



The Anti-Alzheimer's Prescription: The Science-Proven Prevention Plan to Start at Any Age

Vincent Fortanasce

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From a world-renowned neurologist, the first book to feature a scientifically substantiated program for the only treatment for Alzheimer's: PREVENTION

Alzheimer's is a devastating and frightening disease, and as baby boomers age it's on the brink of becoming the great epidemic of the twenty-first century. Fortunately, by making proper lifestyle choices and avoiding certain risk factors, most people can prevent Alzheimer's, and it can be delayed in those who are genetically predisposed. *The Anti-Alzheimer's Prescription* presents a unique four-step program that includes menus, recipes, exercises, stress reduction techniques, and neurobics to lower the risk of Alzheimer's by as much as 70 percent.

Dr. Fortanasce, who witnessed his own father's painful decline from the disease, is determined to stop Alzheimer's from becoming pandemic.

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