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The Alzheimer's Prevention Cookbook: 100 Recipes to Boost Brain Health

Marwan Dr Sabbagh, Beau Macmillan

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A full-color cookbook and health guide featuring 100 recipes designed to reduce the risk and delay the onset of Alzheimer's, dementia, and memory loss, for people with a family history of these conditions or those already in the early stages, and their caregivers.

Eat Smart, Stay Sharp

Strong medical evidence suggests that simple changes and additions to your diet can reduce the risk or delay the onset of Alzheimer’s and other forms of dementia and memory loss.

In *The Alzheimer’s Prevention Cookbook*, Dr. Marwan Sabbagh outlines the latest evidence-based research on Alzheimer’s and nutrition, and presents a dietary plan with nearly 100 recipes to enhance your health. Incorporating high-powered brain-boosting ingredients like turmeric, cinnamon, leafy greens, and even red wine, the recipes developed by Food Network star chef Beau MacMillan are also full of antioxidants, anti-inflammatories, and omega-3s.

The Alzheimer’s Prevention Cookbook is a science-to-table plan that can help prevent Alzheimer’s disease, and its strategies and recipes—from sandwiches to salads and beverages to main dishes—can also diminish your chances of developing other inflammatory illnesses like heart disease, cancer, and diabetes. This combination cookbook and health guide is a powerful, proactive, and preventive approach to achieving optimum brain health.

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