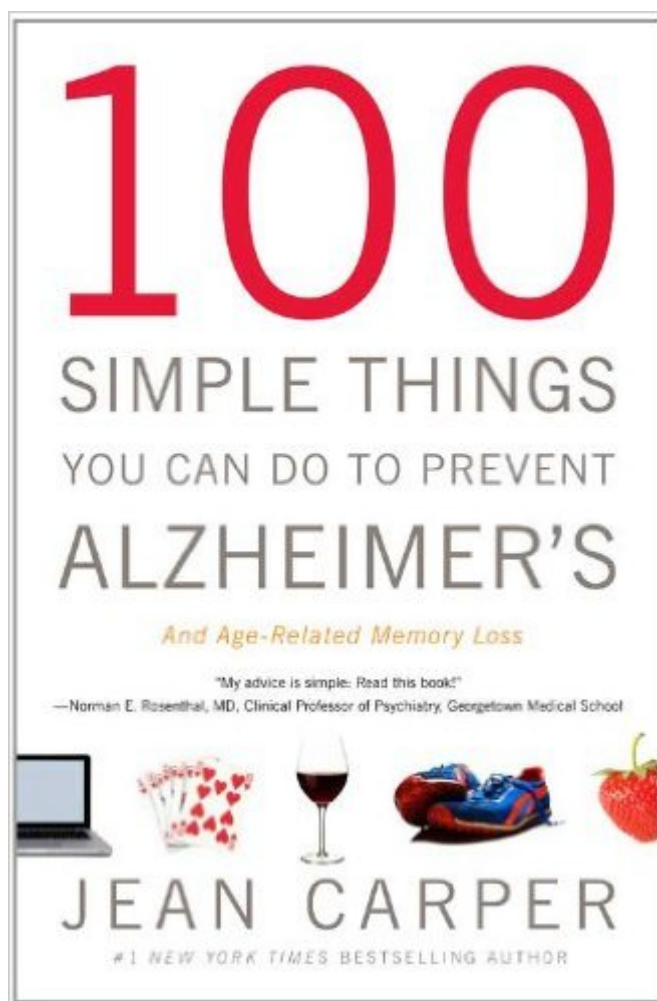


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# 100 Simple Things You Can Do To Prevent Alzheimer's And Age-Related Memory Loss



## Synopsis

Most people think there is little or nothing you can do to avoid Alzheimer's. But scientists know this is no longer true. In fact, prominent researchers now say that our best and perhaps only hope of defeating Alzheimer's is to prevent it. After best-selling author Jean Carper discovered that she had the major susceptibility gene for Alzheimer's, she was determined to find all the latest scientific evidence on how to escape it. She discovered 100 surprisingly simple scientifically tested ways to radically cut the odds of Alzheimer's, memory decline, and other forms of dementia. Did you know that vitamin B 12 helps keep your brain from shrinking? Apple juice mimics a common Alzheimer's drug? Surfing the internet strengthens aging brain cells? Exercise is like Miracle-Gro for your brain? Even a few preventive actions could dramatically change your future. 100 Simple Things You Can Do to Prevent Alzheimer's will change the way you look at Alzheimer's and provide exciting new answers from the frontiers of brain research to help keep you and your family free of this heartbreaking disease.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (133 customer reviews)

Best Sellers Rank: #39,286 in Books (See Top 100 in Books) #23 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Alzheimer's Disease](#) #27 in [Books > Health, Fitness & Dieting > Mental Health > Dementia](#) #34 in [Books > Self-Help > Memory Improvement](#)

## Customer Reviews

For anyone in middle-age or older, Alzheimer's Disease is a major concern. This book shows easy ways to delay its onset, perhaps for years. If the recommendations in this book can be reduced to one sentence, it might be: Eat Right and Exercise Regularly. Eat lots of deep color berries, like black raspberries, cranberries, plums and strawberries; they are full of antioxidants. Apple juice can boost the brain's production of acetylcholine, just like the popular Alzheimer's drug Aricept. Large doses of caffeine, like several hundred mg per day, may help clean up your brain if you are showing

signs of mental problems (people react differently to high doses of caffeine, so be aware of the side effects). If you have cholesterol problems, get it under control, now. Cinnamon gives a boost to malfunctioning insulin, allowing it to process sugar normally. Weak insulin can lead to diabetes, and can damage your brain cells. Did you know that coffee helps block cholesterol's bad effects on the brain, is anti-inflammatory and reduces the risk of depression, stroke and diabetes, which all promote dementia? Mental exercise is just as important as physical exercise. Fill up your brain with lots of interesting stuff, like education, marriage, language skills, etc. You can actually grow your brain with lots of physical, mental and social activities. If you can join a health club and work out regularly, do it. If going for a walk after dinner is more your speed, do it. Conscientious people are better able to cope with setbacks in life, and can better dodge chronic psychological distress, which boosts risks of dementia. If you are clinically depressed, get it treated, or you are more likely to develop Alzheimer's.

Book review by Richard L. Weaver II You must buy this book! I have reviewed over 250 books (many of my reviews are categorized under the name of my publishing company, And Then Some Publishing, LLC), but this one -- among them all so far -- is one that should be read by everyone. If you believe the title, Carper's book is about Alzheimer's and age-related memory loss, but when you read the book you quickly realize it is a book about healthy living, having a healthy lifestyle, and following a regimen that will bring you strength, vitality, and wellness. 100 suggestions seems like a lot; however, when you get going (each suggestion only takes up two or three pages) in this small, 294-page book. She has over 200 references for the book, and she gives you the web site where you can go to check out her sources: What I especially enjoy is finding a book that underscores and supports the lifestyle that I have already adopted. I found that many of the suggestions by Carper are things I am already doing. Most healthy readers will find the same thing; however, most healthy readers (like myself) will also be interested in obtaining just a little more, going for that extra edge (the extra mile), and not just getting their current lifestyle reinforced but finding something that pushes them a little harder, a little farther, too. A couple of the suggestions I have highlighted include #24, "Build 'Cognitive Reserve'--Fill up your brain with lots of fascinating stuff." That idea delighted me because of the book reviews and essays I write. I think loving school, too, helps anyone build a cognitive reserve right from the outset. Getting immersed in information, learning, knowledge, and experiences builds a useful lifelong benefit.

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