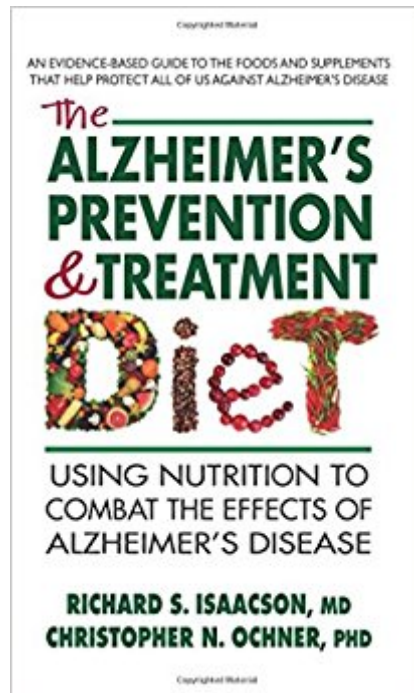




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# The Alzheimer's Prevention & Treatment Diet



## Synopsis

Alzheimer's disease (AD) is a type of dementia that can be very hard on both the patient and the caregiver. Currently, five million Americans have been diagnosed with AD--and that number is likely to triple by 2050. While the cause of Alzheimer's disease is still a mystery, new research has increased our knowledge of certain aspects of the disease. Perhaps most significant, studies show that proper diet may make a real difference, not only in slowing the progression of AD, but also in preventing it. In this groundbreaking book, a notable expert on Alzheimer's disease has teamed up with a leading researcher of nutrition to create a unique guide to understanding and managing this serious condition. The Alzheimer's Prevention & Treatment Diet outlines a cutting-edge nutritional program that will be of interest both to Alzheimer's patients and to anybody who wants to maintain optimal memory and mental agility for years to come. The book begins with an overview of Alzheimer's disease, outlining its symptoms, risk factors, diagnosis, and current treatment methods. You'll also learn how Alzheimer's disease differs from other forms of memory loss and cognitive impairment. Next, Drs. Isaacson and Ochner take a closer look at the impact of nutrition on your ability to think and remember, examining the effects of carbohydrates, fats, and proteins on the brain. Then, they share their innovative program for Alzheimer's prevention, showing you how to maximize your cognitive health through diet and exercise. Finally, the authors give tips for the caregiver on adapting and implementing the program for people who already have Alzheimer's, decreasing the speed with which symptoms worsen. If Alzheimer's disease is a concern for you or a loved one, The Alzheimer's Prevention & Treatment Diet will give you the information you need to fight back. Using Dr. Isaacson and Dr. Ochner's recommendations, you can put into practice what the evidence is showing us that what you eat can make all the difference for your mind.

## Book Information

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## Customer Reviews

"[A] comprehensive yet easy-to-follow nutritional guide for the prevention and treatment of Alzheimer's disease . . . [the authors] provide realistic and straightforward guidance . . . [they] take the guesswork out of creating a healthy and appealing diet by providing lists of recommended food and supplements, serving sizes, and weekly menu ideas. This book is recommended for anyone who cares about long-term mental health." (Publishers Weekly)"[E]ven skeptics who question whether diet can truly prevent dementia will find it tough to object to this guide . . . [the authors] make a compelling case for staying slim, noting that overweight people are considered to be at greater risk of developing hypertension, high cholesterol, diabetes, and cancer . . . may reduce the risk of getting this irreversible, memory-destroying brain disorder." (Karen Springen Booklist)

Richard Isaacson, MD, is the founder and director of the Alzheimer's Prevention Clinic at Weill Cornell Medicine and New York-Presbyterian, where he is also an Associate Professor of Neurology and director of the Neurology Residency Training Program. Dr. Isaacson completed his residency in neurology at Beth Israel Deaconess Medical Center/Harvard Medical School and did his medical internship at Mount Sinai Medical Center in Miami Beach, where he later became the associate medical director of the Wien Center for Alzheimer's disease. Christopher Ochner, PhD, is an assistant professor of psychiatry at the Icahn School of Medicine at Mount Sinai Hospital. He received his doctorate in clinical psychology from Drexel University and went on to join the faculty at Columbia University, where he became the youngest member to run an independent research laboratory. Dr. Ochner has devoted his career to studying the relationship between food intake and the brain, receiving several awards from the National Institutes of Health to support his research.

Incredible work featuring the latest science. This book is unique because Dr. Isaacson has and is running his own clinical trials, has been published in major peer-reviewed journals on the topic, and has years of experience working in major academic medical institutions. Can't recommend it

enough!

Excellent book to read for people over 45. The book gives answers to questions like how to prevent, avoid, and even turn around this beastly symptom that is so real for so many. I learned so much, that when I shared it with my husband, who is practically paranoid about getting Alzheimer's at age 81, that he read most of the book. Thanks to this book, we're both committed to follow the suggested prevention treatments, like healthy eating, exercise, weight training, and walking, among others. Highly recommend this book to anyone at any age concerned about reducing weight and changing to a healthier lifestyle.

Reading now.... great book....was on Dr OZ and the author is brilliant

Truly a must-read for anyone concerned about Alzheimer's prevention, or someone looking for more answers for a loved one diagnosed with the disease. Written in an easy to understand format, this book offers such a comprehensive and sound approach to diet and general health and provides essential information. Our grandmother was diagnosed 4 years ago and this is the most up-to-date and helpful book I've read. For me, I know I'm doing everything I can to protect my brain (as best as we can) and have a plan going forward. There is so much new research supporting the positive effect of diet on your mind and well-being, and this book really pinpoints this important but often overlooked connection. I highly recommend this book and am appreciative to have read it.

Did a great job explaining the disease. Realistic diet. Good supplements. Helpful

Good information. Not necessarily new ideas but solid findings and recommendations.

Long on beatitudes and platitudes mined from current conventional wisdom. There was no new ground broken by this book.

Was OK. More for a person who knows little about Alzheimer's some information on web and in print more in depth but for what it was a good book.

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