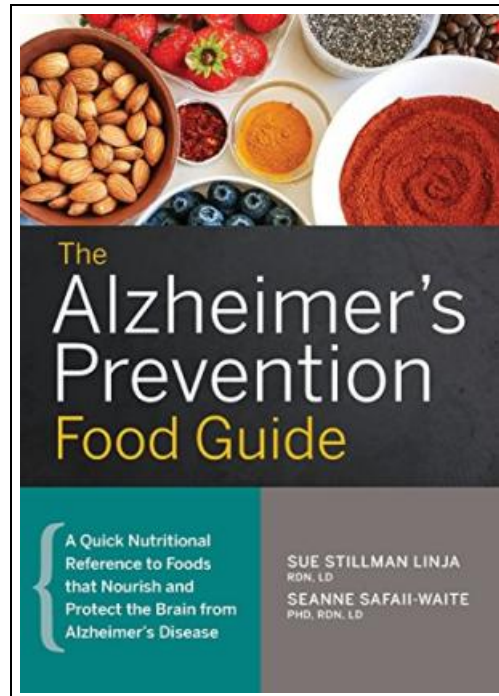


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Rockridge Press, 2017. Paperback. Condition: New. Language: English . Brand New Book. Never has diet been so important for brain health and reducing risk for Alzheimer s. This is not a simple diet book-it s a food bible that tells you all you need to know to start eating your way to a healthy brain, right now! -Dr. Rudolph E. Tanzi, Director, Alzheimer s Genome Project; Director, Genetics and Aging Research Unit, Massachusetts General Hospital; and Joseph. P. and Rose F. Kennedy Professor of Neurology, Harvard Medical School More than 5 million Americans are currently living with Alzheimer s disease. With no known cure, the thought of receiving an Alzheimer s diagnosis can be terrifying. But you can reduce your risk of developing Alzheimer s disease by making smart nutritional choices-and this book will show you exactly how. For authors Sue Stillman Linja and SeAnne Safaii-Waite, the devastation of Alzheimer s is all too familiar. They both witnessed the progression of Alzheimer s in their mothers. As registered dietitian nutritionists and researchers, they ve examined all of the evidence-based research on diet and Alzheimer s in order to offer a simple and practical dietary approach to protecting the brain from Alzheimer s. With The Alzheimer s Prevention Food Guide, Sue and SeAnne show you how to start eating for total brain health before it s too late to prevent the development of Alzheimer s disease. The Alzheimer s Prevention Food Guide is the first and only action-oriented food guide for making brain-nourishing dietary choices. You ll discover how easy it can be to incorporate everyday brain foods into your diet, easily and without stress. Accessible and easy-to-follow, The Alzheimer s Prevention Food Guide offers: A realistic 2-week meal plan that shows how doable it is to prepare brain-healthy mealsProfiles of...



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