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Plan de prevención del alzhéimer (INTEGRAL) (Spanish Edition)

Patrick Holford

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Diez formas de frenar la pérdida de memoria
¿Hay algo más trágico que perder la memoria antes que el cuerpo? Durante siglos se ha pensado que el deterioro de la memoria era un rasgo característico de la vejez y, dado que es uno de los síntomas fundamentales del alzhéimer, hay quien piensa que es una enfermedad inevitable y está ligada al envejecimiento. Según Patrick Holford, esta creencia es falsa pues el alzhéimer es una enfermedad en sí misma que, en la mayoría de los casos, se debe a una combinación de distintos factores que coinciden en una misma persona.
Plan de prevención del alzhéimer es un libro que aborda este tema con gran entusiasmo, pues defiende la tesis de que puede prevenirse. En él, Holford hace un repaso de las recientes investigaciones, que demuestran que los factores asociados al estilo de vida pueden tener una fuerte influencia en el riesgo de demencia. Podemos ayudarnos a nosotros mismos y a nuestros seres queridos empezando a modificar la manera como vivimos para reducir en buena medida la posibilidad de desarrollar la enfermedad, pero hemos de empezar a cuidarnos en el presente pues el proceso se inicia a una edad temprana y a los treinta años algunos de nosotros presentamos inicios cerebrales de alzhéimer, del mismo modo que tenemos aterosclerosis en los vasos sanguíneos.
Patrick Holford
Es un nutricionista y terapeuta británico. Con más de 34 títulos publicados y traducidos a 24 idiomas, su labor comunicadora abarca también la televisión, la radio y la docencia universitaria.
Está especializado en el control de peso y en la prevención de enfermedades como el cáncer, la diabetes y las enfermedades cardiovasculares. Sus teorías se asientan sobre la base de que una dieta equilibrada con los suplementos fitoterapéuticos apropiados son mejores tratamientos que las terapias a base de fármacos.

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