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Stop Alzheimer's Now!: How to Prevent & Reverse Dementia, Parkinson's, ALS, Multiple Sclerosis & Other Neurodegenerative Disorders

By Bruce Fife ND, Russell L Blaylock MD

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Stop Alzheimer's Now!: How to Prevent & Reverse Dementia, Parkinson's, ALS, Multiple Sclerosis & Other Neurodegenerative Disorders By Bruce Fife ND, Russell L Blaylock MD

More than 35 million people have dementia today. Each year 4.6 million new cases occur worldwide-one new case every 7 seconds. Alzheimer's disease is the most common form of dementia. Parkinson's disease, another progressive brain disorder, affects about 4 million people worldwide. Millions more suffer with other neurodegenerative disorders. The number of people affected by these destructive diseases continues to increase every year. Dementia and other forms of neurodegeneration are not a part of the normal aging process. The brain is fully capable of functioning normally for a lifetime, regardless of how long a person lives. While aging is a risk factor for neurodegeneration, it is not the cause! Dementia and other neurodegenerative disorders are disease processes that can be prevented and successfully treated. This book outlines a program using ketone therapy and diet that is backed by decades of medical and clinical research and has proven successful in restoring mental function and improving both brain and overall health. You will learn how to prevent and even reverse symptoms associated with Alzheimer's disease, Parkinson's disease, amyotrophic lateral sclerosis (ALS), multiple sclerosis (MS), Huntington's disease, epilepsy, diabetes, stroke, and various forms of dementia. The information in this book is useful not only for those who are suffering from neurodegenerative disease but for anyone who wants to be spared from ever encountering one or more of these devastating afflictions. These diseases don't just happen overnight. They take years, often decades, to develop. In the case of Alzheimer's disease, approximately 70 percent the brain cells responsible for memory are destroyed before symptoms become noticeable. You can stop Alzheimer's and other neurodegenerative diseases before they take over your life. The best time to start is now.

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- Sales Rank: #42674 in Books
- Brand: Brand: Piccadilly Books, Ltd.
- Published on: 2011-02-01
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .80" w x 7.00" l, 1.35 pounds
- Binding: Paperback
- 352 pages

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Editorial Review

Review

Dr. Fife outlines a specific battle plan to combat these disorders, one that fits very nicely with what we know of these disorders and is easy to follow. I would encourage everyone faced with the possibility of encountering neurodegenerative disease, which now includes most of us, to read this book carefully. It is a treasure trove of invaluable information and practical advice. --Russell L. Blaylock, MD, Board Certified Neurosurgeon and author of Excitotoxins: The Taste That Kills

A must read for any and all health care professionals, as well as any family members or friends of those stricken by these maladies. --Jeffrey Grill, MD

Stop Alzheimer's Now! represents a major step forward in Alzheimer's disease, exposing the reality that Alzheimer's and other brain diseases are inflammation-related disorders and therefore can be effectively treated and potentially completely prevented by reversing inflammation through better nutrition and healthy lifestyles. --Catherine Shanahan, MD, author of Deep Nutrition: Why Your Genes Need Traditional Food

Stop Alzheimer's Now!...will not only be beneficial for Alzheimer's but also for a wide variety of other diseases. I strongly recommend reading this book! --Sofie Hexeberg, MD, PhD

A must read for everyone concerned with Alzheimer's disease...the author explains how diet modifications and the addition of coconut oil can drastically change the course of the disease. --Edmond Devroey, MD, The Longevity Institute

The author's dietary recommendations are a valuable aid to nutritional therapy of chronic neurodegenerative diseases. I recommend this enlightening book to both physicians and those who simply want to better understand how our brain functions. --Igor Bondarenko, MD, PhD

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