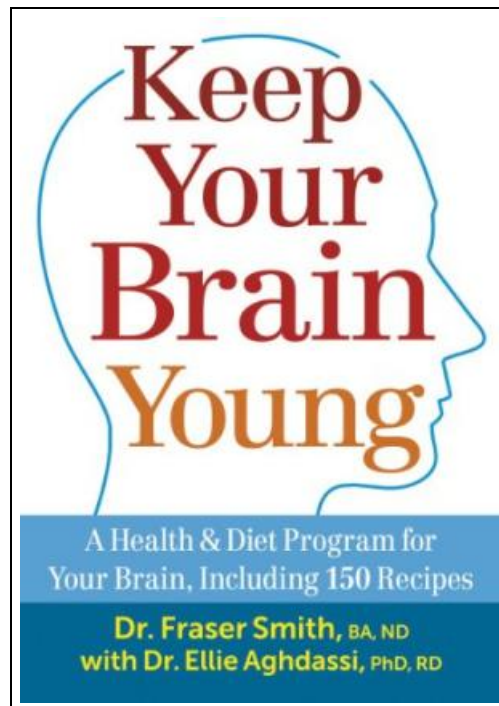


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(Prof. Jeremie Kozey)

KEEP YOUR BRAIN YOUNG: A HEALTH & DIET PROGRAM FOR YOUR BRAIN, INCLUDING 150 RECIPES



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Robert Rose Inc. Paperback. Book Condition: new. BRAND NEW, Keep Your Brain Young: A Health & Diet Program for Your Brain, Including 150 Recipes, Fraser Smith, Ellie Aghdassi, The population explosion of the 'oldest old' will triple soon. What really counts when it comes to enjoying this extra time on earth is to have full use of one's mental abilities and to be free from disabling neurological diseases like Alzheimer's and Parkinson's disease. This timely and topical book provides comprehensive, easy-to-understand information on the common diseases of brain ageing, about the most significant and often silent causes, and finally provides a simple programme of action that anyone can follow. Part 1 outlines the most common diseases of neurological ageing, such as Alzheimer's and dementia associated with ageing arteries. Part 2 looks at the root causes of many of these conditions, asking the question 'what events and lifestyle choices set the stage for a rapid decline in cognitive ability in the older years'? Part 3 outlines a simple yet comprehensive 8-step programme that guides the reader in the quest for healthy brain functioning. These steps include: Fuel the nervous system; Shield the brain tissues and cells from the damage that leads to ageing; Support the body's detoxification mechanisms; Keep the arteries, capillaries and blood supply to the brain as young as possible; Consume special foods that enhance brain function; Address the determinants of health, especially the healing power of sleep; Saturate the brain with the optimal balance of fats; Tap into the regenerative potential of the brain. Part 4 delves deeply into nutritional measures since the brain is so dependent on proper nutrition. A complete menu plan calculated to meet daily needs and to empower a nutritional and biochemical optimization plan is provided. The diet will also supply the many nutrients...



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