



# Beyond Alzheimer's: How to Avoid the Modern Epidemic of Dementia

*Scott D. Mendelson*

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## **Beyond Alzheimer's: How to Avoid the Modern Epidemic of Dementia** Scott D. Mendelson

This groundbreaking explanation of the causes and treatment of Alzheimer's disease rests on the author's belief that Alzheimer's is merely one of several types of dementia—and that in most cases dementia is avoidable. He further explains that the various forms of dementia may well be different manifestations of the same set of underlying problems. Rather than being the inevitable result of aging, the author asserts dementia is primarily the result of bad diet, stress, lack of mental and physical exercise, and other poor lifestyle choices.

Dr. Mendelson begins his book with a straightforward explanation of how the brain ages—physically, structurally, and chemically. He then explains the various methods for diagnosing dementia, as well as how it can often be misdiagnosed if a person has suffered a head injury or stroke, has a hormone or vitamin deficiency, or is taking a medication whose side effects can mimic dementia. The remainder of the book is prescriptive, and offers hope to both Alzheimer's patients and their caregivers by recommending scientifically tested herbs, vitamins and nutraceuticals that can help mitigate or delay the effects of dementia. Finally, the author suggests lifestyle changes that might help a person avoid dementia altogether, commonsense health tips that include steps to prevent heart disease and diabetes, treatment for sleep apnea, maintaining an ideal body weight, and even engaging in a more active social life.

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