



## Stop Alzheimer's Now, Second Edition

*Bruce Fife C.N. N.D.*

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# Stop Alzheimer's Now, Second Edition

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Dementia and other forms of neurodegeneration are not a part of the normal aging process. You should not expect to develop dementia as you grow older. 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 that is backed by decades of medical and clinical research that 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, multiple sclerosis (MS), amyotrophic lateral sclerosis (ALS), 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 encountering 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. Once symptoms surface, the brain is already in an advanced stage of degeneration. You do not want to wait until most of your brain has died before you start to do something about it. You can stop Alzheimer's and Parkinson's and other neurodegenerative diseases before they take over your life, but you must start now.

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