The Alzheimer's Prevention Diet and Cookbook (Paperback)

The Alzheimer's Prevention Diet and Cookbook



A portion of the proceeds from this book benefits Alzheimer's Research

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Reviews

This ebook is worth acquiring. Better then never, though i am quite late in start reading this one. You will not truly feel monotony at at any time of your own time (that's what catalogues are for about if you ask me).

(Lorenz Vandervort)

THE ALZHEIMER S PREVENTION DIET AND COOKBOOK (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. THE ALZHEIMER S PREVENTION DIET AND COOKBOOK Chad Beaver, a Licensed Marriage and Family Therapist, and his wife Michelle Gamble, M. Ed., have used their combined 20 years of experience working with severe mental illness and geriatric aging to create a plan of action against one of the biggest epidemics of the 21st Century - Alzheimer s Disease. The Alzheimer s Prevention Diet and Cookbook offers the latest research on Alzheimer s disease and shows how natural ingredients and diet changes can add a layer of protection around the brain, fight the plaque accumulations associated with Alzheimer s disease and encourage neurogenesis, which is the regeneration of brain cells. The Alzheimer s Prevention Diet and Cookbook offers a four-week meal plan, 10 pages of research including 26 cited studies, 81 recipes designed to protect against Alzheimer s and 17 full-color photos in a traditional cookbook format. Each recipe identifies the beneficial ingredients and how they interact with the brain and body. This book allows the most novice of chefs to utilize household ingredients (such as cinnamon, coffee, and blueberries) to make delicious dishes and take a proactive step in fighting a disease that will effect one in eight people over age 65. With the average cost of care for an Alzheimer s patient currently totaling more than \$800,000 - with much of the cost being passed on to Social Security - and more than 10,000 Americans a day turning 65-years-old, it is imperative to make a proactive move in addressing this crippling disease. The Alzheimer s Prevention Diet and Cookbook is a change people can make today to protect themselves from a disease that costs America \$94 billion...



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