

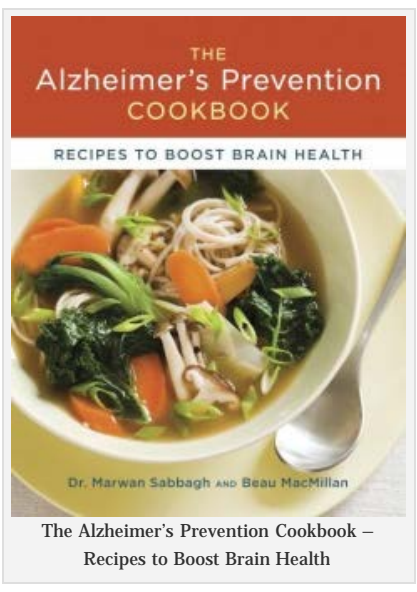
# The Alzheimer's Prevention Cookbook



## Recipes to Boost Brain Health

By Dr. Marwan Sabbagh and Beau MacMillan

Alzheimer's disease is among the greatest health-care crises of the twenty-first century. There are 5.4 million people with Alzheimer's in the United States. One in ten Americans over the age of sixty-five suffers from the disease, which is the sixth leading cause of death in this country. While there is no known cure, scientific studies have proven that certain foods can be effective frontline weapons in the battle against dementia—actually lowering the risk of Alzheimer's and cognitive decline. Even those with a genetic predisposition to the disease can potentially delay the onset of symptoms by adopting preventative strategies in their thirties through sixties.



The Alzheimer's Prevention Cookbook – Recipes to Boost Brain Health



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As a practicing medical doctor and the director of research at one of the world's most prominent Alzheimer's disease research institutions, Dr. Marwan Sabbagh has spent decades studying Alzheimer's disease. He knows how overwhelming the competing facts can be. He also knows that preventing Alzheimer's is far preferable to treating it. That's why he teamed up with Chef Beau MacMillan, executive chef of Sanctuary on Camelback Mountain and its signature restaurant, to create The Alzheimer's Prevention Cookbook: Recipes to Boost Brain Health—the first Alzheimer's prevention cookbook by a major publisher and the best line of defense to date against this devastating disease.

This full-color cookbook and health guide delivers a dietary plan that empowers readers to think—and cook—in a way that can reduce the risk of Alzheimer's, dementia, and memory loss. Featuring an overview of brain science and the latest evidence-based research, the book shares more than 100 brain-boosting recipes rich in the B-complex vitamins, antioxidants, anti-inflammatories, and omega-3s. Much of the dietary plan depends on everyday fruits, vegetables, spices, and proteins, such as pomegranates, leafy greens, cinnamon and turmeric, and fish and chicken. Plus some of the healthiest and most delicious dietary tricks from around the world are captured in simple recipes that bring disease-prevention science right to the table.

### About the Authors

Dr. Marwan Sabbagh

Beau MacMillan

## One Response to "The Alzheimer's Prevention Cookbook"



Florence Farrell

March 29, 2013 at 10:01 pm

Good day Dr Marwan Sabbagh,

I was listening to a repeat of your interview on CKNW, where a lady called in to ask about 'rich sauces'. Well, if the lady makes a sauce containing ingredients containing healthy veggies and herbs etc and maybe half a frozen banana which thickens well without flavour., and then liquefy's this in a blender, same as a vegetable smoothie, her husband would never know he was not eating creams.

Two of my three sons were allergic to dairy and sugar in the digestive tract, and the one to gluten, as children, I had to learn to cheat? with many things. One was to make herbal teas and say they were kool aid ~ which was the favourite at that time. This was always in the fridge and my children never knew any different ~ and their friends always drank this at our home. Also the healthful food ~ as I needed to make everything they ate. It just takes a little imagination.

I'm surprised your chef did not consider this.

I work with seniors' with alzheimers and other dementia's in their homes and have recently obtained my Certified Dementia Practitioners Certificate.

Regards

Florence Farrell

reply

### Trackbacks/Pingbacks

1. [BC Blueberries: Part of Dr Marwan Sabbagh's Healthy Brain Diet](#) - [...] also received a copy of his awesome new book, *The Alzheimer's Prevention Cookbook: Recipes to Boost Brain Health*, which ...
2. [Tricks for Staying Healthy at Home – Intelligent Travel](#) - [...] recently teamed up with neurologist and dementia specialist Dr. Marwan Sabbagh to create *The Alzheimer's Prevention Cookbook*, a collection of recipes ...

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