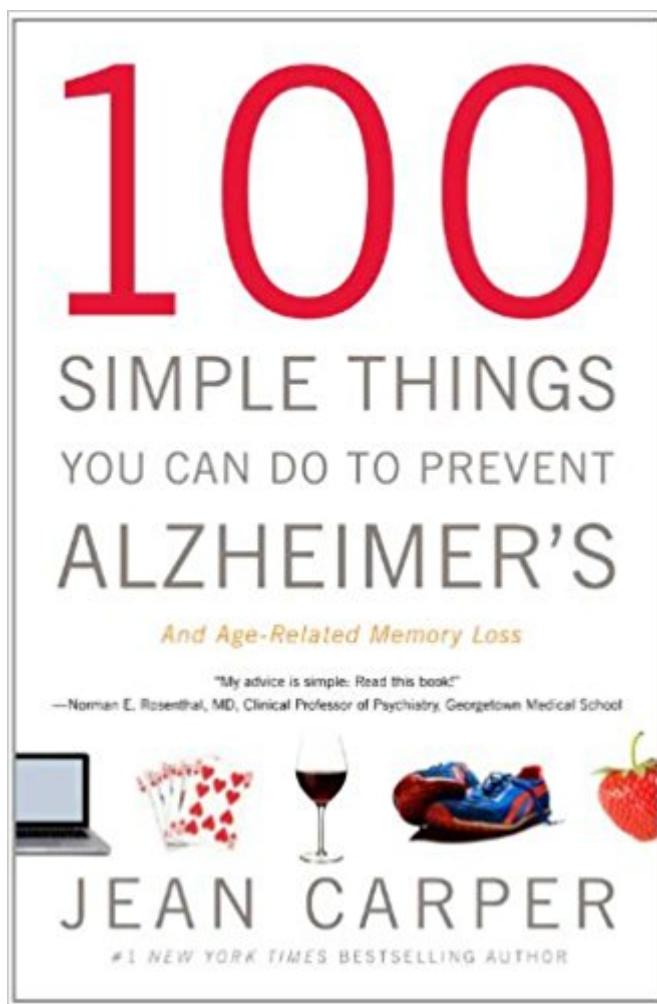


The book was found

# 100 Simple Things You Can Do To Prevent Alzheimer's And Age-Related Memory Loss



## **Synopsis**

Most people think there is little or nothing you can do to avoid Alzheimer's. But scientists know this is no longer true. In fact, prominent researchers now say that our best and perhaps only hope of defeating Alzheimer's is to prevent it. After best-selling author Jean Carper discovered that she had the major susceptibility gene for Alzheimer's, she was determined to find all the latest scientific evidence on how to escape it. She discovered 100 surprisingly simple scientifically tested ways to radically cut the odds of Alzheimer's, memory decline, and other forms of dementia. Did you know that vitamin B 12 helps keep your brain from shrinking? Apple juice mimics a common Alzheimer's drug? Surfing the internet strengthens aging brain cells? Exercise is like Miracle-Gro for your brain? Even a few preventive actions could dramatically change your future. 100 Simple Things You Can Do to Prevent Alzheimer's will change the way you look at Alzheimer's and provide exciting new answers from the frontiers of brain research to help keep you and your family free of this heartbreaking disease.

## **Customer Reviews**

If trying something new can delay or offset the effects of Alzheimer's, as former CNN medical correspondent and syndicated "EatSmart" columnist Carper (The Food Pharmacy) contends, then readers would do well to try many of the ideas she offers in this empowering compendium. Genetically disposed to Alzheimer's, Carper, now in her 70s, has compressed the latest research on this and other types of dementia into short sections, each with a bottom-line action plan. While some are basic to all-around good health (e.g., taking a multivitamin, not smoking, limiting alcohol), others might surprise: consuming apple juice and vinegar, meditating, and surfing the Internet. Although Carper admits she has not tried all of them, she recommends that readers experiment with those best suited to their situations. Even a few nutritional (a Mediterranean diet) and lifestyle (exercise, stress relief, sleep) changes, she states, can gain as much as a decade disease-free, and by supplementing with anti-Alzheimer's powerhouses like niacin, choline, folic acid, and alpha lipoic acid, readers can push mental decline even further into the future. Whether in their 20s or well into retirement, readers will likely feel motivated to do the impossible: beat the approaching epidemic of a disease commonly viewed as hopeless. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"Exceptionally good...Buy this book and keep it handy. Even if you only follow a few tips, your body

will thank you."•Carol Bradley Bursack, Inforum"Whether in their 20s or well into retirement, readers will likely feel motivated to do the impossible: beat the approaching epidemic of a disease commonly viewed as hopeless."•Publishers Weekly

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