



# Alzheimer's Prevention - Protect Your Brain for Life: What Our Parents Didn't Know

*Dr. Melody Jemison*

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Brain degeneration that leads to Alzheimer's can begin by age 30. Symptoms do not show up for another 20-30 years. Yet, **Alzheimer's disease is largely preventable!** This knowledge came too late for my father, my grandmother, two uncles and my aunt. Knowing this disease was devastating my family, I immersed myself into research determined to find an answer. The information I found was stunning!

I compiled it into an easy to read book to share with family, friends and anyone looking for answers. This book will show you how to protect your brain from the deterioration that leads to Alzheimer's. It may have been too late to help my family members already affected, but it is NOT too late for those not yet showing symptoms of mental decline. You will learn everything you need to prevent Alzheimer's from claiming your memory and your life.

Important topics discussed in detail are: Nutrition, Exercise, Supplements, Cognitive Reserve and Brain Training, Stress and Sleep, Social and Spiritual Aspects of Brain Health, Genetics of Alzheimer's and How to Put it All Together.

This book is fully referenced. The information contained in this book is invaluable for protecting yourself and your loved ones from the brain deterioration that leads to Alzheimer's. This dreaded disease is increasing in near epidemic proportions. Learn how to adjust your lifestyle to keep your brain healthy for life. We can stop Alzheimer's in this generation. Buy this book now to get the knowledge you need to protect yourself and your family for life.

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