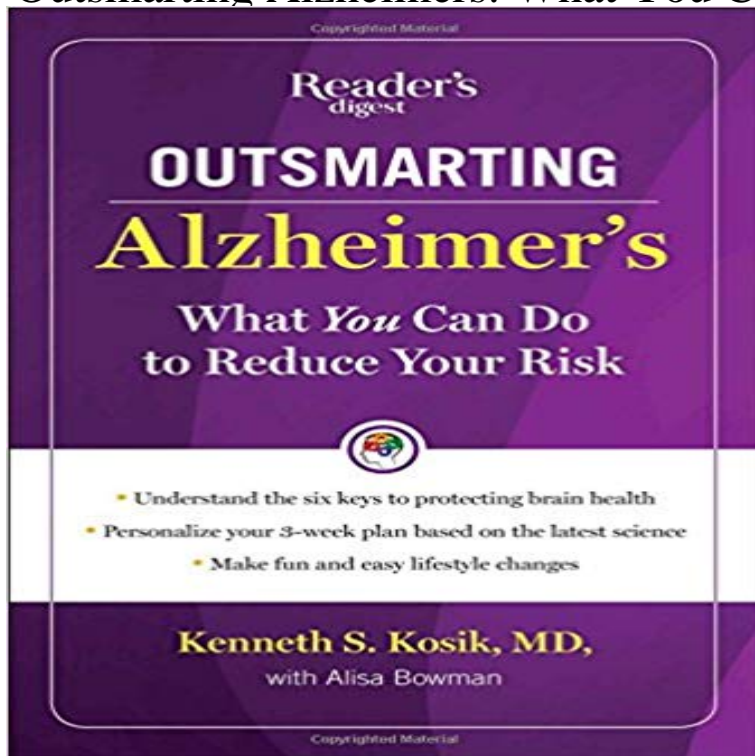


Outsmarting Alzheimers: What You Can Do To Reduce Your Risk



An easy-to-follow, research-based guide to the simple, low-cost choices that give the reader the power to reduce the risk of developing Alzheimers disease and dementia; slow the progression of the disease; and mitigate symptoms and improve well-being. Did you know that getting on the treadmill can help keep your brain sharp? Or that repeatedly staying up to catch the late show could increase the likelihood of being struck down by dementia? The dozens of choices you make over the course of any average day ordering the curry versus the burger with fries, taking the stairs versus the elevator all add up. Together with your family history, they establish your chances of getting Alzheimers years from now. No drugs or procedures can cure or even effectively treat Alzheimers yet. But you have the power to help reduce your risk of ever getting this terrifying disease. Based on the latest scientific research, Outsmarting Alzheimers gives you 80 simple lifestyle prescriptions in the six key areas with the most scientific evidence for protecting your brain health: S = Social Smarts M = Meal Smarts A = Aerobic Smarts R = Resilience Smarts T = Train-Your-Brain Smarts S = Sleep Smarts These easy, low-cost, and fun brain-boosting activities can help you delay or even avoid the onset of Alzheimers disease and dementia, mitigating symptoms like forgetfulness or depression and sharpening your mental edge. With a personalized 3-week plan that includes recipes, brain games, and exercises, along with advice for caregivers, Outsmarting Alzheimers is your best shot at staying sharp and vibrant for life.

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