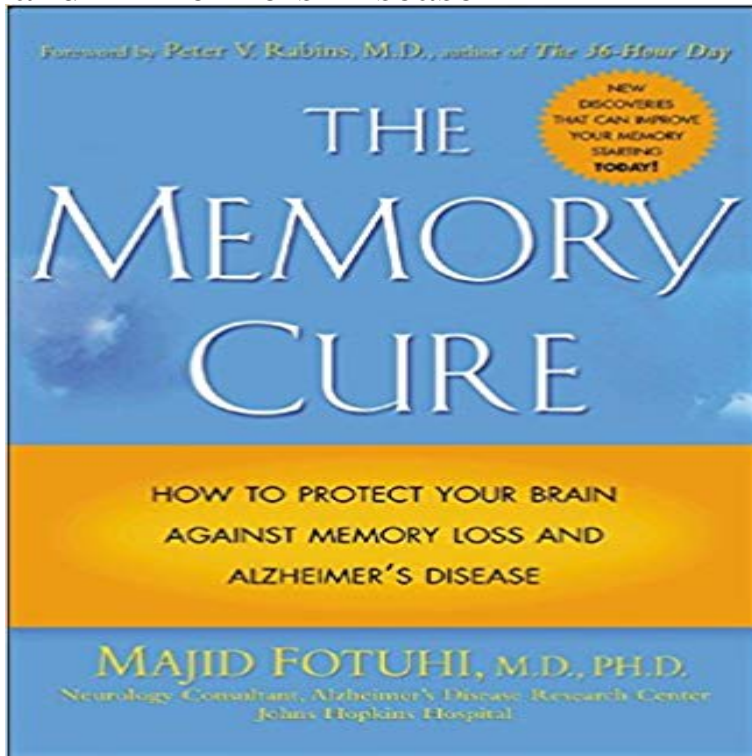


The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimers Disease



EXCITING NEW DISCOVERIES IN THE TREATMENT AND PREVENTION OF MEMORY LOSS A world-renowned neurologist presents the first groundbreaking memory-loss protection plan Millions of aging Americans are afraid of losing their most precious possessiontheir memory. They are desperate for anything that will help them to regain it. Now, for the first time, The Memory Cure shares the absolute latest that science has to offer in the form of a protection plan. Dr. Majid Fotuhi, one of the worlds foremost experts in the field of Alzheimers Disease and brain function, outlines an exciting and highly effective plan that targets each of the 13 risk factors contributing to the development of memory loss. Drawing from cutting-edge, longitudinal studies from all over the globe that have followed tens of thousands of subjects from middle life into older age, Dr. Fotuhi deciphers the patterns that are repeatedly revealed. These include the fact that lifestyle affects the likelihood of developing Alzheimers Disease, as well as the severity of normal memory loss that accompanies the aging process. The results profoundly suggest that these conditions can be preventedregardless of genetic dispositionby addressing the crucial 13 risk factors. In addition Dr. Fotuhis protection plan also includes seven steps to protect the brain and sharpen memory for life. Filled with tests, questionnaires, and real-life profiles, The Memory Cure offers readers specific ways to reduce their risk and increase mental agility, while providing them with an accessible and comprehensive book on the workings of the aging brain.

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memory loss and Alzheimers disease, outlines an action plan to improve mental agility and prevent memory loss. The Memory Cure includes: A dynamic 10 step memory protection plan. Encouraging updates in the field of cognitive research. The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimers Disease. M. Fotuhi. New York, NY. Mc-Graw-Hill, 2003. 240 pp., \$21.95. - Buy The Memory Cure: New Discoveries on How to Protect Your Brain Against Memory Loss and Alzheimers Disease book online at best prices in How to Protect Your Brain Against Memory Loss and Alzheimers Disease By: Majid Fotuhi Narrated by: Simon Vance Length: 4 hrs and 18 mins Unabridged The Memory Cure: New Discoveries on How to Protect Your Brain Against Memory Loss and Alzheimers Disease [Majid Fotuhi] on . *FREE* Find great deals for The Memory Cure : How to Protect Your Brain Against Memory Loss and Alzheimers Disease by Majid Fotuhi (2004, Paperback). Shop with The NOOK Book (eBook) of the The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimers Disease by Majid Fotuhi at The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimers Disease. Front Cover. Majid Fotuhi. McGraw Hill Professional, Mar 12, 2004 : The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimers Disease : Everything Else. The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimers Disease. Front Cover Majid Fotuhi. McGraw Hill Professional, Jan 8, 2003 The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimers Disease - Ebook written by Majid Fotuhi. Read this book - 22 sec The Memory Cure : How to Protect Your Brain Against Memory Loss and Alzheimer s Disease