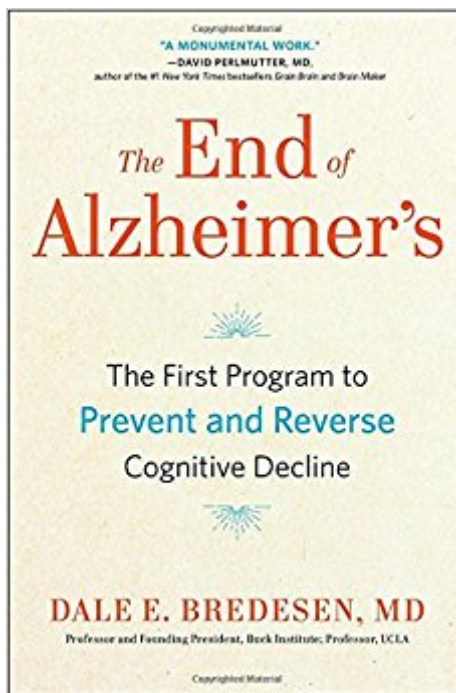




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The End Of Alzheimer's: The First Program To Prevent And Reverse Cognitive Decline



Synopsis

A groundbreaking plan to prevent and reverse Alzheimer's Disease that fundamentally changes how we understand cognitive decline. Everyone knows someone who has survived cancer, but until now no one knows anyone who has survived Alzheimer's Disease. In this paradigm shifting book, Dale Bredesen, MD, offers real hope to anyone looking to prevent and even reverse Alzheimer's Disease and cognitive decline. Revealing that AD is not one condition, as it is currently treated, but three, *The End of Alzheimer's* outlines 36 metabolic factors (micronutrients, hormone levels, sleep) that can trigger "downsizing" in the brain. The protocol shows us how to rebalance these factors using lifestyle modifications like taking B12, eliminating gluten, or improving oral hygiene. The results are impressive. Of the first ten patients on the protocol, nine displayed significant improvement with 3-6 months; since then the protocol has yielded similar results with hundreds more. Now, *The End of Alzheimer's* brings new hope to a broad audience of patients, caregivers, physicians, and treatment centers with a fascinating look inside the science and a complete step-by-step plan that fundamentally changes how we treat and even think about AD.

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Customer Reviews

"Alzheimer's is a disease for which there is no cure. Dr. Bredesen's experimental program gives me hope that there are actions we can all take to care for our brains and keep Alzheimer's at bay." — Maria Shriver, Today Show "The End of

Alzheimer's is a monumental work. Dr. Bredesen completely recontextualizes this devastating condition away from a mysterious and unsolvable process to one that is both preventable and, yes, reversible. Pinning our hopes on pharmaceutical research to develop a miraculous wonder drug has left both physicians and patients empty handed. But now, this comprehensive approach offers solid results, bringing hope to so many."

•David Perlmutter, MD, Board-certified neurologist and author, #1 New York Times bestseller, *Grain Brain* and *Brain Maker*"The End of Alzheimer's, for the first time, synthesizes the latest science into a practical plan that can reverse Alzheimer's and dramatically improve brain health and function. If you have a brain, read this book."

•Mark Hyman, MD, author of the #1 New York Times bestseller *Eat Fat, Get Thin*"This book represents a major turning point in our approach to Alzheimer's disease, from viewing it as a mysterious and incurable affliction that is governed almost exclusively by our genes, to understanding it as a multifactorial condition that can be prevented and even reversed largely through nutrition and lifestyle change. For the first time ever, patients and families affected by Alzheimer's as well as those at high risk for this devastating disease truly have a reason to be hopeful."

•Chris Kresser, M.S., L.Ac Founder, Kresser Institute for Functional & Evolutionary Medicine, Author of the New York Times best seller *The Paleo Cure*"The End of Alzheimer's is a masterful, authoritative, and ultimately hopeful patient guide to functional medicine for your brain. It will help you prevent and reverse Alzheimer's disease, whether you have the ApoE4 gene or not. My patients fear Alzheimer's more than any other diagnosis. This is the book to transmute fear into action."

•Sara Gottfried, MD, New York Times bestselling author of *Younger*"Having spent several years implementing many of Dr. Bredesen's insights in my patients, I can assure you that following his advice can save yourself, your loved ones, and your friends from suffering from this preventable and reversible curse."

•Steven Gundry, MD, author of the New York Times bestseller *The Plant Paradox*"Dr. Dale Bredesen is a world class neuroscientist/neurologist who through his innovative and exacting research has discovered a safe and effective approach to the prevention and treatment of Alzheimer's disease that will revolutionize the way we think about the disease."

•Jeffrey Bland, PhD, FACN, FACB; President, Personalized Lifestyle Medicine Institute" The End of Alzheimer's offers a new beginning in Medicine • changing the focus from a singular disease to recognizing the systems-based approach required to care for the whole person. Dr. Bredesen translates the knowledge of science to the wisdom that helps to heal our people . . . and provide a vision for the end of Alzheimers!"

•Patrick Hanaway, MD, Founding Medical

Director, Æ Director of Research, Æ Center for Functional Medicine, Æ Cleveland Clinic Æ Æ "In this engaging, heartfelt, and insightful book, Dr. Bredesen elucidates a bold new approach to Alzheimer's, rooted in decades of his own pioneering research. Æ Æ A must read for anyone wondering what can be done for this dread disease, whether for themselves, a loved one, or a patient." Æ •Nathan Price, PhD, Professor & Associate Director of the Institute for Systems Biology

Dale Bredesen, M.D., is internationally recognized as an expert in the mechanisms of neurodegenerative diseases such as Alzheimer's disease. He graduated from Caltech, then earned his M.D. from Duke University Medical Center in Durham, North Carolina. He served as chief resident in neurology at the University of California, San Francisco (UCSF) before joining Nobel laureate Stanley Prusiner's laboratory at UCSF as an NIH postdoctoral fellow. He held faculty positions at UCSF, UCLA, and the University of California, San Diego. Dr. Bredesen directed the Program on Aging at the Burnham Institute before coming to the Buck Institute in 1998 as its founding president and CEO. He is the chief medical officer of MPI Cognition.

Dr. Bredesen has written the first comprehensive guide to preventing, halting, and reversing Alzheimer's Disease. It is a must read as it provides you with the tools necessary to understand what Alzheimer's disease is, how to prevent it, and how to treat it. I am a clinician who has been using these methods for more than 2 decades and I know the methods work. This book gives you the blue print you need. Since nearly all of us will be affected directly or indirectly by dementia, this book is required reading if you care about your health, or the health of your loved ones. Robert Hedaya, MD, DLFAPA

As an editor for a major health site I was able to carefully read the End of Alzheimer's long before its publication date. I read about 200 books a year and this was clearly one of the top three I have read this year. Dr. Bredesen is a rare physician that has escaped the confines of conventional medicine and explored strategies that really do radically reduce the risk of Alzheimer's and improve those that already have the condition. In my view he is the leading Alzheimer's expert in the world today and I am grateful he has taken the time out of his busy career to present information that can radically change the course of Alzheimer's. Why is this an important issue? Because we have a tsunami of Alzheimer's disease approaching on and it is on track to take the lives

of 45 million of the 325 million Americans alive today. It's currently the third leading cause of death in the US and is costing the United States over \$220 billion annually. It is a trillion-dollar global health problem. It was the sixth leading cause of death. Dr. Bredesen is uniquely qualified to write this book as he has spent most of his three decades as a physician in this field and was trained at Cal Tech and Johns Hopkins. He is the director of Neurodegenerative Disease Research at the University of California, Los Angeles (UCLA) School of Medicine. He has identified a number of molecular mechanisms at work in this disease, and has created a novel program to treat and reverse it that he calls ReCODE (Reversal of Cognitive Decline). Many are concerned about this disease and have had themselves tested for the genetic risk factor Apolipoprotein E epsilon 4 (ApoE4). An estimated 75 million Americans have the single allele for ApoE4. Those who are ApoE4 positive have a 30 percent lifetime risk of developing the disease. Approximately 7 million have two copies of the gene, which puts them at a 50 percent lifetime risk. One of the highlights of the book is his strategy of how to actually reverse ApoE4 damage. This can be done by simply implementing intermittent fasting and restricting your eating window to 4-8 hours a day. This is because ApoE4 appears to be a gene that all ancient humans had and it provided a metabolic advantage for those that were regularly going without food and fasting for periods as was common in ancient times. Individuals that had this gene would actually live longer as they could more easily switch between fat and carb burning. This knowledge can help you actually reverse the damage that most of us acquire when we inherit this gene by merely implementing intermittent fasting. His ReCode program discussed three dozen different tests that one can screen for and if they are abnormal they can be addressed to improve the synaptic balance to a more healthy level and reverse or radically reduce the risk of Alzheimer's. If you ever had any concern about Alzheimer's there is no question in my mind that this is the book to get. Strongly recommended.

My mother, and roommate, has frontal lobe dementia and, they believe, Alzheimers. Watching her decline has been heart wrenching, and I'm constantly trying to find ways to make her life better. I worry not only about Mom, but about myself. I believe that I am on the same path. I first heard of the Bredesen Protocol last winter, when Maria Shriver discussed it on the Today Show. I quickly researched it as much as possible, but info was limited. I had a feeling a book was forthcoming, so I anxiously awaited its release. I was worried The End of Alzheimer's would contain too much technical information that I might not be able to understand. I was very happy to see that it was written in a casual format that intentionally makes it easier for the rest of us. The details are clear,

the tone is casual, and it's easy to follow. As I read through this book, I was surprised by how many points were familiar to me. That's me! I do that! Oh heck! It was as enlightening as it was scary. Living with Mom, I also live in fear because I know I'm on the same path she struggles down every day. That's my future. On page 97, Bredesen says "How to give yourself Alzheimer's. Live your life in a way that keeps your brain supplied with as many as possible of the 36 factors that influence whether APP gets cut into the destructive quartet or the beneficial duo. How to prevent it. Live your life in a way that minimizes the number of the 36 inducing factors in your brain." Those 36 factors are clearly laid out and I believe they are not difficult to control. Several years ago, I struggled with brain fog and often had difficulty remembering numbers for even a couple of minutes. I also was overweight and had heart problems. I reached a point where I thought I would die, so I wrote my will and made plans for my dogs after I was gone. Then I said enough was enough, and I dramatically changed my lifestyle. I cut out processed foods, ate lots and LOTS of vegetables and fresh fruits, especially leafy greens and berries. I ate wild caught fish, but no other animal products. My diet was low in grains. I used the USDA Super Tracker to make sure that my diet exceeded the RDA for every nutrient they tracked. There's a lot more to it, but I was eating all the time and I exercised every single day. Within a few weeks, I had much more energy. Within a few months, my brain was on FIRE! But then...I started a new job and everything about my lifestyle and schedule changed. Long story short, I fell back into old habits, abandoned my perfect diet and exercise program, and gradually regained weight. I also started losing clarity and life became more difficult. I recognize that. And I know that I alone can change that. I'm so very glad to have read the Bredesen Protocol because I know now, more than ever, the importance of getting back on track. I am making a serious effort to change my future. I believe this book can help. I have already marked my calendar and plan to follow up on this review in 3 months and again in six months. Mom may be too far along, I don't know, but it's worth trying for both of us. Dr. Bredesen states in the book that his protocol may not work for frontal lobe and other types of dementias. It has only been tested on Alzheimers. I feel that it's still very important to heed his advice, as Alzheimers often doesn't get a definite diagnosis until after death.

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The Type 2 Diabetes Cure: How To Naturally Prevent & Reverse Type 2 Diabetes (Carb, Diabetic Diet Plan, Best Foods, Blood Sugar, End, Recipes) (The Doctor's Smarter Self Healing Series)
The Alzheimer's Prevention Food Guide: A Quick Nutritional Reference to Foods That Nourish and Protect the Brain From Alzheimer's Disease
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