



End of Alzheimer s Diet Cookbook: Recipes to Help in Reversing Cognitive Impairment and Alzheimer s Disease. (Paperback)

By Dave Miller

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****. DISCOVER HOW TO LIVE A LIFE FREE FROM ALZHEIMER DISEASE. This book is a great sit-down read, as well as a beginner s guide to the The end of Alzheimer s. This book contains other hacks as described in the The end of Alzheimer s by Dale E. Bredesen MD diet regime, which will make you feel really Alzheimer disease. This cookbook is packed with mind blowing recipes to help in reversing cognitive impairment and Alzheimer s disease. This book can be a bit of slog at times even compared to similar titles that have come out this year like The Plant Paradox by Steven Gundry, undoctored by William Davis, and Head Strong by Dave Asprey but most importantly this only reflects the extent of Dr. Bredesen s research and intellect. Undoubtedly, this book is worth the effort for anyone touched by someone experiencing or at risk for (pretty much everyone) cognitive decline. The recipes in this book apply Bredesen s approach broadly to any and all dementias be they officially diagnosed as Alzheimer s or not. I will...



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