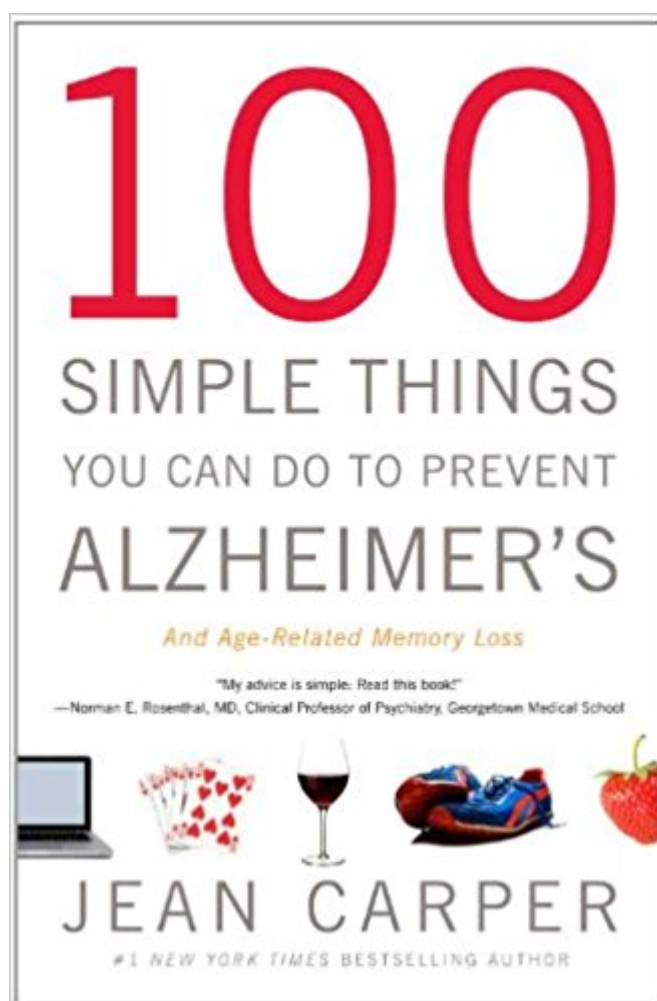


The book was found

# 100 Simple Things You Can Do To Prevent Alzheimer's And Age-Related Memory Loss



## Synopsis

Most people think there is little or nothing you can do to avoid Alzheimer's. But scientists know this is no longer true. In fact, prominent researchers now say that our best and perhaps only hope of defeating Alzheimer's is to prevent it. After best-selling author Jean Carper discovered that she had the major susceptibility gene for Alzheimer's, she was determined to find all the latest scientific evidence on how to escape it. She discovered 100 surprisingly simple scientifically tested ways to radically cut the odds of Alzheimer's, memory decline, and other forms of dementia. Did you know that vitamin B 12 helps keep your brain from shrinking? Apple juice mimics a common Alzheimer's drug? Surfing the internet strengthens aging brain cells? Exercise is like Miracle-Gro for your brain? Even a few preventive actions could dramatically change your future. 100 Simple Things You Can Do to Prevent Alzheimer's will change the way you look at Alzheimer's and provide exciting new answers from the frontiers of brain research to help keep you and your family free of this heartbreaking disease.

## Customer Reviews

If trying something new can delay or offset the effects of Alzheimer's, as former CNN medical correspondent and syndicated "EatSmart" columnist Carper (The Food Pharmacy) contends, then readers would do well to try many of the ideas she offers in this empowering compendium. Genetically disposed to Alzheimer's, Carper, now in her 70s, has compressed the latest research on this and other types of dementia into short sections, each with a bottom-line action plan. While some are basic to all-around good health (e.g., taking a multivitamin, not smoking, limiting alcohol), others might surprise: consuming apple juice and vinegar, meditating, and surfing the Internet. Although Carper admits she has not tried all of them, she recommends that readers experiment with those best suited to their situations. Even a few nutritional (a Mediterranean diet) and lifestyle (exercise, stress relief, sleep) changes, she states, can gain as much as a decade disease-free, and by supplementing with anti-Alzheimer's powerhouses like niacin, choline, folic acid, and alpha lipoic acid, readers can push mental decline even further into the future. Whether in their 20s or well into retirement, readers will likely feel motivated to do the impossible: beat the approaching epidemic of a disease commonly viewed as hopeless. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"Exceptionally good...Buy this book and keep it handy. Even if you only follow a few tips, your body

will thank you." — Carol Bradley Bursack, Inforum "Whether in their 20s or well into retirement, readers will likely feel motivated to do the impossible: beat the approaching epidemic of a disease commonly viewed as hopeless." — Publishers Weekly

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Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1)  
Memory Training: Train your brain to improve your memory (Unlimited Memory, Mental Health, Memory Techniques, Education & Reference, Study Skills, Memory Improvement Book 1)  
Memory Repair Protocol - Improve Your Memory: Powerful Strategies To Enhance Your Memory - The Ultimate Guide to Unleash Your Brain's Potential (memory loss Book 1)  
The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss  
The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss, fifth edition  
The 36-Hour Day, fifth edition: The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss (A Johns Hopkins Press Health Book)  
The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life (3rd Edition)  
Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness)  
Better Memory Now: Memory Training Tips to Creatively Learn Anything Quickly, Improve Memory, & Ability to Focus for Students, Professionals, and Everyone Else who wants Memory Improvement  
Memory: Boost Your Memory with Easy Exercises - Improve Your Mental Focus in Everyday Life (FREE BONUS INCLUDED) (Improve memory, improving memory, remembering more, productivity improvement)  
The Alzheimer's Action Plan: What You Need to Know--and What You Can Do--about Memory Problems, from Prevention to Early Intervention and Care  
Hair Loss Cure: How to Prevent Hair Loss. Discover the Top Hair Loss Treatment that Will Save You from Eternal Baldness!  
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Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips)  
The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at

Every Age The Loss of Self: A Family Resource for the Care of Alzheimer's Disease and Related Disorders (Revised Edition) Hair Loss: 5 Easy Steps To Stop and Prevent Hair Loss (hair loss, hair care, bald, beauty care, personal hygiene, natural health remedies, personal health care) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss

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