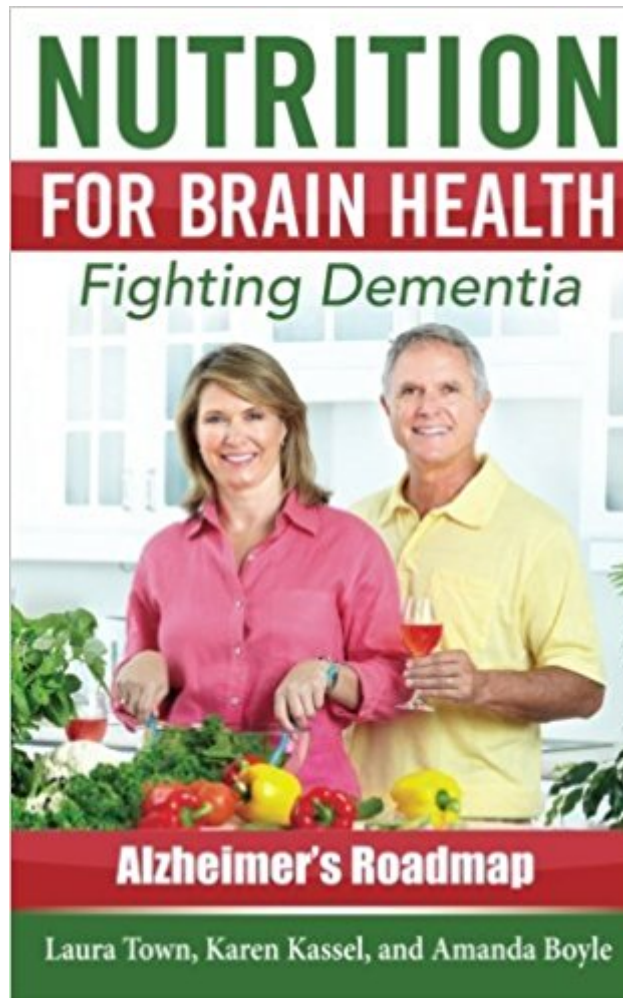




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# Nutrition For Brain Health: Fighting Dementia (Alzheimer's Roadmap)



## Synopsis

Dementia, including Alzheimer's disease, is characterized by cognitive decline and decreased brain function. Recent scientific studies have investigated the role of nutrition in dementia and have provided suggested nutritional changes for those at risk for dementia. This book discusses nutritional interventions that can promote brain health to decrease the risk of developing dementia as well as slow the progression of the disease in those diagnosed with dementia. If you or your loved one are at risk for developing dementia, following the guidelines presented in this book can help you maintain your brain health and fight against the onset of dementia. If you or your loved one are already diagnosed with dementia, this book will provide insights into nutritional changes that may slow the progression of the disease, and it also presents tips for helping your loved one with severe dementia maintain adequate nutrition when eating becomes difficult.

## Book Information

Series: Alzheimer's Roadmap

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Best Sellers Rank: #354,220 in Books (See Top 100 in Books) #189 in Books > Health, Fitness & Dieting > Mental Health > Dementia #2364 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

A very good book with affordable foods that can make a difference in a person's brain function. My husband has the beginning signs of dementia, since we have been eating many of the suggested foods here, he has shown great improvement. A must read.

My grandmother has recently been diagnosed with dementia and we are determined to keep her at home for as long as possible. I have read several books on the subject recently but someone mentioned to me that nutrition can also play a factor with the disease so just finished this really useful guide on "Nutrition for Brain Health". Full of great information on healthy foods to include in

the diet and many to avoid, this is a must read for anyone with a dementia or Alzheimer's patient in their life. With some useful checklists, info on vitamins, and even a section on beverages, we are using this on a daily basis now and taking it grocery shopping with us.

With a three -generation history of Alzheimer's in my family, this book is of particular interest to me. I've already made some changes to my diet because of it. It is good to have all this information in one place. I have it on Kindle, and will get a hard copy for my family's library.

Well written book. Short book but lots of good nutrition information. Found it very helpful.

EXTREMELY SIMPLISTIC. Beyond very promising cover, inside the book itself, "safe" platitudes (unlikely to offend those on a Standard American Diet- SAD), the author violates nearly everything written by scholars of the calibre of Doctors Greger and Barnard. NEARLY USELESS. How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease Power Foods for the Brain: An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory

I was looking for information on what to eat to help with the brain and found this book had a lot of good information .

This book is only 28 pages long & the information is the same you can find online & on TV regarding Alzheimer's & dementia.

Good information all in one place. I only wish there were daily or weekly menu plans and recipes to help with food combinations. The book did include several calorie counting daily diets with examples of food combinations. That was helpful.

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