



## Keep Your Brain Young: A Health Diet Program for Your Brain, Including 150 Recipes (Paperback)

By Fraser Smith, Ellie Aghdassi

ROBERT ROSE INC, Canada, 2014. Paperback. Condition: New. Language: English . Brand New Book. The population explosion of the oldest old will triple soon. What really counts when it comes to enjoying this extra time on earth is to have full use of one s mental abilities and to be free from disabling neurological diseases like Alzheimer s and Parkinson s disease. This timely and topical book provides comprehensive, easy-to-understand information on the common diseases of brain ageing, about the most significant and often silent causes, and finally provides a simple programme of action that anyone can follow. Part 1 outlines the most common diseases of neurological ageing, such as Alzheimer s and dementia associated with ageing arteries. Part 2 looks at the root causes of many of these conditions, asking the question what events and lifestyle choices set the stage for a rapid decline in cognitive ability in the older years ? Part 3 outlines a simple yet comprehensive 8-step programme that guides the reader in the quest for healthy brain functioning. These steps include: Fuel the nervous system; Shield the brain tissues and cells from the damage that leads to ageing; Support the body s detoxification mechanisms; Keep...



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### Reviews

*An exceptional ebook along with the typeface employed was intriguing to see. It really is simplistic but surprises within the fifty percent of the ebook. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Brian Miller**

*It in a single of the most popular publication. It is loaded with wisdom and knowledge I am effortlessly will get a delight of studying a published book.*

-- **Aisha Swift**