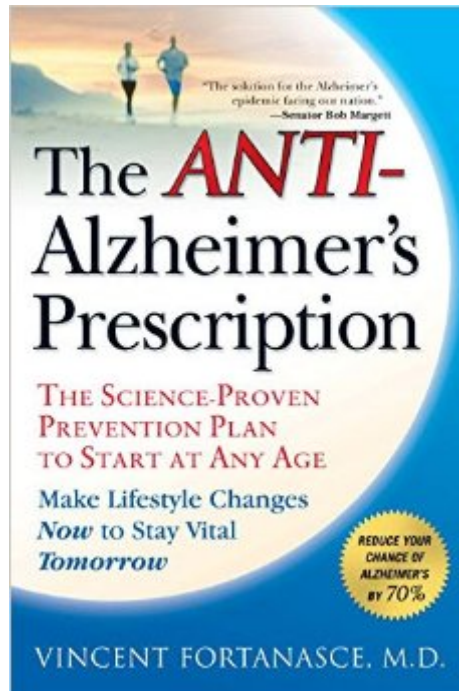


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# The Anti-Alzheimer's Prescription: The Science-Proven Prevention Plan To Start At Any Age



## Synopsis

From a world-renowned neurologist, the first book to feature a scientifically substantiated program for the only treatment for Alzheimer's: PREVENTION Alzheimer's is a devastating and frightening disease, and as baby boomers age it's on the brink of becoming the great epidemic of the twenty-first century. Fortunately, by making proper lifestyle choices and avoiding certain risk factors, most people can prevent Alzheimer's, and it can be delayed in those who are genetically predisposed. The Anti- Alzheimer's Prescription presents a unique four-step program that includes menus, recipes, exercises, stress reduction techniques, and neurobics to lower the risk of Alzheimer's by as much as 70 percent. Dr. Fortanasce, who witnessed his own father's painful decline from the disease, is determined to stop Alzheimer's from becoming pandemic.

## Book Information

Paperback: 352 pages

Publisher: Avery; 1 edition (August 4, 2009)

Language: English

ISBN-10: 1592404618

ISBN-13: 978-1592404612

Product Dimensions: 5.3 x 0.7 x 8 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (69 customer reviews)

Best Sellers Rank: #231,343 in Books (See Top 100 in Books) #125 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Alzheimer's Disease](#) #148 in [Books > Health, Fitness & Dieting > Mental Health > Dementia](#) #737 in [Books > Medical Books > Medicine > Internal Medicine > Neurology](#)

## Customer Reviews

From: [...]Author & Book Views On A Healthy Life!Book Review: The Anti-Alzheimer's Prescription: The Science-Proven Plan to Start at Any Age (Gotham Books, 2008) by Vincent Fortanasce, M.D.A BestSeller ReviewDr. Vincent Fortanasce is a board-certified neurological rehabilitation specialist, trained in psychiatry at the Institute of Living, a Yale affiliate hospital, and is a bio-ethicist. He is also a clinical professor of neurology at the University of Southern California. Some of his patients have included Pope John Paul II and Major League Baseball Hall of Famer Tommy Lasorda. Profits of The Anti-Alzheimer's Prescription will be donated to the charity: The Fighting Alzheimer's Fund.Believing that the disease is reaching epidemic proportions and is the greatest fear (more than

death) of the baby boomer generation, Dr. Fortanasce provides a 4-Step plan of Alzheimer's prevention in his new book. He writes that the disease is preventable in most people (70%), and can be delayed in those who are genetically predisposed. The 4-Step Anti-Alzheimer's Plan: 1. Diet-- Key Buzz Words: turmeric, soy, omega-3 fatty acids, berries, tomatoes, nuts, beans, green tea, resveratrol, fish, DHA, whole grains; avoid simple carbohydrates like refined starches and concentrated sugars; eat thirds of good fats (olives, flaxseed, nuts, avocado, cold water fish), lean protein, and complex carbs; eat on the low glycemic index--control your blood sugar; eat antioxidants which will improve your cognitive function. 2.

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