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Natural Support for Alzheimers: A Whole-Health Approach to Improve Brain Health and Memory (Paperback)

By MS Teri J Dlugieski

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Whole-health approach to Improving Brain health and memory If you are struggling with Alzheimer s, this book will help you to take a pro-active and assertive course of action. You want to do the most you can, to minimise the damage that this disease is going to cause: to your life and the lives around you. Natural Support wants to help you make sense of it all. This book will help give you a better working insight into the changes taking place in the Alzheimer brain. It is crucial to understand that the brain is part of the entire body. As the most protected organ in the body, the health of the brain is a reflection of the body s invisible health. environmental exposures, immune system and nutrition all play a vital role in improving whole-health and brain health. You will want to be informed and able to utilise a full range of strategies in order to minimise and reverse the damage caused to the Alzheimer brain. And you can learn ways to improve mood and memory, using nutritional and...



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