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| Sommario/riassunto      | <p>Eat to Beat Alzheimer's offers a practical guide and an empowering tool to bring nourishing, healthful, and delicious food into the lives of people concerned about Alzheimer's and other cognitive problems. Almost 9 million people in the U.S. suffer from Alzheimer's and other forms of dementia, and the toll is rapidly increasing. This book will appeal to everyone concerned about dementia and memory loss in either themselves or a loved one. Recent research makes clear that the impact of aging on the brain can be reduced by simple diet and lifestyle modifications. The delicious food choices and easy-to-prepare recipes in this book are based on the latest findings showing that they can help slow the progression of Alzheimer's and other conditions like it, or prevent them entirely. Readers will gain the knowledge and tools to take charge of their health by incorporating tasty, healing foods into their diet. The information in this cookbook will be as relevant and useful 20 years from now as it is today. And the recipes will still be just as delicious.</p> |