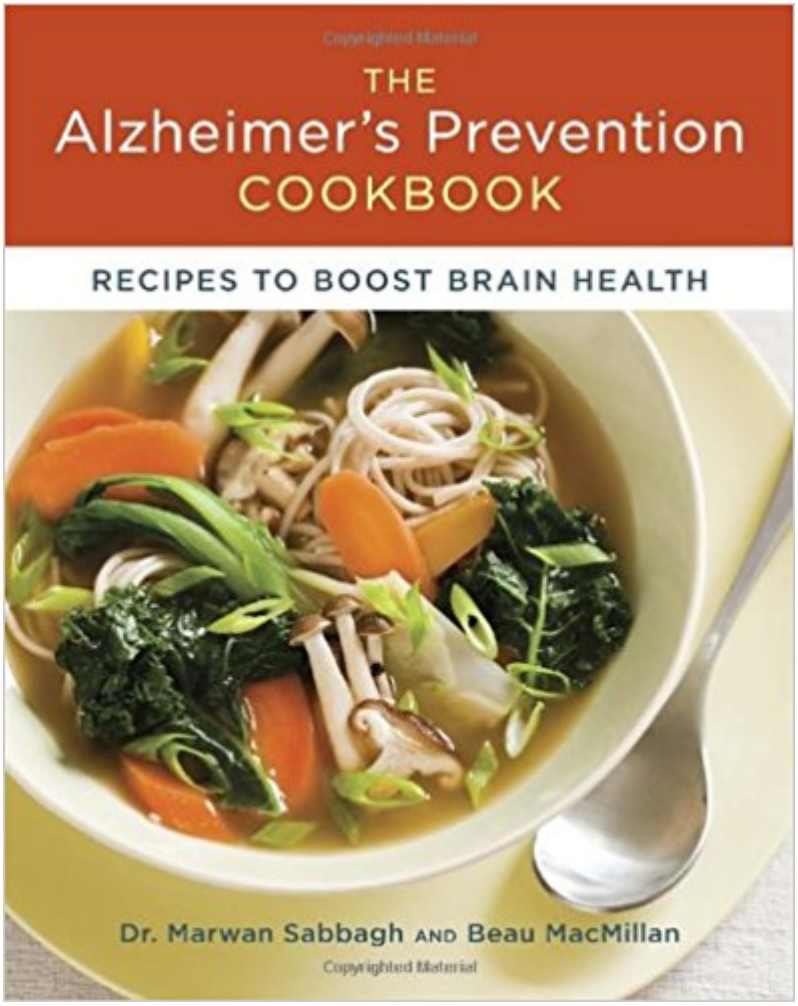
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The Alzheimer's Prevention Cookbook: 100 Recipes To Boost Brain Health



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Synopsis

A full-color cookbook and health guide featuring 100 recipes designed to reduce the risk and delay the onset of Alzheimer's, dementia, and memory loss, for people with a family history of these conditions or those already in the early stages, and their caregivers. Eat Smart, Stay SharpStrong medical evidence suggests that simple changes and additions to your diet can reduce the risk or delay the onset of AlzheimerÃ¢â ¬â„¢s and other forms of dementia and memory loss. In The AlzheimerÃ¢â ¬â„¢s Prevention Cookbook, Dr. Marwan Sabbagh outlines the latest evidence-based research on AlzheimerÃ¢â ¬â„¢s and nutrition, and presents a dietary plan with nearly 100 recipes to enhance your health. Incorporating high-powered brain-boosting ingredients like turmeric, cinnamon, leafy greens, and even red wine, the recipes developed by Food Network star chef Beau MacMillan are also full of antioxidants, anti-inflammatories, and omega-3s. The AlzheimerÃ¢â ¬â„¢s Prevention Cookbook is a science-to-table plan that can help prevent AlzheimerÃ¢â ¬â„¢s disease, and its strategies and recipesÃ¢â ¬â •from sandwiches to salads and beverages to main dishesÃ¢â ¬â •can also diminish your chances of developing other inflammatory illnesses like heart disease, cancer, and diabetes. This combination cookbook and health guide is a powerful, proactive, and preventive approach to achieving optimum brain health.

Book Information

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Customer Reviews

Featured Recipes from The Alzheimer's Prevention Cookbook Download the recipe for Ahi Tuna on Rye with Spinach Pesto Yogurt Download the recipe for Breakfast Fried Rice with Scrambled

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Ã¢â ¬Å“An easily digestible compendium of brain science and nutrition, along with Mediterranean diet-based recipes...to sharpen the mind and excite the taste buds.Ã¢â ¬Â•Ã¢â ¬â •Publishers Weekly, 7/16Ã¢â ¬Å“We need more than drugs and tests to treat and prevent: we need culinary medicines. I will prescribe these magically stimulating recipes for cooks everywhere who want to live life to its youngest and tastiest.Ã¢â ¬Â•Ã¢â ¬â •John La Puma, MD, Director of Chef Clinic and author ofÃ Â ChefMDÃ¢â ¬â„¢s Big Book of Culinary MedicineÃ Â Ã¢â ¬Å“This book makes the case that itÃ¢â ¬â„¢s easier to prevent AlzheimerÃ¢â ¬â„¢s disease than treat it and Dr. Sabbagh shows us how our food choices have a major impact on prevention. These easy, tasty recipes just might make your brain power last longer.Ã¢â ¬Â•Ã¢â ¬â •Mike Roizen, MD, chief wellness officer of the Cleveland ClinicÃ Â and co-author ofÃ Â You: The OwnerÃ¢â ¬â„¢s Manual

This book has a lot of great information about Alzheimer's, but I found the recipes way too difficult for someone that's already stressed out when caring for someone with Alzheimer's. We need more 'simple', quick, everyday type recipes that are healthy and can support brain/memory.

Really good info. It's no surprise that eating healthy takes planning and costs more. Recipes sound delicious and I'm pretty sure I'll try them. Appreciate the info on which fresh food provides which nutrient and why....thank you ~

Great tasting recipe

For the information on Alzheimer's, which impacts general health, and the carefully crafted recipes, this is an excellent book to have on your shelf, even if there is no Alzheimer's issue involved.

This is an absolute fabulous book. Very informational

THE book on diets for those suffering from dementia & Alzheimer's.Dr Sabbagh is brilliant, compassionate, and a role model.

The book is beautifully done, well written and the food photographs are quite artistic. It is a pleasure to leaf through. The informational section of the book is a slow read even though Dr. Marwan

Sabbagh, the author, has tried to define technical words and make it understandable to the average reader. Re-reading it, which I intend to do, should bring a greater understanding of Alzheimer's disease and provide some ideas that we can use in trying to fight this scourge.The recipes look interesting but I haven't made any yet.

All the recipes are easy to read and follow portion sizes. It's really the best way to preserve a healthy eating plan.

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Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Cookbook) Health Promotion and Disease Prevention in Clinical Practice (Health Promotion & Disease Prevention in Clin Practice) 100+ Word Fill In Puzzle Book For Adults: The French Style Brain Teaser Crossword Puzzles With Fill In Words Puzzles for Total Brain Workout! (A Total Brain Workout Series) (Volume 1) Brain Training Exercises to Boost Brain Power: for Improved Memory, Focus and Cognitive Function Exercises for the Brain and Memory : 70 Top Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today: (Special 2 In 1 Exclusive Edition) Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles)

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