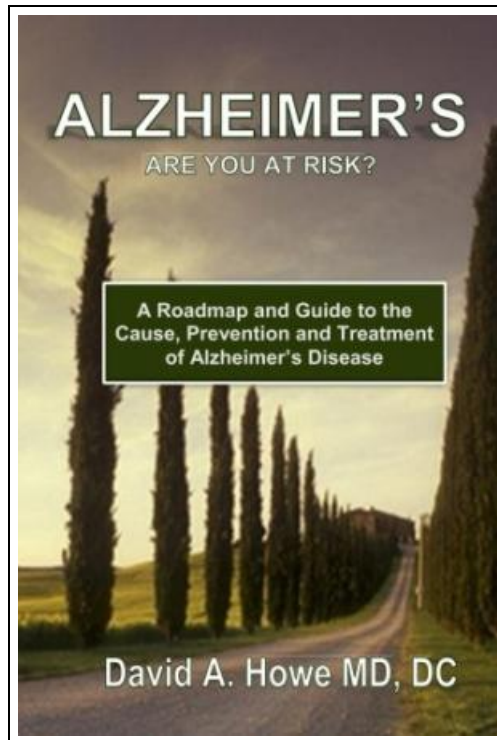


## Alzheimer s, Are You at Risk?: A Roadmap and Guide to the Cause, Prevention, and Treatment of Alzheimer s Disease (Paperback)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Living longer is not enough, having quality of life for the rest of your life is. Some say you cannot have life both ways. If you live long enough, age related slow-down becomes a normal consequence. This condition of dementia, commonly associated with Alzheimer s disease, is becoming epidemic. It is estimated at age 82, fifty percent of people will have some form of dementia with Alzheimer s disease being the most prevalent and prolific. It is this loss of cognitive function that represents the number one fear among our senior population. Dr. Howe believes Alzheimer s can be preventable. A host of life style factors that influence this disease such as: stress, sleep, diet, exercise, vitamin and mineral deficiencies along with hormonal diminishing, are within your immediate grasp. Dr. Howe shows you in his book how to address these influences and enhance your lifestyle to make a difference. Dr. Howe shares with you how to avoid and further halt the progression of Alzheimer s disease. Alzheimer s disease is not a simple crossword puzzle, no one answer is the key. Alzheimer s is a rubric cube. After buying and reading Dr. Howe s book you will realize there are several likely keys to solving such a complex disease (rubric cube puzzle). The idea is to look at all the keys (topics). Dr. Howe addresses one topic for each chapter. You can decide which one topic or several topics are of most concern to you and go directly to them. An action plan at the end of each chapter topic gives you some direction on how to go about resolving that chapter subject topic. The nutritional supplements referenced in each chapter...

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