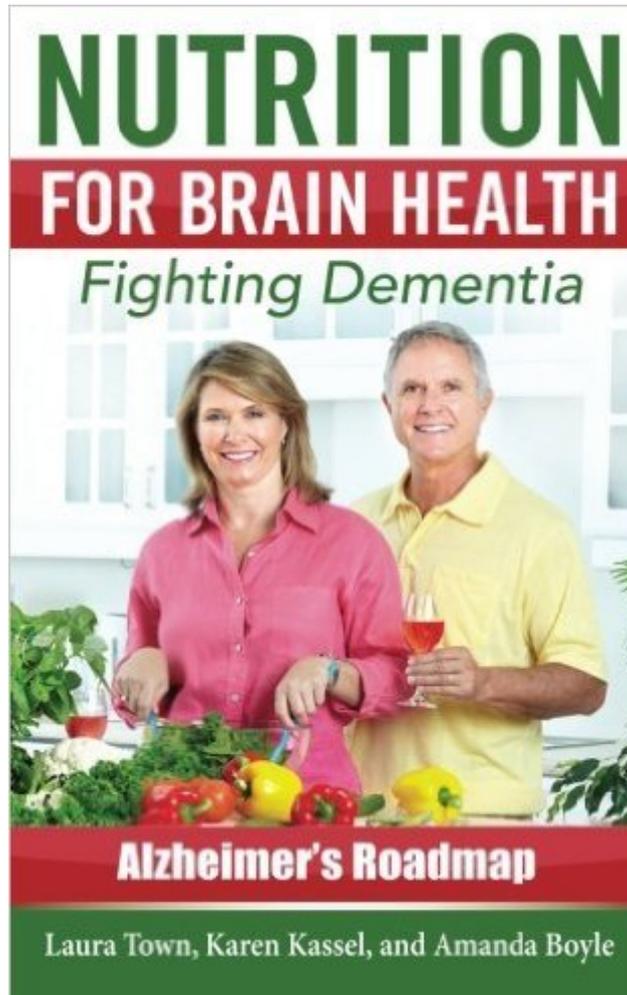


The book was found

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

Paperback: 40 pages

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Shipping Weight: 3.4 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (31 customer reviews)

Best Sellers Rank: #38,461 in Books (See Top 100 in Books) #29 in [Books > Health, Fitness & Dieting > Mental Health > Dementia](#) #464 in [Books > Health, Fitness & Dieting > Nutrition](#)

Customer Reviews

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.

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.

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.

Awesome book, filled with helpful information, in an interesting and attention drawing way. My mother has Alzheimer's and I worry I may be affected in later years through hereditary connections. I bought the book because I wanted to get informed on this respect. I learned that diet plays a huge role in alzheimer as well as in many other aspects of our lives. Because of the book, I have started making changes in my diet and have already starting loosing weight. I have also notice clear changes in memory improvement. I recommend the book 100 percent

This book starts off with a bad premise & goes downhill from there! First, 'bad' cholesterol does NOT COME FROM EATING CHOLESTEROL OR SATURATED FATS. Second, cholesterol is necessary for brain health, especially dementia patients. See this:[...] And this:[...]

Disappointing. Nothing new and innovative at all. The same old nutritional, physical activity and brain stimulation info we've seen everywhere. If I had to pay for this book I would now be mad. This is only for the truly ill-informed person approaching adulthood.

A great resource for people who don't want to overmedicate their loved ones and want to try a more holistic approach. Very informative!

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Fighting Recipes Thoughtful Dementia Care: Understanding the Dementia Experience Healing Arts Therapies and Person-Centred Dementia Care (Bradford Dementia Group Good Practice Guides) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Calmer Waters: The Caregiver's Journey Through Alzheimer's and Dementia Creating Moments of Joy for the Person with Alzheimer's or Dementia, 4th. Ed. Activities to do with Your Parent who has Alzheimer's Dementia Stop Alzheimer's Now!: How to Prevent & Reverse Dementia, Parkinson's, ALS, Multiple Sclerosis & Other Neurodegenerative Disorders Creating Moments of Joy for the Person with Alzheimer's or Dementia: A Journal for Caregivers Alzheimer's and Dementia For Dummies What If It's Not Alzheimer's?: A Caregiver's Guide To Dementia (3rd Edition) Alzheimer's and Dementia - Facts, Myths and Misconceptions: The complete beginner's guide for caregivers Saving Your Brain: The Revolutionary Plan to Boost Brain Power, Improve Memory, and Protect Yourself Against Aging and Alzheimer's The Brain Health & Better Memory Book: Improve Focus, Memory Recall, and Prevent Dementia Why Isn't My Brain Working?: A revolutionary understanding of brain decline and effective strategies to recover your brain's health

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