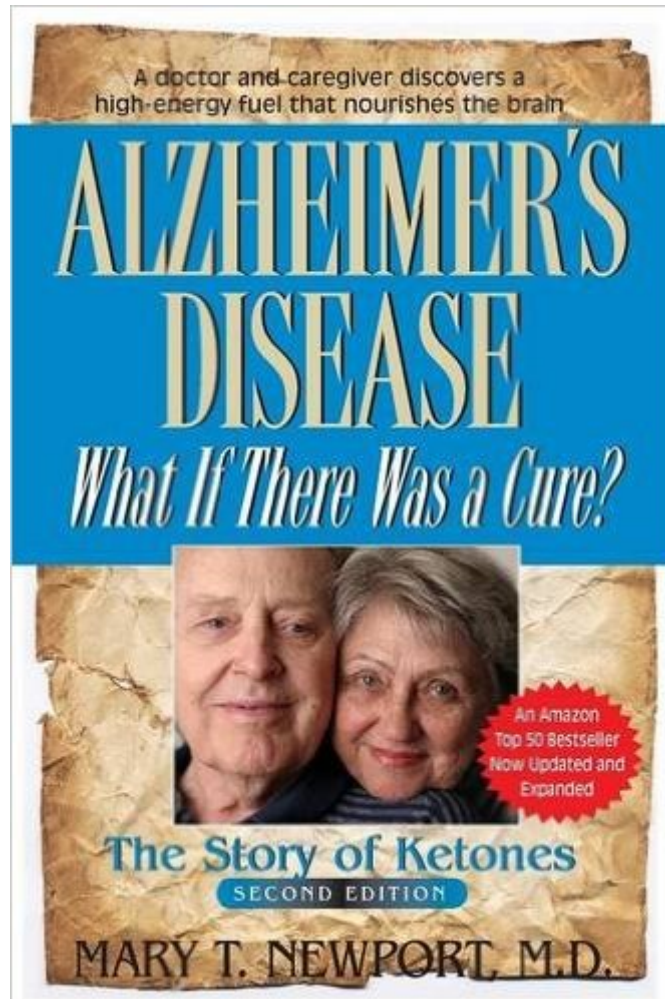


The book was found

Alzheimer's Disease: What If There Was A Cure?: The Story Of Ketones



Synopsis

In this second edition Dr. Newport, a neonatal practitioner, continues the story of Steve's progress and provides the most recent research on such topics as possible causes of Alzheimer's due to the herpes simplex virus and nitrosamine substances and how infection, inflammation and genetic makeup may affect an individual's response to fatty acid therapy.

Book Information

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Customer Reviews

A friend told me about this book when I told her I was worried about brain fog, memory loss and inability to remember people's faces. I wasn't sure if this was menopausal, or due to having cancer 3 years ago - but it certainly made me worried. I cut back the carbs in my diet and added 4-7 tablespoons of coconut oil into my diet. After a week I noticed that using the Nintendo Brain Trainer my memory test score showed my highest score ever - a 20% improvement on previous measurements. My brain feels clearer and I feel less spaced out. This is a really important work and I wish I'd come across it before my dad, who had Alzheimer's, died. It's becoming so clear that so much illness can be resolved just by improving your diet. People do not grow healthy and strong eating pizza, pasta and Cola. Including essential fats (coconut oil and fish oil) and several portions of green vegetables daily, and cutting out sugar and trans fats can make a big difference to your health. The long held truth that low fat is the way to health is now being found to be completely incorrect. Your brain is made of fat and the sheaths that surround your nerves are made of fat, and if you're not eating any fat, how can they be repaired!! The wrong fats have given the good fats a

bad press. Margarines, transfats and hydrogenated oils are all bad - which is why manufacturers are now removing them from products. Cold Pressed Extra Virgin Olive Oil is good, but most other vegetable oils are very processed and not good for your health. There is a belief that coconut oil is bad for you - but again this is an outdated information that has been proven incorrect.

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