

The Alzheimer's Antidote

Using a Low-Carb, High-Fat Diet to Fight Alzheimer's Disease, Memory Loss, and Cognitive Decline

Amy Berger

Foreword by *David Perlmutter, MD*

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“Magnificent . . . an empowering, user-friendly game plan that rewrites our health destiny.”

— **DAVID PERLMUTTER, MD**

In the current landscape of conventional medicine and drugs, an Alzheimer's diagnosis is essentially a death sentence. However, there may be a solution. In *The Alzheimer's Antidote*, Certified Nutrition Specialist Amy Berger presents a revolutionary nutrition and lifestyle approach to combat Alzheimer's disease at its roots.

THE PROBLEM:

According to the Alzheimer's Association, Alzheimer's disease (AD) is the only disease among the top 10 causes of death in America that cannot be prevented, cured, or even slowed.

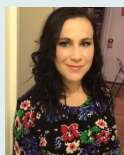
- Economic costs associated with AD and other forms of dementia are staggering—\$225 billion in 2015 (in the United States), with projections to exceed a trillion dollars by 2050.
- Approximately 5.3 million Americans are living with AD—this number is predicted to reach 7.1 million by 2025, and 13.8 million by 2050.
- Pharmaceuticals developed to date have been ineffective.

THE SOLUTION:

Treat Alzheimer's as a metabolic disease. Berger's research shows that Alzheimer's results from a fuel shortage in the brain: As neurons become unable to harness energy from glucose, they atrophy and die, leading to classic symptoms like memory loss and behavioral changes. Varying degrees of the following diet and lifestyle interventions could help prevent and reverse the effects of this devastating degenerative disease.

- Eat whole, unprocessed foods.
- Limit sugars and refined carbohydrates, and increase fat.
- Choose low-glycemic vegetables and fruits, rich in antioxidants and phytonutrients.
- Avoid easily oxidized and pro-inflammatory seed oils, and chemically manipulated packaged foods.
- Exercise regularly, including muscle building activities.
- Reduce stress and get adequate sleep.

The metabolic origins of AD have been discussed in the scientific literature for years. *The Alzheimer's Antidote* is finally bringing this essential information to the people who need it most. We urge you to assign coverage this spring and will be back in touch soon to follow up.



Amy Berger, MS, CNS, NTP, is a US Air Force veteran who now specializes in using low-carbohydrate nutrition to help people reclaim their vitality through eating delicious, wholesome foods, and teaching them that achieving vibrant health doesn't require starvation, deprivation, or living at the gym. Her motto is “Real people need real food!” You can read her blog at www.tuitnutrition.com, where she writes about a wide range of health and nutrition-related topics, such as insulin, metabolism, weight loss, and thyroid function.

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