



# **The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age**

*Dean Sherzai , Ayesha Sherzai*

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## **The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age** Dean Sherzai , Ayesha Sherzai

**A revolutionary, proven program for reversing the symptoms of Alzheimer's disease and cognitive decline from award winning neurologists and codirectors of the Brain Health and Alzheimer's Prevention Program at Loma Linda University Medical Center**

Over 47 million people are currently living with Alzheimer's disease worldwide. While all other major diseases are in decline, deaths from Alzheimer's have increased radically. What you or your loved ones don't yet know is that 90 percent of Alzheimer's cases can be prevented.

Based on the largest clinical and observational study to date, neurologists and codirectors of the Brain Health and Alzheimer's Prevention Program at Loma Linda University Medical Center, Drs. Dean and Ayesha Sherzai, offer in *The Alzheimer's Solution* the first comprehensive program for preventing Alzheimer's disease and improving cognitive function. Alzheimer's disease isn't a genetic inevitability, and a diagnosis does not need to come with a death sentence. Ninety percent of grandparents, parents, husbands, and wives can be spared. Ninety percent of us can avoid ever getting Alzheimer's, and for the 10 percent with strong genetic risk for cognitive decline, the disease can be delayed by ten to fifteen years. This isn't an estimate or wishful thinking; it's a percentage based on rigorous science and the remarkable results the Sherzais have seen firsthand in their clinic.

This much-needed revolutionary book reveals how the brain is a living universe, directly influenced by nutrition, exercise, stress, sleep, and engagement. In other words: what you feed it, how you treat it, when you challenge it, and the ways in which you allow it to rest. These factors are the pillars of the groundbreaking program you'll find in these pages, which features a personalized assessment for evaluating risk, a five-part program for prevention and symptom-reversal, and day-by-day guides for optimizing cognitive function. You can prevent Alzheimer's disease from affecting you, your family, friends, and loved ones. Even with a diagnosis, you can reverse cognitive decline and add vibrant years to your life. The future of your brain is finally within your control.

## **The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age Details**

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# **From Reader Review The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age for online ebook**

## **Jennifer says**

I won this book though goodreads first reads for an honest review. I love this book. It is so informative and has information that made me question what I thought I knew. I enjoyed getting more information on an illness that will help me understand what I may get later in life and that to have this book show me a program that could help me in the long run is rewarding. I especially love that it offers a recipe section for good health. I recommend this book to any and all individuals who have a loved one or who just want more knowledge on an illness that is still a mystery to most.

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## **Cheri says**

*They'd never spent a night apart,  
For sixty years, she heard him snore.  
Now they're in a hospital,  
In separate beds on different floors.*

*Claire soon lost her memory,  
Forgot the names of family.  
She never spoke a word again,  
Then one day, they wheeled him in.*

*He held her hand and stroked her hair,  
In a fragile voice she said:  
"Where've you been? "  
"I've looked for you forever and a day."  
"Where've you been?"  
"I'm just not myself when you're away."  
"No, I'm just not myself when you're away."  
-- Where've You Been, Kathy Mattea, Songwriters: Don Henry, Joe Vezner*

## **RADICALLY REDUCES RISK OF ALZHEIMER'S DISEASE BY 90%**

### **A Breakthrough Program to PREVENT AND REVERSE THE SYMPTOMS OF COGNITIVE DECLINE at Every Age**

Section One of this book is devoted to "The Truth About Alzheimer's," the Myths and Misunderstandings, and the Power of Lifestyle Medicine

*"In 2016, Alzheimer's disease was the sixth-leading cause of death in the United States. Some researchers believe that Alzheimer's is grossly underreported on death certificates. Oftentimes the official cause of death for a person with Alzheimer's is a dementia-related condition like aspiration pneumonia. This means that*

*Alzheimer's may in fact be America's third-most deadly disease, behind only heart disease and cancer."*

*"In 2015, the World Health Organization estimated that **the total number of people with Alzheimer's worldwide will rise to 135.5 million by 2050**. By then, global costs will surpass twenty trillion dollars. This figure doesn't take into account the vast amount of unpaid caregiver hours. In 2015 alone, caregivers provided an estimated eighteen billion hours of unpaid care. The demands of this disease could crash not only our health-care system, but our entire financial system."*

**"Spouses of Alzheimer's patients are 600 percent more likely to develop the disease themselves."**

If you think this doesn't concern you because you don't know anyone who has had Alzheimer's, or because none of your family has had Alzheimer's, then you might want to consider that this will impact you one way or another.

Section Two focuses on The NEURO Plan

According to these doctors, though, there is hope. They estimate that 90 percent of Alzheimer's cases can be prevented through:

N – Nutrition

E – Exercise

U – Unwind

R – Restore

O – Optimize

This book is not about a cure, as much as it is about reversing the debilitating symptoms, or showing you how even small changes can possibly prevent or slow down the progression. One could assume that the earlier you begin changing your diet, your lifestyle, the lower your chances of being affected by this disease are.

In 1993, a Loma Linda University study of over 3,000 subjects found that the risk of developing dementia for those who eat meat was twice that of vegetarians. This study led to their focus on the lifestyle of the local population of Seventh Day Adventists, whose diet is primarily a plant-based diet, who are largely responsible for Loma Linda being a "Blue Zone," a designated longevity spot. There is a McDonald's in Loma Linda, but it serves veggie burgers. The Cafeteria at the University is vegetarian.

While this wasn't a "fun, entertaining" read, it was more engaging the further I read, while the focus is on dementia, the statistics for this diet lower the rate of cancer, as well as other life altering or ending diseases.

The third section is: Recipes

Altogether, there are probably around 40 recipes that sound delicious, and have the extra benefit of actually being healthy. I can't wait to try some of these recipes!

Many thanks to the Public Library system, and the many Librarians that manage, organize and keep it running, for the loan of this book!

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## **Shayla says**

Researchers and neurologists Drs Dean and Ayesha Sherzai explore Alzheimer's through the current research, their own medical experiences and the evidence within their own community of Loma Linda, one of the Blue Zones. They include practical steps to maintain your cognitive health.

They incorporate nutrition - avoid processed foods, eat a plant-based diet, and exercise. As well as including mental challenges to avoid cognitive decline. An all-inclusive look at how our health habits can make a difference.

Their research reinforces the facts that our brain, heart and body are not separate entities, what affects one will affect the other.

Alzheimer's isn't a consequence of ageing but can be another chronic disease caused by lifestyle factors. A positive look at how to prevent the majority of cognitive decline.

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## **Bookfanatic says**

There's a heavy emphasis on vegetarianism in this book which I don't find is supported by studies on Alzheimer's. Overall, it's an easy to read book with a plan of action for those who are looking for step by step guidance. Get it from a library so you don't have to spend money. There's really nothing revolutionary here for anyone who takes a moderate interest in personal health. Get enough sleep, find ways to reduce stress, have a good social network, eat a variety of vegetables and fruits preferably low-glycemic, keep your weight within normal limits, be physically active, keep your mind active and to me controversially, reduce meat intake even chicken consumption. I prefer the book the "End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline" by Dale Bredesen, M.D because it's more scientific in its approach and that author has better credentials in the field of neurodegenerative diseases.

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## **Ola says**

This book is scary.

It makes it clear that unless you take responsibility for your lifestyle, not only your so-called physical health will be affected, but your cognitive capacity too.

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## **Fern says**

This is my first book review on Goodreads; the book arrived as a giveaway and I was very pleasantly surprised to receive it. I am a new retiree, having worked several diverse careers.

The authors do a great job of providing hope for a very debilitating condition. Their research and breakdown of life components such as cognitive exercises, nutrition, stress control, physical exercise, and how to optimize the various factors that help preserve mental capacity as we age are all very well explained.

This book motivated me to go for a walk every day at quick pace and to alter my routes. It also motivated me to pull out the old guitar, buy new strings, and start playing and singing again. It seems that all the things we did as children that helped develop our brains get lost as we age. Activities like outdoor playtime, with

friends, singing, dancing and learning new things.

The book has a lot of examples on how to reverse the early signs of cognitive decline. And how to prevent further deterioration. I usually pass along great books; this one I am keeping for awhile. Highly recommend.

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### **Allysia K says**

I find Alzheimer's fascinating and terrifying, so I really enjoyed this heady book. What I love about this book is that it's very science-based with excellent information and research - but it's also very practical and actionable. It focuses on what you can do to lower your risk of Alzheimer's using a mnemonic device (NEURO).

NEURO stands for nutrition, exercise, unwind, rest and optimize. The book helps you identify your weak spots and gives you lots of great suggestions to improve.

Read this if you enjoy keeping up to date with medical literature and want to take preventative measures against Alzheimer's.

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### **Esmael says**

#### **When an Author Gets It Right**

In their book “The Alzheimer’s’ Solution,” Drs. Dean and Ayesha Sherzai propose an ambitious plan with a promising positive influence not only over your memory performance and prevention of dementia, but your overall health. The bullet points of their plan are already mentioned in some previous reviews, but what stood out for me, as a psychotherapist with background in medicine, are the following:

1. The Authors’ Holistic Approach: The authors, unlike many other professionals in their field, are fully aware - and proponent of – a holistic approach and its importance in treating (and most importantly, preventing) diseases, particularly dementia. They objectively highlight the problem of having a myopic approach to medical challenges, which is unfortunately rampant in the medical field, and which is often dismissive of prevention and behavioral change. This is critical because as long as our approach is myopic, and pathology/disease-oriented, we are looking for one-dimensional, simplistic solutions and ignore the role of lifestyle and multiple other factors that help ensure and maintain better health.
2. The Authors’ Objectivity: If you are already exposed to the field of self-help and happened to have read a few self-help books, you probably know that there is plethora of information on the market in the form of books, e-books, magazines, websites, blogs, etc. Alas majority of the information offered for readers sandwiched as self-help is purely subjective and lacking sufficient, objective material. This is because a significant number of self-help books follow a familiar narrative style of focusing on few cases of individuals who have overcome a life challenge, achieved success in another domain of their lives, etc. Such experiences are, to the most part, not replicable. Nevertheless, the Sherzais’ approach is objective, scientific, well-researched, and the Notes are particularly impressive, demonstrating the depth of their efforts in the subject matter and providing wealth of knowledge and resources for those who are interested to read more on

the subject.

### 3. Not only theoretical, but also practical

The authors, who have done extensive research in addition to comprehensive meta-analysis of hundreds of studies on dementia, not only explain the theoretical and scientific mechanisms behind dementia (as much jargon-free as possible!), but they also offer workable strategies and practical solutions in the form of NEURO (Nutrition, Exercise, Unwind, Restore, and Optimize). The bullet points of the plan is already mentioned in other reviews, but it was a breath of fresh air to read the rationale behind their holistic plan, and much to the satisfaction of a scientific, objective mind, every step is supported by scientific data.

Last but not least, I immensely enjoyed reading the book, learned a few new things on memory performance and overall optimal physical/mental functioning and, of course, the significance of behavioral change in preventing chronic diseases.

And this simply means the authors got it right!

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## Christopher Lawson says

We Know The Current Approach Isn't Working. We Don't Have Time To Lose.

In THE ALZHEIMERS SOLUTION, doctors Dean and Ayesha Sherzai give us the bad news first: "There is reason to be afraid" they announce. Deaths due to Alzheimer's have "increased by nearly 87 percent in the last decade." The disease is also incredibly expensive, costing \$226 billion in the United States alone.

The early chapters of the book present the biology of the disease, including a discussion of how the brain is affected, and what type of external influences can prevent the damage. The good news (and surprising, to me) is that there is a LOT that we can do. "Ninety percent of us can avoid ever getting Alzheimer's."

Before reading this book, I wanted to know the qualifications of the authors. (I suspected they were not true medical doctors.) I stand corrected. The two are leading researchers in the field of Alzheimer's, and have been associated with Cedars Sinai of Los Angeles—a world class institution.

A key to this book is the question of HOW did the doctors conclude that lifestyle could so dramatically reduce the odds of getting Alzheimer's? How did they see things that other doctors did not?

The answer is, the authors were in a special place. They were doctors at Loma Linda University, where they were able to study two radically different groups. Their patients from Loma Linda—the "healthy group," were mainly Seventh-day Adventists, who had drastically different diets, exercised regularly, and had good social ties. They were "some of the healthiest people in the world." In contrast, the second group was patients in San Bernardino, an "underserved area plagued by chronic disease."

After years of working and studying both groups, the doctors found that "People living a healthy lifestyle had a much lower prevalence of dementia. " The Adventist population, on average, lived 10 years longer than others. The same lifestyle that promoted a healthy heart and kidneys "also appeared to be beneficial for the brain. They formed these conclusions:

- Eating meat is bad for your brain.

- Physical exercise increases both the number of brain cells and the connections between them.
- Chronic stress puts the brain in a state of high inflammation, causing structural damage.
- Restorative sleep is essential for cognitive and overall health.
- Higher education and other complex cognitive activities protect your brain against decline.
- Social support has an undeniable influence on the way your brain ages.

The authors developed a plan to promote the necessary lifestyle changes: NEURO.

Nutrition: A whole-food, plant-based diet low in sugar, salt, and processed foods.

Exercise: An active lifestyle that incorporates movement every hour.

Unwind: Stress management in the form of meditation, yoga, mindful breathing exercises.

Restore: Seven to eight hours of regular, detoxifying sleep .

Optimize: Multimodal activities that challenge many of the brain's capacities

A big chapter is dedicated to each aspect. I was most interested in the Nutrition chapter. There, I found the "Top Twenty Brain-Nourishing Foods," as well as the "Top Ten Foods to Avoid Processed Foods, and "10 Tips For Eating At Restaurants, And "Best Brain-Healthy Snacks."

The "Optimize" chapter was also informative. I had always thought that doing puzzles was one of the best mind exercises; however, the doctors have some better suggestions. They suggest activities that use a broader part of your brain, to "engage multiple cognitive domains at the same time."

The section on sleep had numerous suggestions, and this warning: "Chronic poor sleep and lack of sleep both cause significant damage to the brain." The authors include a concise, "Techniques For A Better Night's Sleep," with tips like these:

1. Normalize Your Sleep Schedule:
2. Avoid Eating Late at Night:
3. Avoid Certain Drinks Too Close to Bedtime:
4. Avoid Exercising Before Sleep, But Be Sure to Exercise Earlier in the Day:
5. Low Light at Night, Bright Light During the Day:
6. Avoid Playing Games, Watching Stimulating Movies, and Working on your iPad in Bed:

So all in all, I found THE ALZHEIMERS SOLUTION to be an encouraging, practical book. Furthermore, it is an IMPORTANT book. I was already familiar with some of the studies on diet and exercise, but I had no idea that lifestyle could so dramatically reduce the odds of getting this wretched disease.

Keep in mind that it is difficult to conclusively PROVE that one thing causes another. Just because 2 things are correlated, that does not prove that one causes the other. It's a high bar to reach. Nevertheless, the authors make a convincing case for the suggested lifestyle changes. I am implementing many of the lifestyle changes listed in this book, and am also encouraging my spouse to do the same. To see where you might benefit, there is an easy-to-do "Alzheimer's Solution Risk Assessment" that identifies areas for possible lifestyle change.

Advance Review Copy courtesy of the publisher.

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## **William Schram says**

In The Alzheimer's Solution by Dean & Ayesha Sherzai, we find that Diet and Exercise is pretty much the most potent medicine we have. With their medically proven course of action, you can slow or reverse your cognitive decline.

This sort of book is interesting to me in that someone in my family had Alzheimer's. I might have mentioned this story before in another book review. It is great to gain hope in the face of such a terrible illness.

The book itself goes over a series of life-changing choices that a person can make to improve their overall health and prevent the possible onslaught of Alzheimer's Disease or some other form of Dementia. I took this book out of the Library, but I would probably buy it if I had the chance at a used bookstore. I would be more inclined to buy this book if it wasn't around thirty USD. That's just me being stingy though.

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## **Marie says**

"Protective factors for prevention of Alzheimer's are a plant based diet, daylight exposure, regular exercise, 7 to 8 hours of sleep, meditation, continual learning, purpose driven activities and social engagement."

"Daily brisk walks resulted in a 40 percent lower risk of developing Alzheimer's later in life."

"Working out at home is better. Exercise programs need to be easy and convenient."

"Multi tasking is rapid task switching which places enormous stress on the brain. Multitasking takes an especially big toll on working memory in older adults."

"Meditation is a wonderful addition to your bedtime routine. It relaxes the body by slowing both breathing and heart rate and has also been proven to reduce stress."

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## **Catherine says**

Points to several areas that can contribute to your risk of developing Alzheimer's and provides practical strategies for addressing them. (What have become common sense ways to maintain a decent quality of life - sleep 7-8 hours, move your body, keep learning, manage stress, have a social life and eat well. ) Relies heavily on research on 'blue zone' populations. Argues for veganism but also encourages eating less meat & more veggies ( it's not an all or nothing message). I hate the the title since 'solution' feels like an overstatement for a disease that is still not understood but I still recommend it.

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## **Carolyn Frith says**

I think everyone who is aging or has aging loved ones (that means everyone) should read this book. It is a totally different take on dementia than the one expressed by the medical community. If we take action to live healthier lifestyles, we can significantly reduce the chance and severity of dementia in our lives.

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## **Linda says**

If you read this book, you will become a Vegan! Sugar, meat, fish, dairy all are bad for your brain!

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## **Esther says**

This was informative and educating.

Overview of Alzheimers and how lifestyle (nutrition, exercise, relationships, sleep, etc) are what can possibly prevent or deter the onset of Alzheimers. Even delay or stall the disease.

Helps breakdown the possible contributors to Alzheimer, as in possible family history and lifestyle in getting the disease.

Dedicates chapters to each of the keys for prevention. With in-depth explanations for why and how it contributes too or prevents the disease, as in eating certain foods that are bad verses foods that are healthy for the brain. Cases/Examples of patients and their recovery by changes their lifestyle.

This book gave hope, encouragement and tools needed against this disease. Found it informative and educating.

Not a five star as a bit too much medical jargon and overload of some terms.

Loved the recipes in the end.

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