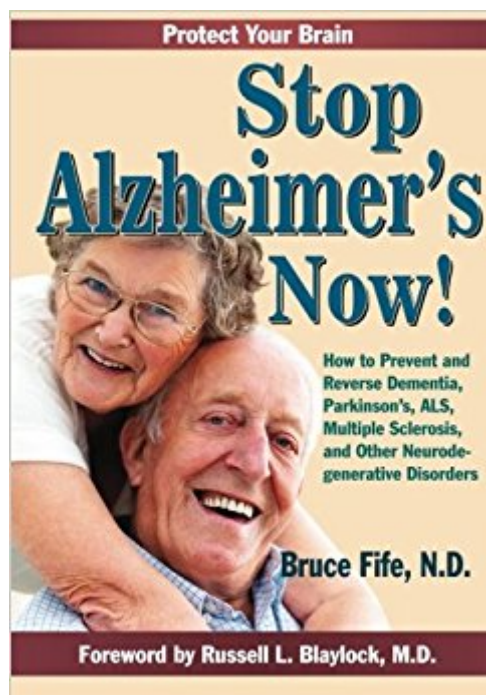




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# Stop Alzheimer's Now!: How To Prevent & Reverse Dementia, Parkinson's, ALS, Multiple Sclerosis & Other Neurodegenerative Disorders



## Synopsis

More than 35 million people have dementia today. Each year 4.6 million new cases occur worldwide-one new case every 7 seconds. Alzheimer's disease is the most common form of dementia. Parkinson's disease, another progressive brain disorder, affects about 4 million people worldwide. Millions more suffer with other neurodegenerative disorders. The number of people affected by these destructive diseases continues to increase every year. Dementia and other forms of neurodegeneration are not a part of the normal aging process. The brain is fully capable of functioning normally for a lifetime, regardless of how long a person lives. While aging is a risk factor for neurodegeneration, it is not the cause! Dementia and other neurodegenerative disorders are disease processes that can be prevented and successfully treated. This book outlines a program using ketone therapy and diet that is backed by decades of medical and clinical research and has proven successful in restoring mental function and improving both brain and overall health. You will learn how to prevent and even reverse symptoms associated with Alzheimer's disease, Parkinson's disease, amyotrophic lateral sclerosis (ALS), multiple sclerosis (MS), Huntington's disease, epilepsy, diabetes, stroke, and various forms of dementia. The information in this book is useful not only for those who are suffering from neurodegenerative disease but for anyone who wants to be spared from ever encountering one or more of these devastating afflictions. These diseases don't just happen overnight. They take years, often decades, to develop. In the case of Alzheimer's disease, approximately 70 percent the brain cells responsible for memory are destroyed before symptoms become noticeable. You can stop Alzheimer's and other neurodegenerative diseases before they take over your life. The best time to start is now.

## Book Information

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## Customer Reviews

Dr. Fife outlines a specific battle plan to combat these disorders, one that fits very nicely with what we know of these disorders and is easy to follow. I would encourage everyone faced with the possibility of encountering neurodegenerative disease, which now includes most of us, to read this book carefully. It is a treasure trove of invaluable information and practical advice. --Russell L. Blaylock, MD, Board Certified Neurosurgeon and author of *Excitotoxins: The Taste That Kills* A must read for any and all health care professionals, as well as any family members or friends of those stricken by these maladies. --Jeffrey Grill, MD *Stop Alzheimer's Now!* represents a major step forward in Alzheimer's disease, exposing the reality that Alzheimer's and other brain diseases are inflammation-related disorders and therefore can be effectively treated and potentially completely prevented by reversing inflammation through better nutrition and healthy lifestyles. --Catherine Shanahan, MD, author of *Deep Nutrition: Why Your Genes Need Traditional Food* *Stop Alzheimer's Now!*...will not only be beneficial for Alzheimer's but also for a wide variety of other diseases. I strongly recommend reading this book! --Sofie Hexeberg, MD, PhD A must read for everyone concerned with Alzheimer's disease...the author explains how diet modifications and the addition of coconut oil can drastically change the course of the disease. --Edmond Devroey, MD, The Longevity Institute The author's dietary recommendations are a valuable aid to nutritional therapy of chronic neurodegenerative diseases. I recommend this enlightening book to both physicians and those who simply want to better understand how our brain functions. --Igor Bondarenko, MD, PhD A must read for everyone concerned with Alzheimer's disease...the author explains how diet modifications and the addition of coconut oil can drastically change the course of the disease. --Edmond Devroey, MD, The Longevity Institute The author's dietary recommendations are a valuable aid to nutritional therapy of chronic neurodegenerative diseases. I recommend this enlightening book to both physicians and those who simply want to better understand how our brain functions. --Igor Bondarenko, MD, PhD

This book is a breakthrough in information that will help us all prevent, treat and even reverse not only Alzheimer's disease but other neurodegenerative diseases as well - Parkinson's, Huntington's, MS etc. It is filled with information about studies that have been done with diet, exercise, the use of coconut oil's medium chain triglycerides etc., turning on its head such long-standing beliefs like

saturated fat is bad for you and cholesterol should always be lowered if high, etc. It's sugar and simple carbohydrates (white bread, pasta etc.) that are literally killing us - we need to accept it so we can live longer, healthier lives. Some of this information has been known for decades - many medical professionals did not study nutrition and may not have the time to follow-up on new findings, simply believing what they are told by the pharmaceutical companies, who are making a killing on the incorrect information they perpetuate. Take heed if you or any of your family or friends are suffering from these diseases - you CAN do something about it! In addition, in May 2017, Dr. Dale Bredesen is coming out with a book and documentary that carries this information even further. His book is titled "The End of Alzheimer's" !!! It is available on [Amazon](#) at a reasonable pre-order price. If you don't want to be one of those people who just keeps their head in the sand and misses out on some of the biggest news in decades - take action and read "Stop Alzheimer's Now" by Bruce Fife, N.D. and Dr. Bredesen's book, scheduled for availability in May 2017.

This is a wonderfully researched and clearly written book. I have changed my diet according to the author's suggestions and my blood sugar level is almost out of borderline range--it dropped 7 points in 3 weeks. My energy level and my mood both improved immediately. A doctor I met on a plane stated to me that even people in a pre-diabetes range like my borderline range show blood changes--the beginnings of amyloid plaque found in Alzheimers can be seen in the blood of borderline diabetics according to a neuroscientist doctor I met on a plane. I recommend that people read this book--you will be shocked into completely changing your diet!

Please read the book. My wife went to the back of the book to see what their solution was and didn't read the book. She missed out on many studies and recommendations from other Doctors and companies which back up why you should try their solution. The book is a great reference as far as how to use many methods and supplements to help slow down or reverse dementia. I had been using Prevagen to help my brain health, but it was expensive and not effective for me. The methods shown in this book are both inexpensive and (time will tell) effective.

Lots of Great Information about the problems & solutions for the aging brain, you do not have to let it happen. Change your habits and see your health change too! There is a UCLA Protocol on line as well- these are messages of Help and Hope for a Brighter Future. These changes in eating and living work for the spectrum of diseases that are a result of brain injury from life-style habits and food & drink choices, it is not limited to Alzheimer's!

Astounding, amazing book!!! You'll learn great things about how your body works. And, you'll learn about things you'll never want to consume again.

Powerful info, good to know stuff in our day and age. I am already following some of the recommendations in the book.

If you have not had good experiences with medications for this terrible disease or even if you have, I recommend reading this. There are amazing things that can happen when we find natural ways to meet health issues. I'm becoming informed to help a family member who has this diagnosis as well as to begin a preventive program for myself.

Great information.

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