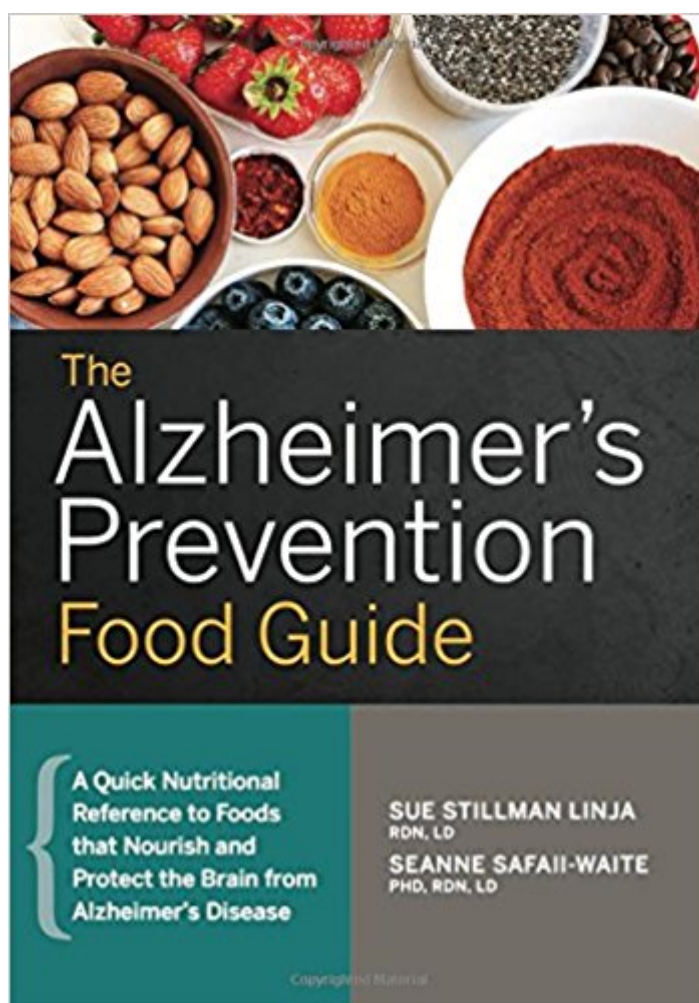


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# The Alzheimer's Prevention Food Guide: A Quick Nutritional Reference To Foods That Nourish And Protect The Brain From Alzheimer's Disease



## Synopsis

"Never has diet been so important for brain health and reducing risk for Alzheimer's. This is not a simple diet book—it's a food bible that tells you all you need to know to start eating your way to a healthy brain, right now!" Dr. Rudolph E. Tanzi, Director, Alzheimer's Genome Project; Director, Genetics and Aging Research Unit, Massachusetts General Hospital; and Joseph P. and Rose F. Kennedy Professor of Neurology, Harvard Medical School

More than 5 million Americans are currently living with Alzheimer's disease. With no known cure, the thought of receiving an Alzheimer's diagnosis can be terrifying. But you can reduce your risk of developing Alzheimer's disease by making smart nutritional choices—and this book will show you exactly how.

For authors Sue Stillman Linja and SeAnne Safaii-Waite, the devastation of Alzheimer's is all too familiar. They both witnessed the progression of Alzheimer's in their mothers. As registered dietitian nutritionists and researchers, they've examined all of the evidence-based research on diet and Alzheimer's in order to offer a simple and practical dietary approach to protecting the brain from Alzheimer's. With *The Alzheimer's Prevention Food Guide*, Sue and SeAnne show you how to start eating for total brain health before it's too late to prevent the development of Alzheimer's disease. *The Alzheimer's Prevention Food Guide* is the first and only action-oriented food guide for making brain-nourishing dietary choices. You'll discover how easy it can be to incorporate everyday brain foods into your diet, easily and without stress. Accessible and easy-to-follow, *The Alzheimer's Prevention Food Guide* offers:

- A realistic 2-week meal plan that shows how doable it is to prepare brain-healthy meals
- Profiles of more than 100 common foods that highlight why they're nutritional powerhouses for brain health
- An easy-to-understand overview of diets being researched for brain health—from Mediterranean to MIND to Ketogenic—as well as the authors' own research-based recommendations for dietary guidelines.

Alzheimer's disease is complex, but eating to prevent it doesn't have to be. *The Alzheimer's Prevention Food Guide* is your all-in-one nutritional resource for feeding your brain what's best for it—without making drastic changes.

## Book Information

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## Customer Reviews

"Never has diet been so important for brain health and reducing risk for Alzheimer's. This is not a simple diet book—it's a food bible that tells you all you need to know to start eating your way to a healthy brain, right now!" •Dr. Rudolph E. Tanzi, Director, Alzheimer's Genome Project; Director, Genetics and Aging Research Unit, Massachusetts General Hospital; and Joseph. P. and Rose F. Kennedy Professor of Neurology, Harvard Medical School "It is becoming more and more obvious that the way we eat and live in the world affects the brain as we age. It is no wonder that the food we eat falls in line with the science that lifestyle factors have a hand in Alzheimer's disease. These nutrition experts have laid out a recipe for a way to eat mindfully (and joyfully) to protect the brain." •Jamie Talan, Assistant Professor of Science Education, Hofstra Northwell School of Medicine at Hofstra University; former science writer for Neurology Today "As a longtime provider of nutrition care for older adults, and as the daughter of a woman with significant dementia, I truly appreciate the detailed information in this book! It's easy to read and understand, and most importantly, it's easy to implement. The tips in this book will help thousands of people improve their health and quality of life!" •Becky Dorner, RDN, LD, FAND, President, Becky Dorner & Associates, Inc. and Nutrition Consulting Services, Inc.

SUE STILLMAN LINJA, RDN, LD is the cofounder and president of S&S Nutrition Network, as well as cofounder and vice president of LTC Nutrition Counseling. Having worked in geriatric nutritional counseling for the entirety of her career, Sue is passionate about helping others age healthfully. Her main focus is on working with long term care facilities in a variety of capacities, including nutrition services director, clinical dietitian, health facility surveyor, and dietitian consultant. Sue lives with her

husband and children in Boise, Idaho. SEANNE SAFALI-WAITE, PHD, RDN, LD is an Associate Professor of Nutrition and Dietetics at the University of Idaho. She is a registered dietitian, nutrition communications professional, and educator. The author of many journal articles and textbook chapters, SeAnne is also a sought-after nutrition expert for websites, newspapers, and local television networks. She is a 2014 recipient of the Academy of Nutrition and Dietetics' Outstanding Dietitian Award. SeAnne, her husband, and their children live in Boise, Idaho.

What a wonderful book. It was moving to read the author's introductions about their own experiences with Alzheimer's - both having mother's who were afflicted with disease. I spend many days with my dad at his nursing home. Fortunately, he does not have dementia. However, many of the people he spends his days with it suffer from various stages of the disease. It is hopeful reading this book - there are things we can do to help avoid this debilitating disease and these authors do a wonderful job of consolidating the science and approaches to Alzheimer's prevention. I loved the easy to read, science-based advice and practical tips presented. The meal plans serve as a wonderful "idea generator" for brain-healthy options. I will be buying several copies of this book to give to friends and family.

Sue sets the Gold standard in the healthcare industry with her understanding, knowledge and ability to teach others about nutritional health and wellness. This guide is transformational for those who want change the course of their own nutritional life and for their loved ones. It provides the road map to enjoy and live life to its fullest. Her reputation and recognition as the finest registered dietitian in the healthcare industry make this a must read that should be shared with those you love. Dave Nattress CEO/President Advanced Health Care

Fabulous, easy to read book! Everyone should read this, not just those with risks of Alzheimer's. The recommendations are great for anyone wanting to improve brain health.

Helpful, pretty general regarding what to eat and what not to eat. But if you aren't already on a healthy path I think this shares a lot of useful information for brain food.

This book has a lot of good nutrition information which is presented in a very interesting and easy to understand format. It explains the reasons behind the recommendations for each food and the benefits each one has for helping prevent Alzheimer's and other ailments. It is explained so well and

then has menus and food plans to put it all into action. Alzheimer's is in my family and I highly recommend this book!

Such a well written, informative book that is easy to understand and to apply to everyday living. It's a quick read, full of great information and the latest research in connections between disease and nutrition. I'm buying several copies as gifts!

Good morning information but a bit overwhelming. Some summary would be helpful. Am following guidelines as clearly healthy and makes sense

Good Read with very practical advice.

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