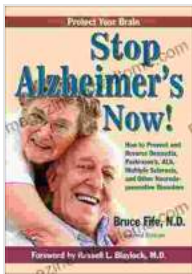


Stop Alzheimer's Now, Second Edition: A Comprehensive Guide to Preventing and Reversing Cognitive Decline

Alzheimer's disease is a devastating neurodegenerative disorder that affects millions worldwide. It is the most common form of dementia and is responsible for a significant amount of disability and suffering among seniors and their families.

The good news is that Alzheimer's disease is not inevitable. There is now compelling evidence that it can be prevented and even reversed in many cases. In his groundbreaking book, *Stop Alzheimer's Now, Second Edition*, Dr. Dale Bredesen provides a comprehensive plan for preventing and reversing cognitive decline, based on the latest scientific research.



Stop Alzheimer's Now! Second Edition: How to Prevent and Reverse Dementia, Parkinson's, Huntington's, ALS, and Other Neurodegenerative Disorders by Sean Patrick

★★★★☆ 4 out of 5

Language : English

File size : 12266 KB

Screen Reader : Supported

Print length : 148 pages

Lending : Enabled



What's New in the Second Edition

The second edition of *Stop Alzheimer's Now* has been updated to include the latest research on Alzheimer's disease, as well as new chapters on:

- The role of the microbiome in Alzheimer's disease
- The importance of sleep for brain health
- The benefits of exercise for preventing and reversing cognitive decline
- The latest treatments for Alzheimer's disease

Who Should Read This Book?

Stop Alzheimer's Now, Second Edition is a must-read for anyone who is concerned about Alzheimer's disease, including:

- People who have a family history of Alzheimer's disease
- People who are experiencing cognitive decline
- Caregivers for people with Alzheimer's disease
- Healthcare professionals who work with people with Alzheimer's disease

What You Will Learn from This Book

In *Stop Alzheimer's Now, Second Edition*, you will learn:

- The causes of Alzheimer's disease
- The risk factors for Alzheimer's disease
- The symptoms of Alzheimer's disease
- The stages of Alzheimer's disease

- How to prevent Alzheimer's disease
- How to reverse cognitive decline
- The latest treatments for Alzheimer's disease

Praise for *Stop Alzheimer's Now, Second Edition*

"*Stop Alzheimer's Now, Second Edition* is a comprehensive and up-to-date guide to preventing and reversing cognitive decline. Dr. Bredesen's plan is based on the latest scientific research and is backed by a wealth of clinical evidence. This book is a must-read for anyone who is concerned about Alzheimer's disease."

- Dr. David Perlmutter, author of *Grain Brain* and *Brain Maker*

"Dr. Bredesen's work is groundbreaking. He has shown that Alzheimer's disease is not inevitable and that it can be prevented and reversed in many cases. *Stop Alzheimer's Now, Second Edition* is a must-read for anyone who is concerned about Alzheimer's disease."

- Dr. Mark Hyman, author of *The Blood Sugar Solution* and *The UltraMind Solution*

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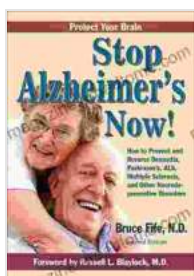
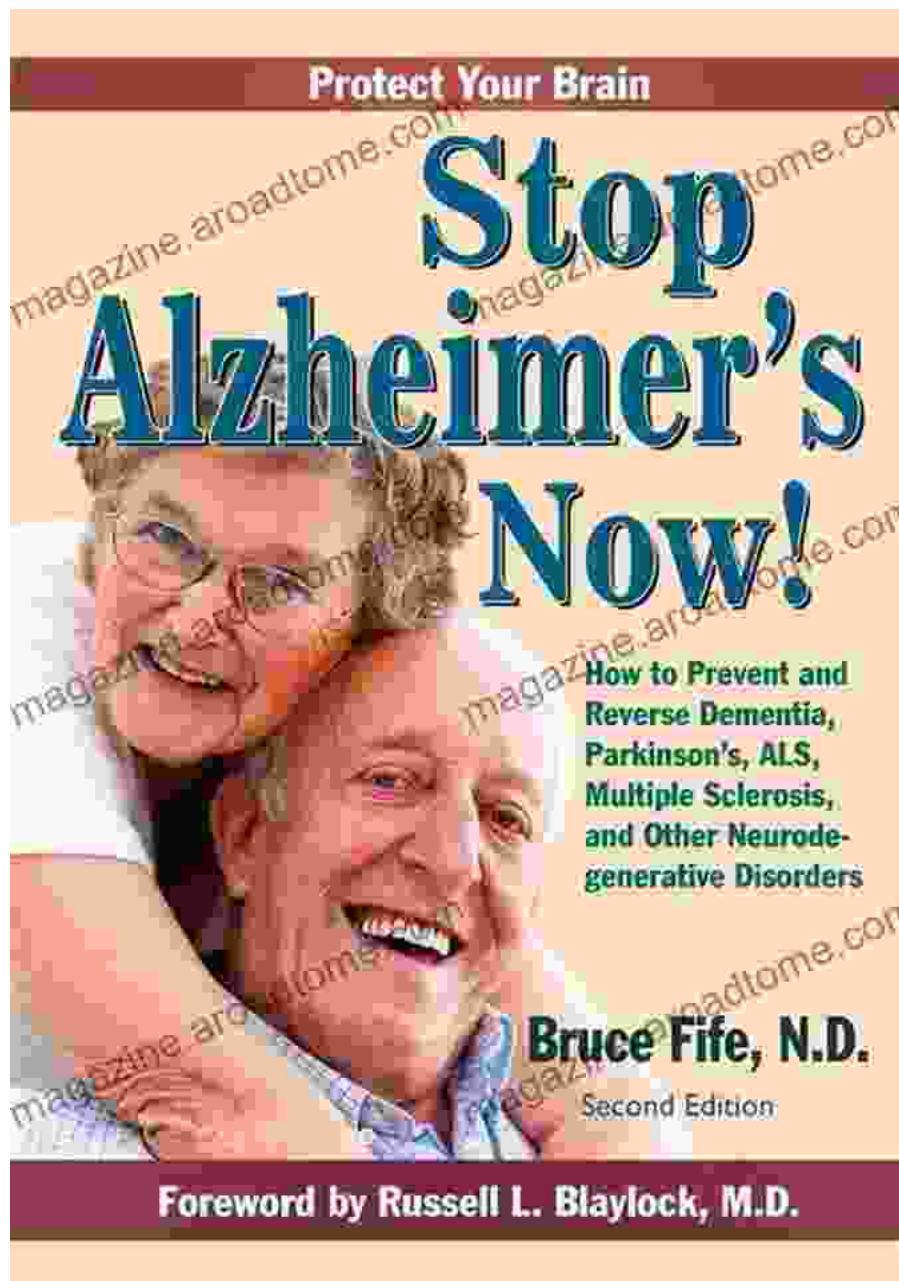
About the Author

Dr. Dale Bredeesen is a neurologist and author. He is the founder and director of the Apollo Health Clinic in Santa Monica, CA, where he specializes in the prevention and treatment of Alzheimer's disease.

Dr. Bredeesen is a world-renowned expert on Alzheimer's disease. He has published over 300 scientific papers on the disease and has lectured at medical schools and conferences around the world.

Dr. Bredeesen is also the author of the books *The End of Alzheimer's* and *The Alzheimer's Solution*.

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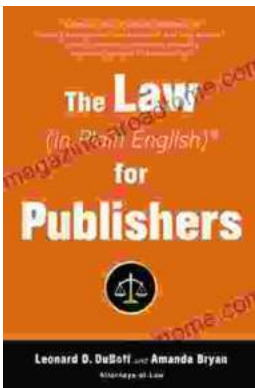
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