



Alzheimer's Disease: The New Prevention Revolution

By MPH MBA Frank Bradford MD



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Alzheimer's Disease: The New Prevention Revolution is a new book, written by an expert on Alzheimer's Disease. It contains all of the latest science on Alzheimer's disease and how to prevent it. More than 800 scientific articles are reviewed, referenced, and summarized in readable form. There is also a special chapter discussing the latest on how to maximize one's lifespan. Peals of wisdom abound. It is written in a format that allows for easy browsing from topic to topic of interest. You won't be sorry you bought this amazing book. Satisfaction with the content is guaranteed!

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Editorial Review

From the Author

If you are 40 or older, or you have an older relative, it is time to read this book. Don't wait! Once Alzheimer's disease takes hold, there are no effective treatments. Prevention is the key!

From the Back Cover

Take Control of Your Health Now! Age is the strongest predictor of developing Alzheimer's disease. If you live long enough, you stand a good chance of getting it. The brain abnormalities that cause this terrible disease start decades before symptoms appear. There is no treatment for Alzheimer's disease. Prevention is the only hope. This book is jam-packed with scientifically-based things that you can do now that will help maintain or even improve your physical and mental health-and place you in the best possible position to minimize your risk of getting Alzheimer's disease. For those of you who also want to live longer, we have included a special chapter on longevity. This includes the latest research, and points out concrete steps you can take to maximize your life span. Taking resveratrol? Possibly. Taking berberine? Doubt it, but you should be! It's all in the book! Augusten Burroughs said, "When you have your health, you have everything. When you do not have your health, nothing else matters at all." And, Francis Bacon said, "Knowledge is power." Time to power up and take control of your health. All the information you need is here, at your fingertips. We have included 800+ scientific references for your review. We have done our part, now you need to do yours. Taking action now could literally be life changing. As Nike so famously says, "Just Do It!"

About the Author

Dr. Frank graduated from the University of Colorado with a BA in Chemistry and his MD degree. He was Board Certified in Family Medicine until he became Board Certified in Psychiatry. He is currently Board Certified in General, Addiction, and Geriatric Psychiatry. He earned a Master of Public Health (MPH) from Yale, and an MBA from Northwestern's Kellogg School of Management. He is a Clinical Assistant Professor at the University of North Dakota. He is licensed to practice medicine in New York and North Dakota. He is interested in preventing Alzheimer's disease, and helping people maximize their health and longevity through a preventive healthcare model.

He is married and has three children (and one dog).

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