

## Alzheimer's: Reduce Your Risk & Revitalise



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### ***Reviews***

*It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.*  
(Blanca Davis)

## ALZHEIMER'S: REDUCE YOUR RISK & REVITALISE

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Wilkinson Publishing. Paperback. Book Condition: new. BRAND NEW, Alzheimer's: Reduce Your Risk & Revitalise, Connie Hatzikalimnios, Up to date facts on treatment and prevention of Alzheimer's with worldwide contact information for further support. Alzheimer's disease. The mere mention of this phrase is enough to worry people. Many of us are intimately familiar with the devastating effects of this disease; of how it robs a person of his or her memory and how it deprives that person's friends and family of the once meaningful connection they shared with each other. It's a deadly disease that kills slowly, taking away segments of a person's life a little at a time. In Alzheimer's, Connie Hatzikalimnios provides an in depth overview of the disease, what we know about it, the stages of Alzheimer's, risk factors, current treatments, prevention measures, tips for healthy preventative eating, brain training, tips for dealing with depression and stress as a result of Alzheimer's, as well as addressing some common Alzheimer's myths.

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