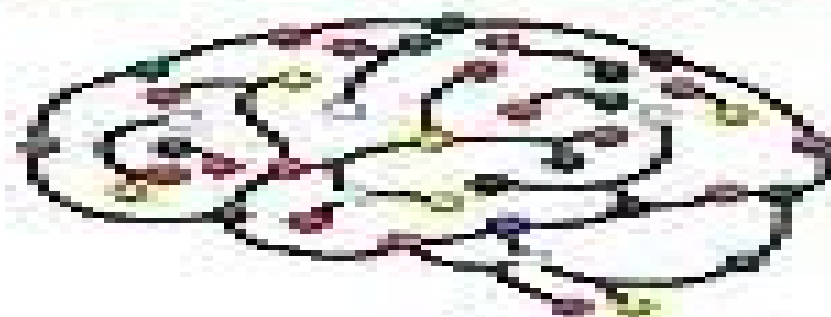


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The Anti-Alzheimer's Prescription Vincent Fortanasce,2008 A neurologist outlines a program for preventing Alzheimer s disease making recommendations for identifying and reducing risk factors suggesting a regimen of strategic diet and exercise and sharing tips for reducing stress and sleeping better *Saving Your Brain* Jeffrey Ivan Victoroff,2002 In this groundbreaking new book a Harvard trained neurologist shows how you can attain lifelong mental fitness Utilizing the latest breakthroughs in research Dr Jeff Victoroff has developed a definitive life changing plan that provides you with the powerful scientifically based methods you need to protect your brain from aging and memory loss Starting today you too can save your brain If you are over forty years old you already know the bad news names may be harder to remember a word may sometimes elude you as you speak you may sometimes misplace your glasses your car keys or even your car But medical research is lifting the veil of mystery off the process of brain aging and offering up strong evidence that you do not necessarily have to accept deteriorating brain function as you get older From the benefits of exercise to the effects of stress relief from what you eat and drink to the kind of work you do from the natural substances that are most likely to help to the new medications your doctor can prescribe this book outlines literally hundreds of preventive measures you can take to keep your mind sharper stronger and healthier your whole life Among the many topics covered in this book are Amazing new studies revealing who is most likely to get Alzheimer s disease and how we can all reduce our risk Powerful evidence showing how the Brain Saving Diet can boost your defenses against memory loss How stress depression anger and low self esteem can literally threaten the structure of our brains and what we should all be doing about it The surprising discovery that inflammation is slowly cooking our brain cells and how we can stop it The two ways you can literally add new brain cells A book that will change the way you live eat and work *Saving Your Brain* is a wake up call to those people who have long since learned the wonders of taking care of their body and now have the very real chance to provide the same lifesaving care for their brain **The Mind Diet, Nutrition to Help Prevent Alzheimer's Disease** Victor R. Ramos,2017-01-14 Your brain could be suffering without your knowledge Most likely your brain is suffering at this very moment and you have no way of knowing or finding out until you start to notice irreversible signs of decline Our current diet is leading to all kinds of health problems obesity cancer diabetes and cardiovascular disease with increasing evidence that it also triggers Alzheimer s

disease now seen by some researchers as another form of diabetes an issue addressed in this book What can we do Awareness campaigns for healthy diets have achieved limited success Many continue to follow fad diets but most do it for aesthetic reasons or health problems Some popular diets like the Mediterranean and DASH diets are specifically focused on preventing cardiovascular disease and hypertension And what about the brain We have left it to the mercy of our bad eating habits preservatives in processed foods excess sugar and fat and environmental contaminants All this happens because our brain does not complain it does not have pain receptors so we are not aware of its suffering and deterioration until it is too late It is time to take care of our brain and prevent it from failing before the rest of our body by following a healthy diet that maintains its health and proper functioning In *The MIND Diet Nutrition to Help Prevent Alzheimer's Disease* you will discover what Alzheimer's is and its causes and symptoms among other topics including a nutritional strategy for your daily life all with a simple and direct style addressed to the general public As an easy to follow diet based on the latest scientific studies the MIND diet can improve your overall health and dramatically reduce your risk of getting Alzheimer's disease

Preventing Alzheimer's William Rodman Shankle, Daniel G. Amen, M.D., 2005-06-07 Drs William Rodman Shankle and Daniel G Amen reveal the latest research and treatment methods for preventing delaying and treating the devastation of Alzheimer's disease **Medical-Surgical Nursing - E-Book** Sharon L. Lewis, Linda Bucher, Margaret M.

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