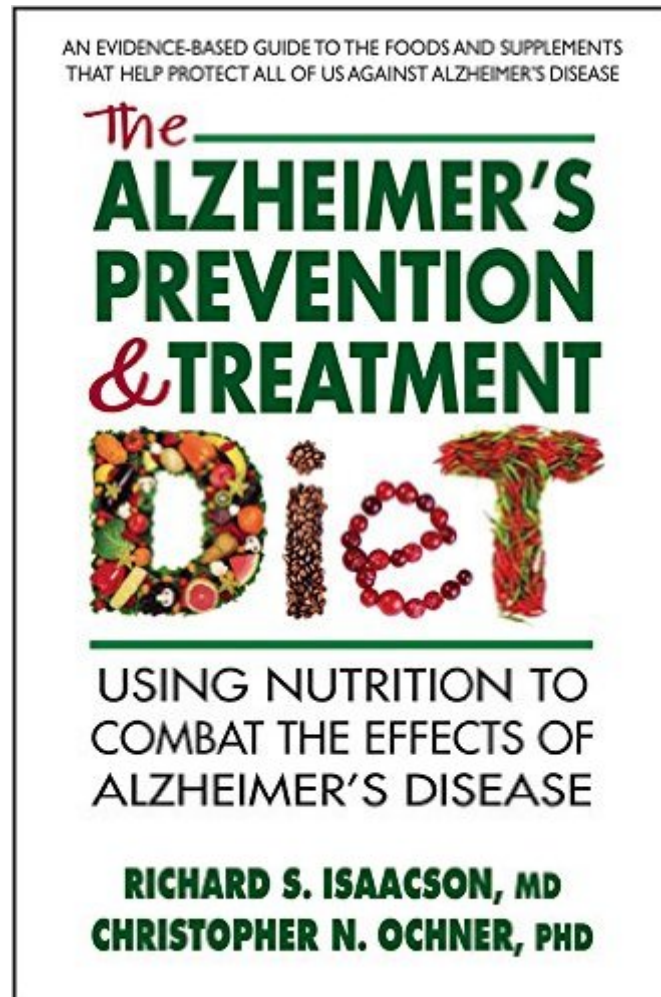


The book was found

The Alzheimer's Prevention & Treatment Diet



Synopsis

Alzheimer's disease (AD) is a type of dementia that can be very hard for both the patient and the caregiver. Currently, five million Americans have been diagnosed with AD--and that number is likely to triple by 2050. While the cause of Alzheimer's disease is still a mystery, new research has increased our knowledge of certain aspects of the disease. Perhaps most significant, studies show that proper diet may make a real difference, not only in slowing the progression of AD, but also in preventing it. In this groundbreaking book, a notable expert on Alzheimer's disease has teamed up with a leading researcher of nutrition to create a unique guide to understanding and managing this serious condition. The Alzheimer's Prevention & Treatment Diet outlines a cutting-edge nutritional program that will be of interest both to Alzheimer's patients and to anybody who wants to maintain optimal memory and mental agility for years to come. The book begins with an overview of Alzheimer's disease, outlining its symptoms, risk factors, diagnosis, and current treatment methods. You'll also learn how Alzheimer's disease differs from other forms of memory loss and cognitive impairment. Next, Drs. Isaacson and Ochner take a closer look at the impact of nutrition on your ability to think and remember, examining the effects of carbohydrates, fats, and proteins on the brain. Then, they share their innovative program for Alzheimer's prevention, showing you how to maximize your cognitive health through diet and exercise. Finally, the authors give tips for the caregiver on adapting and implementing the program for people who already have Alzheimer's, decreasing the speed with which symptoms worsen. If Alzheimer's disease is a concern for you or a loved one, The Alzheimer's Prevention & Treatment Diet will give you the information you need to fight back. Using Dr. Isaacson and Dr. Ochner's recommendations, you can put into practice what the evidence is showing us that what you eat can make all the difference for your mind.

Book Information

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Customer Reviews

Having several family members with this horrible disease, I had been looking forward to the release of this book. The amount of new information and actionable advice was astounding. Had no idea that Alzheimer's disease actually starts in the brain decades before memory loss begins. Despite being a Registered nurse and thinking I was up to date, just had no idea about this. This authors have written a very clear overview of what steps to take, and the latest science behind them. They are also very clear and honest that there is no magic pill to prevent or cure this disease. There are many dozens of suggestions and a "life plan" written by physicians who really understand the disease from both a personal as well as professional view. Ive never really understood nutrition like I do now, especially how we eat (and our lifestyle choices) affects our brain. There is also a free companion diet tracker that includes an interactive course online with actual lessons, ive not seen these types of tools with any other book. Overall, im thankful to have read this book and am very excited for being better equipped to "win the tug of war" against my genes.

Incredible work featuring the latest science. This book is unique because Dr. Isaacson has and is running his own clinical trials, has been published in major peer-reviewed journals on the topic, and has years of experience working in major academic medical institutions. Can't recommend it enough!

Truly a must-read for anyone concerned about Alzheimer's prevention, or someone looking for more answers for a loved one diagnosed with the disease. Written in an easy to understand format, this book offers such a comprehensive and sound approach to diet and general health and provides essential information. Our grandmother was diagnosed 4 years ago and this is the most up-to-date and helpful book I've read. For me, I know I'm doing everything I can to protect my brain (as best as we can) and have a plan going forward. There is so much new research supporting the positive effect of diet on your mind and well-being, and this book really pinpoints this important but often overlooked connection. I highly recommend this book and am appreciative to have read it.

This book has changed my life! - the way I think about nutrition AND my body. The concepts are big,

but Dr. Isaacson and Dr. Ochner do a great job of making it easy and relatable. I recommend this book to all of my friends and family, THANK YOU!!!

Reading now.... great book....was on Dr OZ and the author is brilliant

There is a lot of information packed in this book, to be sure. The author does a good job of explaining the research, etc. There are sample menus I find helpful, as well as a meal planner to work through as you begin implementing the diet. It's a nice approach, because you was your way into the diet over the course of several weeks instead of just kissing goodbye forever your favorite foods. I personally find reading about nutrition to be dry, but I think the author made it as interesting as you can make dietary research.

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