



The Anti-Alzheimer's Prescription: The Science-Proven Plan to Start at Any Age

Vincent Fortanasce

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From a world-renowned neurologist: the first book to feature a scientifically substantiated program for the only treatment for Alzheimer's: prevention.

Alzheimer's is pandemic among older adults worldwide, and as baby boomers age it promises to be the Great American Epidemic of the twenty-first century. Unlike other books in the category, which focus primarily on caring for an Alzheimer's patient after diagnosis, *The Anti-Alzheimer's Prescription* presents a program to lower your risk by 70%:

- Assess your risk factors and determine your "Real Brain Age"
- Step One: the Anti-Alzheimer's Diet, including recipes and a twenty-eight-day menu
- Step Two: daily physical exercises for the body and mind
- Step Three: daily "neurobics" to build a big brain reserve
- Step Four: the importance of stress reduction and quality sleep
- Making a diagnosis and the latest medical therapies being developed

For the millions of men and women at risk for developing this debilitating illness, *The Anti-Alzheimer's Prescription* is a lifesaving breakthrough.

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