



The Alzheimer's Diet: A Step-by-Step Nutritional Approach for Memory Loss Prevention and Treatment (Volume 1)

Richard S Isaacson MD, Christopher N Ochner PhD

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Harvard-trained Neurologist, Dr. Richard Isaacson and renowned nutrition expert, Dr. Christopher Ochner team up to create this ground-breaking nutritional guide for individuals concerned about memory loss. In recent years, there has been an explosion in research on nutritional interventions for Alzheimer's prevention and treatment, which is considered to be the most severe public health crisis of our day. These specific dietary interventions present new hope for individuals concerned about memory loss, and also have rapidly expanding scientific-evidence to support their effectiveness. Based on empirical evidence, *The Alzheimer's Diet* outlines what to eat, what not to eat, and highlights a step-by-step approach for improving memory and protecting the brain through diet.

This groundbreaking book can benefit anyone concerned about memory loss but has been written especially for patients, caregivers, family members, and allied healthcare professionals. When it comes to Alzheimer's disease (AD) and memory loss in general, everyone can and should be using dietary strategies as part of a comprehensive prevention or treatment plan. For decades, the medical community has recommended dietary management as part of the therapeutic plan for many other chronic diseases such as diabetes, high blood pressure, and high cholesterol. Those at risk for and diagnosed with Alzheimer's can begin adjusting their eating habits today and have a positive impact on their memory function for years to come.

This book is a summation of the science behind Alzheimer's nutrition and the experience that the authors have gained in applying this knowledge over the last fifteen years. Dr. Isaacson and Dr. Ochner have recommended this approach to countless patients, caregivers, audiences, and even their own family members. The authors have appeared widely in the media, including the NBC Today Show, CBS, ABC, Wall Street Journal, USA Today, US News and World Report, CNN.com, WebMD and Univision.

Until a cure is found, the best we can do is to try to prevent and fight AD by using as many effective tools as possible. Although none of these tools will by itself prevent or cure AD, research now shows that diet is one of these essential strategies. Modern science is teaching us that adopting a very specific brain-healthy diet may be a very powerful tool in preventing and treating memory loss. This book is a how-to guide for doing just that. Get informed and get equipped to join the fight!

Sample Chapters:

“What Is Alzheimer's Disease and How Can Diet Help?”

“The Alzheimer's Epidemic: Food Intake, the Brain, and the Carbohydrate Connection”

“Dietary Strategies and the 9-Week Diet Plan”

“Grocery Shopping”

“Restaurant Eating”

“Parties, Peer Pressure, and Other Challenges”

This book outlines a comprehensive and scientifically-based approach that includes the detailed 9-Week Diet Plan, recipes, and an example brain-healthy weekly menu. Also included are lists of the best and worst brain foods, instructions on how to read and what to look for on nutrition labels, and a food terminology guide. In addition, the available medications, supplements, vitamins, and medical foods that have been shown to help

in Alzheimer's prevention and treatment are discussed. Finally, *The Alzheimer's Diet* includes access to the Alzheimer's Disease Nutrition Tracking System (AD-NTS). The AD-NTS guides users through *The Alzheimer's Diet* 9-Week Diet Plan, helps organize and understand brain-healthy dietary habits, track progress, and provides vital information for healthcare providers.

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