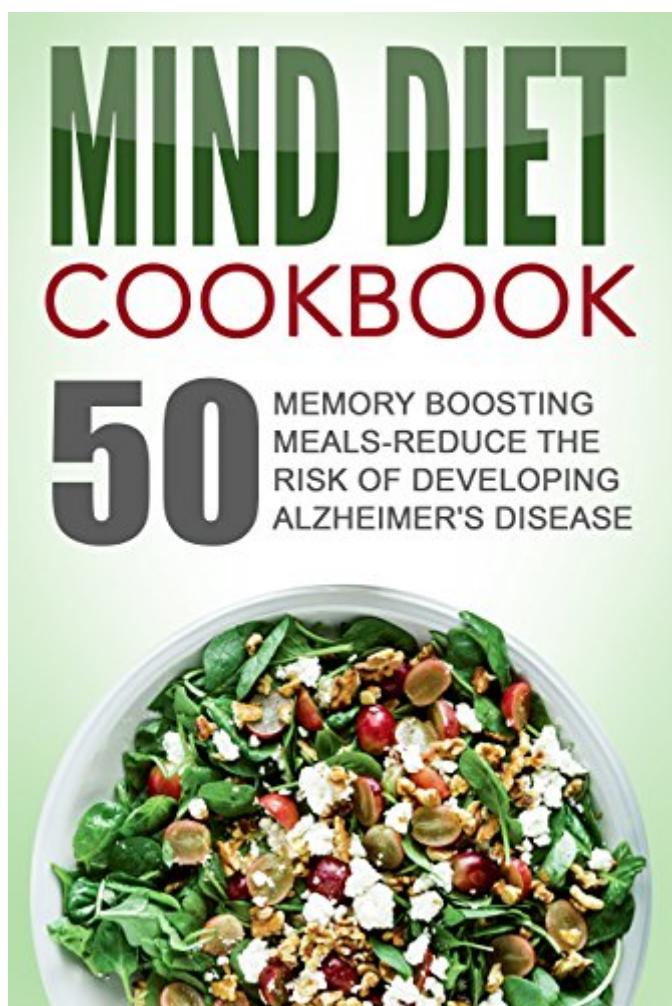


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# Mind Diet Cookbook: 50 Memory Boosting Meals-Reduce The Risk Of Developing Alzheimer's Disease



## Synopsis

50 Memory Boosting Meals-Reduce The Risk Of Developing Alzheimer's DiseaseWhat if the foods you choose could help prevent Alzheimer's disease? MIND diet - a style of eating linked to a lowered risk of getting the progressive degenerative brain disease— one that disproportionately affects womenYou probably already load up your plate with brain-boosting foods like fatty fish and dark chocolate, but now there's a new diet plan that could seriously slash your risk of developing Alzheimer's disease— even if you're only so-so about following it.The MIND diet— which stands for Mediterranean-DASH Intervention for Neurodegenerative Delay and could not be more aptly named— reduced Alzheimer's risk by 53% among strict adherents and by 35% among those who followed it pretty well. Both the Mediterranean and DASH diets have shown brain-boosting benefits in past research, even though both are typically touted for their protective powers for the heart. The MIND diet, on the other hand, emphasizes the pieces of each that have been specifically linked to dementia prevention and modifies other aspects, like fruit consumption, for added benefit.Download your copy today!Try it now, click the "buy" button and buy Risk-Free

## Book Information

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## Customer Reviews

MIND diet is a combination of Mediterranean diet and the DASH heart-friendly diet and combines all of the goodness from both meal plans. I took this book out of curiosity, because I wanted to learn more about MIND diet. I've prepared a few meals from this book, and I admit that everything was very tasty. I read and the other recipes, and everything is easily to prepare. So I want to recommend this book to all beginners who learn about this diet.

The MIND diet is a new brain-healthy diet that helps reduce Alzheimer's risk while boosting overall cognitive and mental health. Learn how, start now. You'll stock up on selections from the 10 brain-healthy food groups. Every day, you eat at least one leafy green vegetable — they're packed with lutein, important for staving off aging-related mental decline. You also pick at least one other daily vegetable. Berries, also lutein-rich, are the only fruit addressed in the MIND diet — focus on blueberries first, strawberries second. Meanwhile, you avoid foods from the five brain-unhealthy groups. Weekly, that's fewer than four servings of red meat and meat products, fewer than five sweets or pastries, and less than a serving of cheese, fried food or fast food. With butter, you're limited to less than 1 tablespoon a day.

This book is poorly written, and was extremely described to see no pictures other than the cover. There are many typos on times in the book, as well as the units are in metric.

Disappointed with the recipes.

The recipes seem very good but I didn't realize they were written using the metric system. Grams and ounces instead of cups. doesn't work for most Americans.

Learning book, after looking at the title of this book, i grab it. I am still young but sometimes I always forget something. I am more worry for my mother because of her age. This book explain the Alzheimer's disease and the cause of it. I found on this book the 50 recipes which is helpful, good for the mind and help to improve the ability of it. Worth to read and I'm hoping for the good result.

Good book

Interesting concept for Alzheimers.. I will give it a try. Sounds very healthy but easy to stay on.

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