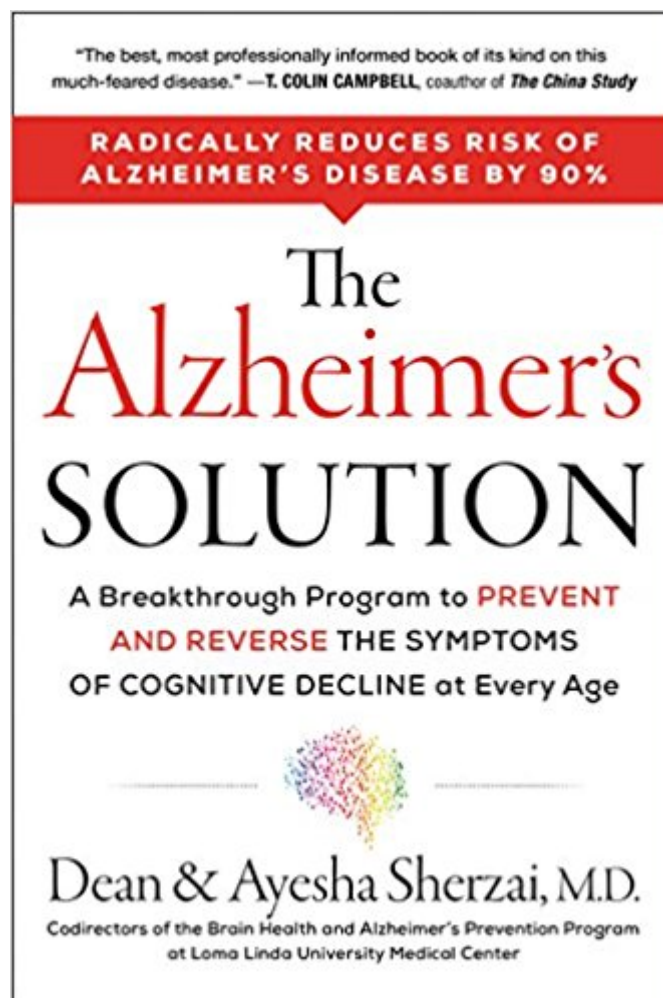




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# The Alzheimer's Solution: A Breakthrough Program To Prevent And Reverse The Symptoms Of Cognitive Decline At Every Age



## Synopsis

A revolutionary, proven program for reversing the symptoms of Alzheimer's disease and cognitive decline from award winning neurologists and codirectors of the Brain Health and Alzheimer's Prevention Program at Loma Linda University Medical Center. Over 47 million people are currently living with Alzheimer's disease worldwide. While all other major diseases are in decline, deaths from Alzheimer's have increased radically. What you or your loved ones don't yet know is that 90 percent of Alzheimer's cases can be prevented. Based on the largest clinical and observational study to date, neurologists and codirectors of the Brain Health and Alzheimer's Prevention Program at Loma Linda University Medical Center, Drs. Dean and Ayesha Sherzai, offer in *The Alzheimer's Solution* the first comprehensive program for preventing Alzheimer's disease and improving cognitive function. Alzheimer's disease isn't a genetic inevitability, and a diagnosis does not need to come with a death sentence. Ninety percent of grandparents, parents, husbands, and wives can be spared. Ninety percent of us can avoid ever getting Alzheimer's, and for the 10 percent with strong genetic risk for cognitive decline, the disease can be delayed by ten to fifteen years. This isn't an estimate or wishful thinking; it's a percentage based on rigorous science and the remarkable results the Sherzais have seen firsthand in their clinic. This much-needed revolutionary book reveals how the brain is a living universe, directly influenced by nutrition, exercise, stress, sleep, and engagement. In other words: what you feed it, how you treat it, when you challenge it, and the ways in which you allow it to rest. These factors are the pillars of the groundbreaking program you'll find in these pages, which features a personalized assessment for evaluating risk, a five-part program for prevention and symptom-reversal, and day-by-day guides for optimizing cognitive function. You can prevent Alzheimer's disease from affecting you, your family, friends, and loved ones. Even with a diagnosis, you can reverse cognitive decline and add vibrant years to your life. The future of your brain is finally within your control. **Â**

## Book Information

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## Customer Reviews

“The Alzheimer’s Solution, is the best, most professionally informed book of its kind for this much feared disease—the protocol recommended by Drs. Dean and Ayesha Sherzai is a very important message to convey to the public. Please, read this book.” (T. Colin Campbell, coauthor of *The China Study*) In this thorough, thoughtful, empowering, and timely book, leading experts Dean and Ayesha Sherzai tell you everything you need to know to mind the health of your brain, and defend yourself against one of the great scourges of modern living. Every family should own, and apply, *The Alzheimer’s Solution*. (David Katz, M.D.) “The Alzheimer’s Solution” is an empowering guide to the lifestyle factors that are directly linked to cognitive decline. Thanks to Drs. Dean and Ayesha Sherzai, we finally have a roadmap to prevent and reverse symptoms of a disease that has been misunderstood for too long.” (Dan Buettner, National Geographic Fellow and New York Times Bestselling author of *The Blue Zones Solution: Eating and Living Like the World’s Longest-lived People*) “Excellent nutrition trumps heart attacks and strokes. The same is true of Alzheimer’s, it is not predominantly genetic or the inevitable consequence of aging. The Alzheimer’s Solution supplies everything you need to know about the development and prevention of this easily avoidable disease.” (Joel Fuhrman, M.D. & Six-time New York Times Best-selling author, President, Nutritional Research Foundation) “Increasing scientific evidence indicates that the same lifestyle changes that prevent and reverse heart disease and other chronic conditions may help prevent and even reverse the progression of early-stage Alzheimer’s disease as well. The Alzheimer’s Solution shows you how.” (Dean Ornish, Founder & President of the Preventive Medicine Research Institute and author of *Dr. Dean Ornish’s Program for Reversing Heart Disease* and *The Spectrum*)

Over 47 million people worldwide are currently living with Alzheimer's disease. While all other major diseases are in decline, deaths from Alzheimer's have increased radically. What you and your loved ones don't yet know is that 90 percent of Alzheimer's cases can be prevented. Based on the largest clinical and observational study to date, neurologists and codirectors of the Brain Health and Alzheimer's Prevention Program at Loma Linda University Medical Center, Drs. Dean and Ayesha Sherzai, offer in *The Alzheimer's Solution* the first comprehensive program for preventing Alzheimer's disease and improving cognitive function. Alzheimer's disease isn't a genetic inevitability, and a diagnosis doesn't need to come with a death sentence. Ninety percent of grandparents, parents, husbands, and wives can be spared. Ninety percent of us can avoid ever getting Alzheimer's, and for the 10 percent with strong genetic risk for cognitive decline, the disease can be delayed by ten to fifteen years. This isn't an estimate or wishful thinking; it's a percentage based on rigorous science and the remarkable results the Sherzais have seen firsthand in their clinic. This much-needed revolutionary book reveals how the brain is a living universe, directly influenced by nutrition, exercise, stress, sleep, and engagement; in other words, what you feed it, how you treat it, when you challenge it, and the ways in which you allow it to rest. These factors are the pillars of the groundbreaking program you'll find in these pages, which feature a personalized assessment for evaluating risk, a five-part program for prevention and symptom-reversal, and day-by-day guides for optimizing cognitive function. You can prevent Alzheimer's disease from affecting you, your family, friends, and loved ones. Even with a diagnosis, you can reverse cognitive decline and add vibrant years to your life. The future of your brain health is finally within your control.

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