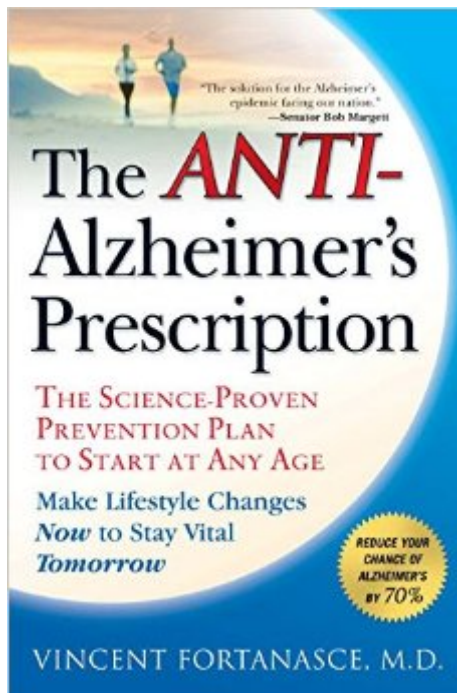


The book was found

The Anti-Alzheimer's Prescription: The Science-Proven Prevention Plan To Start At Any Age



Synopsis

From a world-renowned neurologist, the first book to feature a scientifically substantiated program for the only treatment for Alzheimer's: PREVENTION Alzheimer's is a devastating and frightening disease, and as baby boomers age it's on the brink of becoming the great epidemic of the twenty-first century. Fortunately, by making proper lifestyle choices and avoiding certain risk factors, most people can prevent Alzheimer's, and it can be delayed in those who are genetically predisposed. The Anti- Alzheimer's Prescription presents a unique four-step program that includes menus, recipes, exercises, stress reduction techniques, and neurobics to lower the risk of Alzheimer's by as much as 70 percent. Dr. Fortanasce, who witnessed his own father's painful decline from the disease, is determined to stop Alzheimer's from becoming pandemic.

Book Information

Paperback: 352 pages

Publisher: Avery; 1 edition (August 4, 2009)

Language: English

ISBN-10: 1592404618

ISBN-13: 978-1592404612

Product Dimensions: 5.3 x 0.7 x 8 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (69 customer reviews)

Best Sellers Rank: #231,343 in Books (See Top 100 in Books) #125 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Alzheimer's Disease #148 in Â Books > Health, Fitness & Dieting > Mental Health > Dementia #737 in Â Books > Medical Books > Medicine > Internal Medicine > Neurology

Customer Reviews

From: [...]Author & Book Views On A Healthy Life!Book Review: The Anti-Alzheimer's Prescription: The Science-Proven Plan to Start at Any Age (Gotham Books, 2008) by Vincent Fortanasce, M.D.A BestSeller ReviewDr. Vincent Fortanasce is a board-certified neurological rehabilitation specialist, trained in psychiatry at the Institute of Living, a Yale affiliate hospital, and is a bio-ethicist. He is also a clinical professor of neurology at the University of Southern California. Some of his patients have included Pope John Paul II and Major League Baseball Hall of Famer Tommy Lasorda. Profits of The Anti-Alzheimer's Prescription will be donated to the charity: The Fighting Alzheimer's Fund.Believing that the disease is reaching epidemic proportions and is the greatest fear (more than

death) of the baby boomer generation, Dr. Fortanasce provides a 4-Step plan of Alzheimer's prevention in his new book. He writes that the disease is preventable in most people (70%), and can be delayed in those who are genetically predisposed. The 4-Step Anti-Alzheimer's Plan: 1. Diet-- Key Buzz Words: turmeric, soy, omega-3 fatty acids, berries, tomatoes, nuts, beans, green tea, resveratrol, fish, DHA, whole grains; avoid simple carbohydrates like refined starches and concentrated sugars; eat thirds of good fats (olives, flaxseed, nuts, avocado, cold water fish), lean protein, and complex carbs; eat on the low glycemic index--control your blood sugar; eat antioxidants which will improve your cognitive function. 2.

[Download to continue reading...](#)

The Anti-Alzheimer's Prescription: The Science-Proven Prevention Plan to Start at Any Age
Anti-Inflammatory Diet: Beginner's Guide with XL Granny's Recipes (Anti Inflammatory Cookbook, Anti Inflammatory Diet Cookbook, Anti-Inflammatory Recipes, Anti Inflammatory Books, Anti-Inflammatory Diet) ANTI INFLAMMATORY DIET: Anti-Inflammatory Recipes To Heal Yourself (Anti Inflammatory Diet, Anti Inflammatory, Anti Inflammatory Diet Cookbook, Anti Inflammatory ... Fast, Pain Free, Heal Yourself Book 1) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Anti Aging: Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever (Anti Aging Diet, Anti Aging Secrets, Anti Aging Drugs) (Fitness Book 1) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life (Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) Complete Guide to Prescription & Nonprescription Drugs 2016-2017 (Complete Guide to Prescription & Non-Prescription Drugs) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) Alzheimer's Disease: Dominate Alzheimer's Sickness With Nutrition Treatment, Brain-Healthy Lifestyle and Herbal Treatment (Alzheimer's Disease Complete ... Nutrition Treatment, Elder Care Handbook) Anti Inflammatory Diet: The Ultimate Anti-Inflammatory Diet Recipes!: Top Anti-Inflammatory Diet Recipes for Beginners

Anti-Inflammatory Diet: The Ultimate Beginners Guide to Eliminate Body Pain and Restore Your Overall Health By Eating Foods Designed For You (Anti-Inflammatory ... Pain Free, Anti-Inflammatory Recipies) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Understand Alzheimer's: A First-Time Caregiver's Plan to Understand & Prepare for Alzheimer's & Dementia Look Younger: A Proven Anti-Aging Guide For Looking 10 Years Younger: Fast And Effortless Anti-aging Tactics Anti Inflammatory Diet: Anti Inflammatory Cookbook & Meal Plan - Weight Loss & Pain Management (Whole Food, Autoimmune, Low Carb Cookbook, Clean Eating, Arthritis, Thyroid, Hashimotos) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Anti Inflammatory Diet: How To End Chronic Pain Forever and Heal Your Body Naturally (delicious anti-inflammatory recipe cookbook with 14 day meal plan)

[Dmca](#)