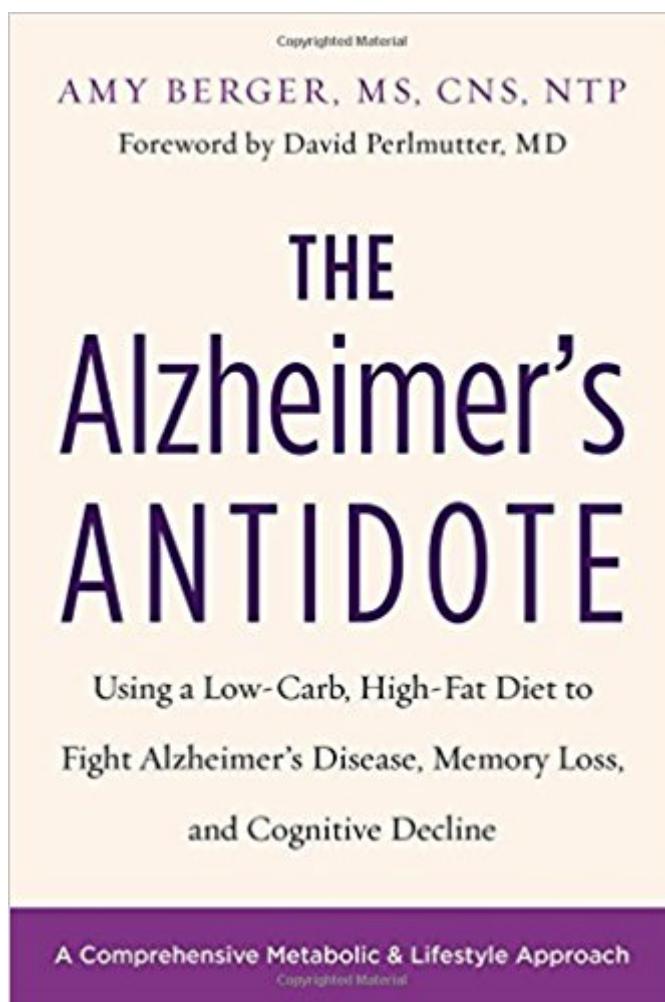


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# The Alzheimer's Antidote: Using A Low-Carb, High-Fat Diet To Fight Alzheimer's Disease, Memory Loss, And Cognitive Decline



## Synopsis

A Comprehensive Metabolic & Lifestyle Approach A diagnosis of Alzheimer's disease in 2016 is startlingly similar to a half-century ago. Despite decades of research and millions of dollars invested in uncovering the causes and developing treatments for this devastating illness, progress has been slow, with each new "blockbuster" drug proving to be as big a disappointment as the ones that went before it. Today, an Alzheimer's diagnosis is a death sentence. However, there may be ways to prevent, delay, and possibly even reverse the course of this crippling neurodegenerative disease. In *The Alzheimer's Antidote*, Certified Nutrition Specialist Amy Berger presents a multi-pronged nutrition and lifestyle intervention to combat Alzheimer's disease at its roots. Berger's research shows that Alzheimer's results from a fuel shortage in the brain: As neurons become unable to harness energy from glucose, they atrophy and die, leading to classic symptoms like memory loss and behavioral changes. This is a revolutionary approach—one that has been discussed in the scientific literature for years but has only recently been given credence in clinical settings, thanks to extremely promising studies wherein Alzheimer's patients have experienced complete reversals of the condition. Medical and scientific journals are full of research showing alternate ways to fuel the starving brain, but no one has been bringing this essential information to the people who need it most—until now. In a culture obsessed with miracle medications, the pharmaceutical route for tackling Alzheimer's has been a massive failure. Pills and potions don't address underlying causes, and regarding Alzheimer's, they typically fail to improve even the symptoms. As a metabolic problem, the only effective way to treat Alzheimer's may be a multifaceted approach that fundamentally reprograms energy generation in the brain. The good news is, the secret is as simple as switching to a low-carb, high-fat diet. *The Alzheimer's Antidote* shows us that cognitive decline is not inevitable, but if it does occur, we don't have to sit idly by and wait helplessly while it progresses and worsens. Amy Berger empowers loved ones and caregivers of Alzheimer's sufferers, and offers hope and light against this otherwise un navigable labyrinth of darkness.

## Book Information

Paperback: 352 pages

Publisher: Chelsea Green Publishing; 1 edition (March 24, 2017)

Language: English

ISBN-10: 1603587098

ISBN-13: 978-1603587099

Product Dimensions: 6 x 0.9 x 8.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 38 customer reviews

Best Sellers Rank: #21,240 in Books (See Top 100 in Books) #15 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Alzheimer's Disease #18 in Books > Health, Fitness & Dieting > Mental Health > Dementia #49 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

## Customer Reviews

Ã¢ "Magnificent. . .Ã .Ã Â The AlzheimerÃ¢ "s AntidoteÃ Â harvests our most highly regarded, scientific research to create an empowering, user-friendly game plan that rewrites our health destiny. . .Ã .Ã Â This is a program for everyone, whether already diagnosed, at high risk, or even if there is no family history of this disease.Ã¢ "Ã•--David Perlmutter, MD, author ofÃ Â Grain Brain,Ã Â #1Ã Â New York TimesÃ Â Bestseller (from the Foreword)"There are few things people fear more than cancer, with the possible exception of neurodegenerative diseases such as Alzheimer's disease. Not only does AD ultimately cut lives short, it effectively steals who the person 'is' long before they die. Traditional treatment methods have been lackluster at best, but there is hope.Ã Â The Alzheimer's AntidoteÃ Â is a scientifically sound method of nutrition and lifestyle which combats AD at a molecular level. If you or someone you know suffers from AD, I highly recommend this book."--Robb Wolf, New York Times bestselling author ofÃ Â The Paleo SolutionÃ Â andÃ Â Wired to EatÃ¢ "Ã Amy Berger brings a fresh, new perspective to the rising problem of AlzheimerÃ¢ "s disease. She proposes a natural treatment that has, in my opinion, a far greater chance of clinical success than standard medications. The AlzheimerÃ¢ "s Antidote is a terrific book.Ã¢ "Ã•--Jason Fung, MD, author ofÃ Â TheÃ Â Obesity CodeÃ¢ "Ã Amy Berger elegantly explains how AlzheimerÃ¢ "s, a devastating disease that has touched virtually every American family (or soon will), is much more than just a normal manifestation of growing old, and its management must include much more than just cholinesterase inhibiting drugs. She delves deep into AlzheimerÃ¢ "s as a complex metabolic disease, one that can be greatly reduced, and likely avoided completely, with the right combination of lifestyle modifications within our control. Berger offers comprehensive treatment approaches that go way beyond what most patients are told by their physicians. This book is long overdue and a must-read for health care providers and laypeople alike.Ã¢ "Ã•--David M. Brady, ND, CCN,

DACBN, a author of the bestseller The Fibro Fix; vice president for health sciences and director of the Nutrition Institute, University of Bridgeport. A growing body of research suggests brain insulin resistance is strongly linked to Alzheimer's disease (AD). In The Alzheimer's Antidote, Amy Berger provides a clear understanding of the pathology of AD and explains how a low-carb, high-fat lifestyle can improve cognitive function and increase quality of life by providing an alternate fuel source for the Alzheimer's brain to use: ketone bodies. This exceptionally well-written, well-researched book is a must-read for family members and caregivers of people with AD.

—Franziska Spritzler, RD, CDE

Amy Berger, MS, CNS, NTP, is a Certified Nutrition Specialist and Nutritional Therapy Practitioner. She is a US Air Force veteran who now specializes in using low-carbohydrate nutrition to help people reclaim their vitality through eating delicious, wholesome foods, and teaching them that achieving vibrant health doesn't require starvation, deprivation, or living at the gym. Her motto is, "Real people need real food!" You can read her blog at [www.tuitnutrition.com](http://www.tuitnutrition.com), where she writes about a wide range of health and nutrition-related topics, such as insulin, metabolism, weight loss, thyroid function, and more.

A fantastic book! I watched Amy's video that I found scientific at a very comfortable level (I am a scientist) so I was wondering about the way the book was going to be written. I must say it is written very similarly to how the video presentation went: pure pleasure, not too low and not too high in style and language. Very enjoyable. While I have not yet finished the book, I grab every minute of wait anywhere to read a page or two, so far my overall impression is that this book should be read by all. One need not have a friend or relative with Alzheimer's to be educated about diabetes mellitus (type 2) leading to Alzheimer's and other health conditions, as well as why scientists searching for the cause of Alzheimer's along the beta amyloid plaques are likely looking at symptom, rather than cause, and why most everyone would benefit from a reduced carbohydrate diet. She also explains how diabetes mellitus starts by insulin resistance of each organ separately rather than the whole body at once--this is known to all doctors and scientists (at least I hope it is known) yet still only the A1C blood test is offered for insulin resistance, which doesn't show any problems until insulin resistance is systemic. Amy also explains how important it is to start eating "right" (low carbs) from early age of 20s and 30s because the changes in the brain/body occur so slowly that by the time symptoms appear, it may be much harder to fix or too late. Prevention is the key. I highly recommend this book for everyone who wants to plan a healthy future with healthy

longevity.

My mother passed away with no memory and no leg muscles, the result of a double-whammy effect of the officially mandated low-fat, high-carb diet and statin drugs to lower her cholesterol. This experience intensified my search for information on health through nutrition, and in the process I have found out that we have been led down the wrong dietary path for decades. The ghastly effects of this mess we've been eating is appalling, and research is finally catching up. Amy Berger has done an absolutely bang-up job of presenting the most up-to-date information available that demonstrates the dangers of the low-fat, high-carb diet, and conversely, the huge benefits of the reverse- a high-fat, low-carb diet. This book is a very comprehensive work that covers the fallout from eating the way we've been told to eat for decades, how to change all that, and considers the situations that many face including care-givers for those in managed care (nursing homes) and those who prefer a vegetarian or vegan lifestyle. It's one-stop-shopping that combines information available in separate books on some of the basics of nutrition, the cholesterol myth, the dangers of statins, the dangers of the low-fat, high-carb diet and food and cooking recommendations as well as other lifestyle factors. I have read quite a few nutrition/health books over the years, and some are a bit more technical than I can drag myself through, but Amy has presented the information in a way that anyone can understand. Body chemistry is unbelievably complicated, making the processes involved rather difficult to explain, but I found this one easy to understand. I've been known to glaze over and skip to the bottom line at the end of the chapter, but I didn't have to do that with this one. There is some serious myth-busting here. Cholesterol causes heart disease? Busted! Statins for heart health? Busted! Dietary fat makes you fat? Busted! Saturated fats are evil? Busted! We desperately need to shift our thinking where our eating is concerned. Sugar and carb addictions have turned us into people that live to eat rather than people that eat to live. If you want to find out what you can do to save your brain and practical advice on eating to live and staying out of the Alzheimer's unit, get your copy now!

This is a good book. I listened to several YouTube interviews with Amy Berger and they peaked my interest enough cause me to buy her book. I was not disappointed. She wrote about a lot of different aspects of the causes of Alzheimer's and put it together in a very readable fashion. I learned many new things. Her discussion on the insulin-degrading-enzyme really solidified my understanding of why I need to eat low carb. Low carb is not just for weight loss anymore! It is for managing your risks associated with Alzheimer's.

It was good but nothing I didn't know or have implemented as best I can. This diet could help anyone new to the problem. I took care of my father for 8 years with dementia and was able to get him to his 89th birthday. It is much harder to keep ones self on the diet than when you have full control of another's food and supplement protocol. Best of luck to anyone struggling with this difficult disease. It is very hard on the care giver especially when you are a loved one.

A must read for everyone who is getting older!!! Yes, that means everyone living. I highly recommend this book. So many doctors do not keep up on the progress that is made in medicine. If you want to stay healthy, you better do your own research. This book puts things in a way that someone with no medical training can understand. Thank you Amy!!!

I have already incorporated several ideas to reduce Alzheimer's risk, especially diet and intermittent fasting. You don't hear the advice in this book from most conventional sources (news, magazines), but it is backed by research and seems very plausible.

One of the absolute best books on the subject that I have read, based in sound science, such a hopeful book! Thank you for writing . This should be mandatory reading for all nutritionists, doctors, and health care practitioners.

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Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) The Alzheimer's Antidote: Using a Low-Carb, High-Fat Diet to Fight Alzheimer's Disease, Memory Loss, and Cognitive Decline Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb

cookbook, ketogenic diet, paleo diet) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) Ketogenic Diet Fat Bombs: A Year of Keto Fat Bombs: 52 Sweet & Savory Low Carb Snack Recipes (Ketogenic Diet Fat Bomb Recipes for Rapid Weight Loss with Low Carb Desserts) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget( Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet)

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