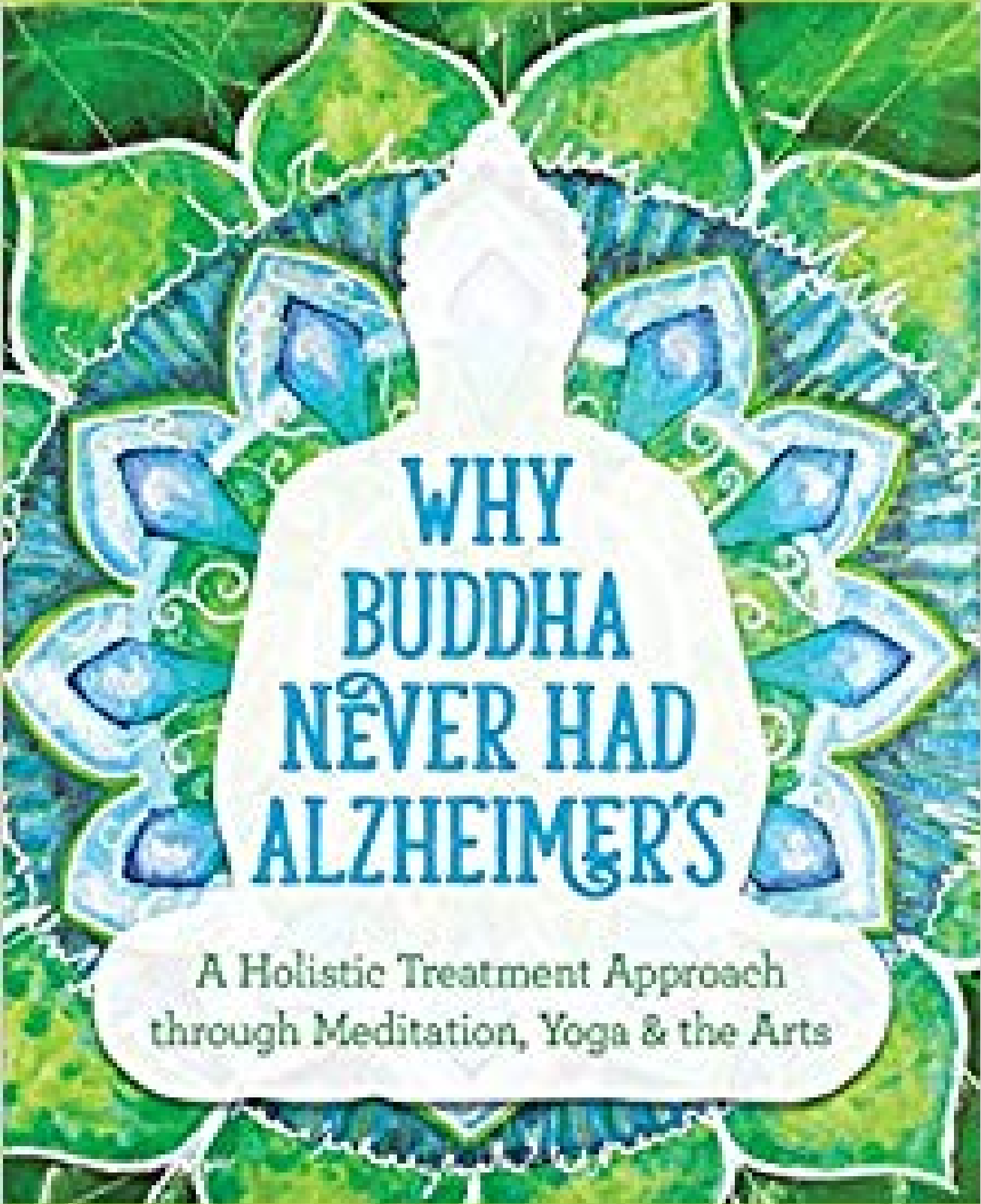


"A thoughtful and far-ranging book. . . . Excellent work!"

—John M. Denenberg, MD, PhD

Massachusetts General Hospital, Harvard Medical School



WHY BUDDHA NEVER HAD ALZHEIMER'S

*A Holistic Treatment Approach
through Meditation, Yoga & the Arts*

Shuvendu Sen, MD

Shuvendu Sen

Why Buddha Never Had Alzheimer's: A Holistic Treatment Approach through Meditation, Yoga, and the Arts



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Who among us isn't affected by issues such as stress, unhappiness, personality and behavioral adjustments, agitation, hypertension or high cholesterol? to name a few? But, how can meditation and yoga exercises stop or also reverse the course of Alzheimer's? And despite relentless trials and research studies, scientists have not really found a drug to regulate it. This bridging of the older and brand-new creates an imperative paradigm shift in our perspective toward Alzheimer's disease administration. 5. Alzheimer's is certainly a family issue? ruthless in its scope and spread. Alzheimer's disease has become a gigantic specter that looms before all of us as we age, in fact it is advancing unimpeded. are afflicted with Alzheimer's disease. It is estimated that 5. Also worse, there isn't a good fully reliable diagnostic check for this. In its capacity to completely destroy personalities, interactions and daily living, we cannot afford to keep thinking of it as a private disease. Today we know that contributing factors and symptoms (such as stress and hypertension) can be alleviated with holistic, alternate administration approaches? like meditation, yoga exercise, music therapy and digital reality therapy. Clinical tests from Harvard Medical College, Johns Hopkins University and Mayo Clinic, among numerous others, have demonstrated the comprehensive benefits of yoga and meditation on numerous aspects of the human mind? and when you see it, that's where Alzheimer's disease evolves? in the mind. Did you know these are a few of the cognitive and biological deficiencies that are associated with Alzheimer's? They set the mind on an inward journey where the risk elements that precipitate the condition are produced. 4 million people in the U. Why Buddha Never Had Alzheimer's is precisely what is needed to cause a drastic and required revolution in medical care.



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Great mixture of science and spirituality The author, Shuvendu Sen, can be an M.D. who works in the U.S. Taj Rajkumar A VERY important and long awaited reserve on the part of Eastern & He cites multiple research, along with personal experience, on what meditation can influence both the avoidance and recovery from early onset alzheimer's. He brings up the very harrowing reality that alzheimer's is a disease that has been occurring more and more regularly in the world, and that it is not currently treatable, at least not really effectively. The condition keeps stumping the best researchers the world over, and the expenses of treating those affected, together with the quantity of victims, is skyrocketing. In my opinion, this is a book that needs to be released into every American and Western medical school. He uses this to segue in to the last section of the book to promote the advantages of human conversation, spirituality/religious beliefs, and the necessity for more medical institutions to become more interactive with their individuals, especially the doctors. Mediation Reverses Cognitive Decline The ideas in this book confirm what I've come to comprehend: leading a healthier life and taking time to mindfully manage stress can prevent cognitive decline. The great Book! Essential read for anyone generally who is simply interested in how meditation and yoga exercise focus on the brain and just why these approaches can be a good method of healing, caring, or stopping Alzheimer's. Great book, strongly suggested. Though the book got rather technical sometimes, it's absolutely fascinating and amazing to listen to from a physician who is actively trying to add even more "holistic" or "alternative" types of treatment. What's a lot more great is that the writer cites empirical proof that those practices can also REVERSE cognitive decline. This is really great book. Dr. Sen has created an inspiring masterpiece based on . I feel like a person totally enlightened with a depth of knowledge after reading the reserve. Absolute delight. Dr. Sen has written an inspiring masterpiece predicated on scholarly study and profound encounter in this self-discipline. His indispensable prescription for a modern perspective on Alzheimer's gives caregivers and practitioners renewed hope and optimism for an end to an illness with fatal consequences. "Why Buddha NEVER REALLY HAD Alzheimer's" is my choose for 2017. Sen is not only a highly respected medical doctor in the Western tradition, but he is also an expert and adherent of alternate Eastern methods of healing, including meditation and yoga, and additional complementary holistic methods such as for example music therapy, virtual truth and contact therapy. and is a strong advocate of meditation and yoga. I highly recommend this book to everyone because you do not know when you gonna hit with Alzheimer's disease. Sen as my guest on my Internet radio present, "The Enrichment Hour. Must read. Extremely delighted to read this one by Shuvendu Sen Very nuanced and detailed approach towards Alzheimer's disease and how Yoga can be lifestyle changing experience. Dr. Really different things than what we i did so for treatment of Alzheimer's disease. The author goes on to add the equally amazing and beneficial practice of yoga, in its many forms, as also a prevention for alzheimer's and as a standard boost to the health of the individual, mentally, physically, and spiritually. There is indeed much to be gained from the widened perspective supplied by Dr. Shuvendu Sen! Dr. I picked up this book merely to kill my time at airport terminal lounge after an indicator by my friend . And it proved that decision to read this reserve by Shuvendu Sen was the best I have done in quite a long time . Extremely useful book for somebody who wants to understand scientific rationale behind health advantages of Yoga. Which is a funny point he brought up by the end, which is definitely that these "alternative" treatments like meditation, yoga, or music therapy have already been around a large number of years longer compared to the current "approved" medical science. The world must know that salvation will never be within a pill, however in taking higher responsibility and time for reflection in one's lifestyle. From reading his

great book, "Why Buddha NEVER REALLY HAD Alzheimer's," I obtained an appreciation for the vital part that integrative medication can play in the recovery of Alzheimer's and other serious diseases, not to preclude conditions like stress and depression. An excellent publication to help families of people suffering from Alzheimer's! You will fill up your self and you will find yourself within you. Holistic Healing integrated with Western Medicine It was my great pleasure and honor to have had Dr. No side effects and as well effective if you daily practice yoga. This was an extremely smooth read providing amazing insight on effects of practicing meditation and yoga on Alzheimer's supported by scientific research. But it's also nice to see how modern medical technology is really starting to meld with the older means of treatment. It leaves you with a sense of approaching a breakthrough soon where such practices could be combined with allopathic medicine. The very best book ever written on the complex subject of Yoga The best book ever written on the complex subject of Yoga.." I can't remember when the hour flew by therefore quickly, with a far more passionate and amiable guest, and on a topic crying out for attention. Dr Sen presents himself as an writer with perfect order on Yogic life..



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