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Beating Alzheimer's With Nutrition: What You Eat Today Determines Your Health Tomorrow

Jim Turnbo III

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Don't let the title (or the "experts") fool you.

Alzheimer's disease - like several other diseases ripping the quality of life from hundreds of thousands of people each day - is preventable. The secret is really no secret at all. It comes down to simplifying your life. Meaning counting calories, measuring food, and trying to understand food pyramids are all time wasters. It's about eating balanced meals and knowing what balanced means.

In Beating Alzheimer's with Nutrition, you will learn life-saving tips that will help you create a lifestyle. All diets are created equal for one simple reason: they have a preconceived beginning and end.

We've all done it; dieted with some success and lived in the moment of our success. Then, to say we fell off the bandwagon would be an understatement. It's more like we were ran over by a convoy of bandwagons. Then left to brush ourselves off and ask, "What's next?"

There is no what's next when you live with a lifestyle mindset. You know it's something that will last a lifetime.

The second you order this book, you will have the tools to change your health for a lifetime. And if you are a person of influence (parent, spouse, friend) then you can impact those around you as well. It just comes down to you being ready to prevent disease with clean & balanced nutrition.

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