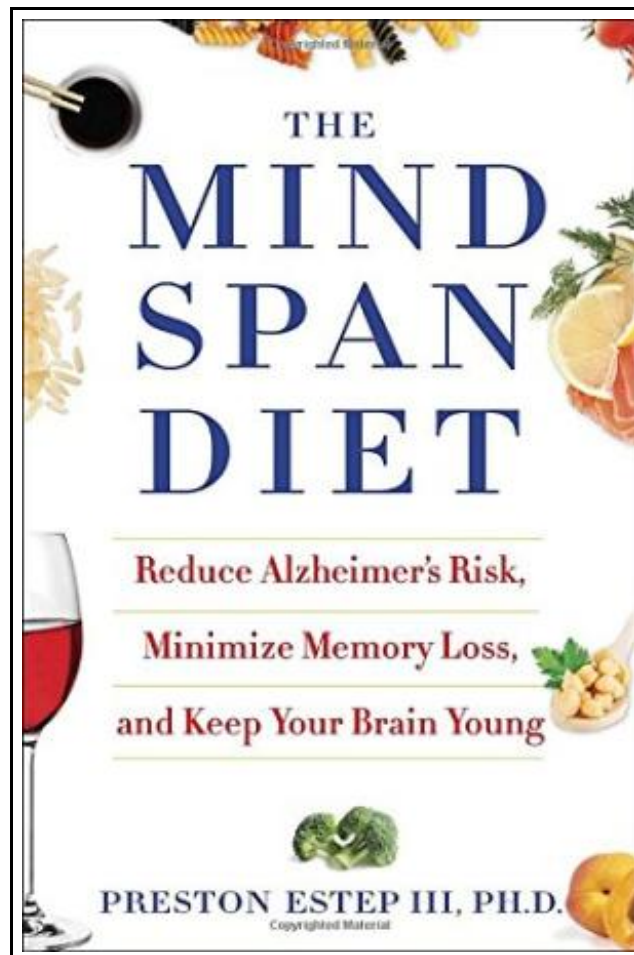


The Mindspan Diet: Reduce Alzheimer s Risk, Minimize Memory Loss, and Keep Your Brain Young (Hardback)



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Reviews

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(Rylee Funk)

THE MINDSPAN DIET: REDUCE ALZHEIMER S RISK, MINIMIZE MEMORY LOSS, AND KEEP YOUR BRAIN YOUNG (HARDBACK)



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Ballantine Books, United States, 2016. Hardback. Book Condition: New. 239 x 173 mm. Language: English . Brand New Book. From an esteemed geneticist and the director of gerontology at the Personal Genome Project at Harvard Medical School comes a revolutionary plan for curbing memory loss and improving cognitive longevity that will forever change how you think about diet and aging. All around the world people are living longer than ever, but record numbers of us are experiencing cognitive decline and other brain disorders later in life. New studies show that Alzheimer s disease is the number three cause of death in developed countries, behind heart disease and cancer. But there is good news: We now have the knowledge to extend both lifespan and mindspan, helping to ensure that our minds and bodies stay in peak form at any age. Studying the diets of the Mindspan Elite those populations that live longest with low levels of dementia as well as the ways that certain food additives and ingredients interact with our genes, Dr. Preston Estep explains how the recent slew of popular brains-and-aging books have steered us down the wrong dietary path. Shattering myths about which foods are (and are not) beneficial to our brains, The Mindspan Diet reveals a simple plan to slow cognitive decline. Startling in its revelations about healthy eating for those over the age of forty, it challenges us to rethink our approach to many common staples, including: Iron: While iron-fortified foods sound healthy, high iron intake can be toxic, especially for people over forty, and increases the risk of type 2 diabetes, Alzheimer s, and Parkinson s disease. Whole grains: Processed grains such as white rice, pasta, and flour are actually staples in the diets of cultures with the best cognitive health. Protein: Though it s considered...



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