



## Alzheimer's Prevention Cookbook: The Alzheimer's Book - A Guide to Any Alzheimer's Caregivers (Paperback)

By Gordon Rock

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is not because you forgot your keys, an important date, a birthday or the name of someone that you automatically suffer from Alzheimer's disease. This occasional forgetfulness is normal at any age and is generally linked to inattention. If they are frequent, they may mask a depressive or anxious state. Only tests performed by a doctor can determine if you suffer from a real memory disorder or something else like Alzheimer. Many experiments found that Alzheimer's disease results from an infectious process related to consumption of meat or other food but we don't really know the exact cause. One thing for sure is that we know if we want to reduce or even prevent any problem related to Alzheimer we need to have a healthy lifestyle. It is through practicing healthy lifestyle that we can manage the risk factors contributing to the development of the diseases such as cardiovascular, hypertension, diabetes, cholesterol, obesity, etc. and eventually Alzheimer's. Alzheimer's disease is the most common form of dementia among the elderly; it represents about...



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