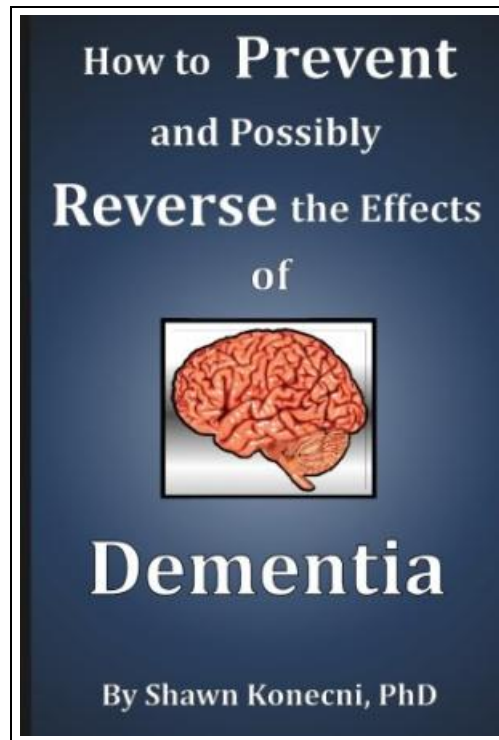


How to Prevent and Possibly Reverse the Effects of Dementia (Paperback)



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Reviews

*Good eBook and beneficial one. It really is simplified but unexpected situations from the 50 percent from the ebook. You can expect to like the way the blogger publish this ebook.
(Bridie Stracke DDS)*

HOW TO PREVENT AND POSSIBLY REVERSE THE EFFECTS OF DEMENTIA (PAPERBACK)



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Breakout Concepts LLC, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Covers common signs, risk factors, preventive strategies, brain stimulation activities, and more. Dementia is defined as a decline in mental ability, caused by damage to brain cells. It is a chronic condition, and it is often progressive. There are multiple types of dementia, including Alzheimer s disease and post-stroke dementia. Whether dementia runs in your family, or you know someone who has it, you are probably concerned about the prospect of a dementia diagnosis. You may have observed some mental decline or suspicious behavior in people who are close to you, or you may have experienced a few early symptoms yourself. Regardless of the reason, this book is here to help. To prevent and possibly reverse the effects of dementia, this book will explain how to eliminate triggers that lead to dementia and engage in mental and physical activities that make the brain more resilient to dementia. It is possible to be proactive and fight back against dementia, but the time to act is now. Waiting for a cure is not an option. Table of Contents What is Dementia Why you need this Book What Happens to the Brain Types of Dementia Regions of the Brain and Loss of Function Common Signs of Dementia Risk Factors of Dementia Fighting Back against Dementia Healthy Eating Dietary Supplements Digestive Health Aerobic Exercise Do-It-Yourself Brain Stimulation Physical Activities Social Activities New Experiences Memory Training Sensory Stimulation Brain Training Adequate Sleep Environmental Chemical Avoidance Lifestyle Changes Modern Treatments for Dementia Conclusion Bibliography Shawn Konecni holds a doctorate in biomedical engineering as well as academic degrees in microbiology, computer science, and business administration. With his unique background, he has worked as a research scientist, technology manager,...



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