



The Alzheimer's Prevention Program: Keep Your Brain Healthy for the Rest of Your Life

Gary Small , Gigi Vorgan

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Want to keep Alzheimer's at bay for years—ideally, forever? Prevention is the way, and this is the guide. Now in paperback and updated throughout, *The Alzheimer's Prevention Program* is essential for everyone with a family history of Alzheimer's, and for the 80 million baby boomers who worry whenever they forget someone's name. It's the book that shows how to strengthen memory and avoid everyday lapses. How to incorporate the top ten brain-protecting foods into your diet. How to cross-train your brain, exercising both the right and left hemisphere. And how to reduce stress, a risk factor for developing dementia and Alzheimer's, through meditation and 11 other relaxation strategies.

Written by the *New York Times* bestselling authors of *The Memory Bible*, this book is an easy-to-follow regimen based on the latest comprehensive research into Alzheimer's disease, and especially the critical connection between lifestyle and susceptibility. The paperback edition is updated with a brand-new section that answers the most compelling questions asked of Dr. Small after publication of the first edition, including: the power of exercise to offset a genetic predisposition; antibodies that can clear Alzheimer's plaques from the brain; and promising new treatments, from drugs to deep brain stimulation.

It's the science-based, breakthrough program that will bring mental clarity to every day and help you take control of your brain's health.

The Alzheimer's Prevention Program: Keep Your Brain Healthy for the Rest of Your Life Details

Date : Published December 17th 2011 by Workman Publishing Company (first published December 1st 2011)

ISBN : 9780761165262

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Format : Hardcover 288 pages

Genre : Health, Nonfiction, Self Help, Science, Medical

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How to improve memory and mental function.

Donald says

Very interesting read for anyone who fears Alzheimer's in their future. Like many recent Prevention books, this book explodes the myth that your genes completely map your future. The most important thing I took away from this book is that you need to control your own mental destiny through physical exercise, low fat/sugar/sodium diet and using mental puzzles and exercises daily. I highly recommend this book, although the suggested recipes are not as aggressive as I would have liked.

Holly says

This isn't something I could read cover to cover. The beginning had a lot of good information about how the brain works and what Alzheimer's and dementia does to the brain. Most of it though, was the actual program which was aimed toward baby boomers, but anyone at any age can use it. There are tips on what to eat, get plenty of exercise and lots of memory games and puzzles to keep your brain in tip-top shape. I'm not quite ready to do the program, but would like to buy the book for my mother who needs this right now, and buy a copy for myself and my sister to use in the near future.

Definitely something you should read if you're really concerned about memory loss.

R says

I liked the clarification of the areas that one needs to keep sharp, work on Healthy Diet, Balance (core), Exercise, Mental Workouts (brain games and memory tricks), reduce your stress, surround yourself with human connections, learn new things.

Michelle says

The general information in this book was good but it was information you could get nearly anywhere. Eat well, exercise, maintain social connections, use your brain. I felt like much of the specific information was

either dated or a bit too over the top. For example, according to the recommendation in this book, as a 5 foot tall woman my ideal weight would be 100 pounds. Wrong! I have only weighed that once in my adult life (many years ago) but I know for certain it was not a good thing. I will take the good from this one and move on.

David says

Gary Small writes that the only "cure" for Alzheimer's disease is prevention. The purpose of his book is to help the reader understand how to delay the onset of the disease and its symptoms. The book focuses on several factors that may help delay the disease: strengthening memory skills, physical exercise, nutrition, mental workouts, keeping socially engaged, and stress reduction. Each of these components may help reduce the risk of debilitating symptoms of Alzheimer's.

Now, each of these components sounds like common sense. But his recommended nutrition program is typical of most doctors; it echoes the recommendations of the beef and dairy industries, and ignores the research. The program recommends ten servings of beef, bacon, chicken, and fish every week. This is in addition to 18 eggs and 32 ounces of cheese per week. While it is difficult to prove cause and effect, it seems logical that since high blood levels of homocysteine--induced by animal proteins--is associated with doubling the risk of Alzheimer's, one might try to stave off the disease by reducing or avoiding these foods. Why does Gary Small encourage people to eat these foods in a book centered on health? While he has a good handle on *anti-inflammatory* foods and medicines, why has he ignored the *inflammatory* properties of animal proteins?

I cannot recommend this book without a total revision of the chapter on nutrition.

Melanie says

Very interesting information on different studies that have been done for Alzheimer's research and on brain function. The recommendations to keep your body and brain healthy seemed obvious to me, but I guess many people need some one to point out unhealthy lifestyle habits. I would definitely recommend reading the book if dementia and/or Alzheimer's is a concern. I will be doing some new puzzles for my brain!

Shellie (Layers of Thought) says

A well organized, easy to read (and skim) book on ways to prevent Alzheimer's. It includes advice on diet, physical fitness, memory tests, and mental exercises to help memory and retention. As well, there is an extensive bibliography.

Included is information on the what they do know about the disease: what are its known causes, the known statistics around one's genetic propensity for getting the disease, and statistics regarding one of the newest drug used in the treatment of Alzheimer's.

This is a book for anyone who is concerned that he/she may have the disease and distinguishes between normal memory loss in the aging process and the actual illness. There is a difference.

Jane Dagerman says

Am just beginning the cognitive games section, but have already benefited memory-wise from its pages. Already diagnosed with early-stage dementia, this book was recommended to me by a memory consultant/Ph.D. I've been drinking the Pomegranate juice for a month now and there's no doubt that short-term memory is improved; also possibly some cognitive issues. I value how the authors tell you Why certain recommendations are important to brain function. Whether prevention or not, I'm impressed with this book.

Yaaresse says

There's a lot of conflicting information out there about many medical conditions. In this book, Dr. Small, professor of psychiatry and Director of the UCLA Longevity Center tackles separating fact from fiction and presents his lifestyle plan to minimize one's risk of cognitive decline.

Dr. Small does a good job of explaining what Alzheimer's is (and is not), how it develops and what to expect from evaluation to diagnosis to prognosis/treatment. He covers current research into the disease and is forthright about where some research is questionable because of conflicting studies or weak research procedures.

If there are weaknesses in the book, my opinion is that they are in the areas of end-of-life functionality and in a too optimistic portrait of the doctor-patient relationship (or the lack thereof). I understand the focus of the book is on prevention, but this is (so far) an incurable disease, and I think to fully understand it, we have to take a realistic look at what caregivers face. As for Dr. Small's constant reminders of how the doctor is a "partner in health," I don't know too many people who would agree with that. Let's face it, you're lucky if you can get a doctor's full attention during your 12-minute time slot, much less have a dialogue with him/her about complex health issues. Even if you are fortunate enough to find a physician who will give you the time and attention, his/her recommendations are hog-tied by constraints of your insurance company and likely have a heavy bias toward whatever drug Big Pharm's highly paid, high pressure reps are pushing at the moment. It's been a long time since doctors and patients got to call any shots in the healthcare area.

Pardon, my cynicism is showing. Must be a side effect of the last profit figures from Big Pharm. Back to the book....

My reason for reading the book was to see if the latest research about Alzheimer's and genetics could be explained in plain English. It is. And the news is not as terrible as popular media would lead you to believe. I was also interested in the new research about the plaque tangles that are one of the defining aspects of the disease. It's in here.

I was a little wary of the chapters toward the end that outline Dr. Small's plan for saving our brains. What bizarre, untenable things are we now supposed to shoehorn into our day in interest of living forever and financing whatever product or workshop the author is pushing? Surprisingly, NONE. That is, nothing bizarre or untenable. Dr. Small's suggestions are entirely do-able. There's nothing weird, expensive or proprietary about them. It would take some self-discipline and planning, but it won't break the bank or get you tagged a

freak. The meal suggestions (containing foods that are high in brain-friendly vitamins and minerals) look appetizing and don't require you to have a personal chef. The exercises don't require a personal trainer or a gym full of equipment. The brain games are engaging. (I could have done without the look-snap-connect thing, but I have never had any success with that sort of device.) The gist of the "plan" is what should be common sense: eat healthy foods, move your butt, get enough sleep, exercise your brain in new ways every day. Of course, knowing and doing are very different things.

I'd like to say I've been converted and will get up bright and early tomorrow, do some squats, meditate, knock out the NYT crossword and have a delicious veggie omelet. I'd be lying. On the other hand, I'll probably tweak my grocery list to include some more fruits and fish, try to use my left hand more (to make my brain work harder) or pull out my long-unused art supplies, and spin my hatred of mowing the lawn into telling myself the movement and exposure to Vitamin D while doing it good for my brain.

Amorgan says

Good book with a straight-forward approach to preventing or slowing down development of Alzheimer's Disease and other dementia diseases.

Diet:

complex carbs and whole grains

Omega 3's protect DHA in the brain against plaques: fish or chicken twice each week: (wild salmon canned or fresh, halibut, herring, whitefish, cod, shrimp, white meat chicken, olive oil

antioxidant fruits 3.5 oz serving, highest concentrations of antioxidants (ORAC units) are in fruits listed first (cranberries 9100 units, blackberries 7600, raspberries 5100, blueberries 4700, strawberries 4300, granny Smith apples 3900, raisins 3400, gala apples 2800, avocado 1900, oranges/red grapes 1800, pears, 1700)

antioxidant vegies 3.5 oz serving:(raw garlic 5700, raw red cabbage 2500, sweet potato with skin 2100, steamed broccoli 2100, radishes 1700, raw spinach 1500, romaine 1000)

Protein from poultry, fish, soybeans

all 9 essential fatty acids are contained in fish, poultry, eggs, lowfat milk, lowfat yogurt, cheese (especially low fat swiss, goat, mozzarella, cottage), almonds, soybeans

spices 1/oz: (oregano 25,000 units, cinnamon 18000, turmeric 18000, basil dried 8700, curry powder 6900) curcumin 150 mg twice per day. vitamin D 35mg/day.

Limit Omega 6's: red meat, bacon, butter, processed and fried foods, corn and vegetable oils

according to research, daydreaming about an unhealthy snack gives the same brain reward as eating it.

Exercise: at least 15 minutes of daily vigorous exercise like walking or any exercise that increases heart rate and breathing rate causes the brain to grow, strength training with weights or exercise bands--Fitness habits of 18-year olds have predicted their educational achievements later in life because there is a definite association between cardiovascular fitness and intelligence.

meditation 30 minutes minimum daily dramatically increases the size of volume of the hippocampus (learning and memory within 8 weeks).

Brain stimulation: playing chess, reading, writing in cursive with non-dominant hand, spacial manipulations games or math

Wendy says

I think I must have read about this book in a New York Times article sometime. I can't evaluate it for the lay audience; for me it wasn't useful or particularly interesting. It's written in a very accessible style, which is appropriate, but didn't engage me. Mostly, it says the best way to prevent Alzheimer's is to stay in good health in general (diet, exercise, manage stress).

Betsy Curlin says

This book, written by a UCLA researcher at the Center for Longevity, is an informative and insightful work on Alzheimer's disease. It not only examines the symptoms and progression of the disease, but also details a comprehensive program for preventing and slowing the progress of Alzheimer's disease.

Jennifer says

Dr. Small is a leader in Alzheimer's research, and shares the latest studies and their findings. His program to stave off Alzheimer's symptoms is based on this research, but is itself good old fashioned common sense: eat right, exercise, calm down, and use your brain. I loved that he included self assessments for all those areas, including two memory assessments, so the reader can see where they need to make the most changes. (Each category has sub-groups, so it is not just memory; there are various types of recall assessed.)

I found Small's tone very reassuring. He shared many cases where making simple lifestyle changes made a huge difference in patient's lives, and he continuously emphasized that everyone is capable of making changes that will improve their brain health, including those whose abilities are impaired by other physical or medical limitations.

Many different brain games were included in the book, and, I must admit, I found those either the most enjoyable or most frustrating things in the book, depending on the exercise.

Robert Luebke says

I am giving this book a 5 because of the importance of the information presented. Dr. Gary Small presents the existing

Scientific studies of the foods that are beneficial to possible prevention of Alzheimer's. It also presents the advantages for doing physical

exercise and mental exercises on the brain as well as different vitamins or supplements.
