

A STEP-BY-STEP GUIDE TO USING DIET AND  
HIGH-ENERGY FOODS TO PROTECT AND NOURISH THE BRAIN

# The Coconut Oil & Low-Carb Solution

For Alzheimer's,  
Parkinson's, and  
Other Diseases

Includes  
More Than 35  
Easy-to-Make  
Recipes



*From Doctor, Caregiver and Best-Selling Author of  
Alzheimer's Disease: What If There Was a Cure? The Story of Ketones*

**MARY T. NEWPORT, M.D.**

Mary T. Newport

The Coconut Oil and Low-Carb Solution for Alzheimer's, Parkinson's,  
and Other Diseases: A Guide to Using Diet and a High-Energy Food to  
Protect and Nourish the Brain



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, Mary T. What if There Was a remedy?From the author of the best-seller Alzheimer's Disease,,now presents this guide of how exactly to integrate diet plan in the treatment of neurodegenerative illnesses.D. Newport, M.



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Mild Cognitive Impairment Quickly Improved! Excellent book that is very likely to greatly help a reader improve many neurological symptoms. It is well-documented, and the common lay person will see it easy enough to understand and implement. My moderate cognitive impairment was at a spot where it had been limiting my capability to learn new info and even hold conversations sometimes. Ketone therapy is provided not as an end to diabetes of the mind but rather an alternative nutritional way to serve the requirements of the mind. An emphasis of neonatal care is dietary issues and their function in the proper development of the brains of premature infants. I have suggested it to others several times. Newport's function and decided to purchase this, her most recent, publication. I am so glad I did! Alzheimer's is type 3 diabetes-diabetes of the mind. I suddenly 1 day realized I no longer had a issue recalling key phrases that were essential to communicate my thoughts! The improvement continuing as I increased my daily intake to between 1 and 2 tablespoons plus 1 to 2 2 teaspoons of seafood oil. Now, several weeks later, I still have some trouble recalling names occasionally of people not near me, but We am definitely getting my life back again./or to ward off Alzheimers. I likewise have had plenty of energy and mental competence to determine an important safety committee inside our community. Read the book! We cannot thank Dr. Newport plenty of for persevering in her solid efforts to inform the public of the potential health benefits of MCT essential oil while urging more study be done in this area. Research results from some studies ought to be published soon. For the time being, there appears to be no downside to tinkering with different moderate doses of this supplement, and I have greatly benefited from doing this. This book needed to be written. This book needed to be written. Newport is fellowship been trained in Neonatology, the treatment of sick and premature newborns, rather than in Neurology. Subtitled "A Step-by-Step Help to Using Diet and a High-Energy Meals to safeguard and Nourish the Brain", this book fulfills that function with clearness and practicality. It provides well-thought and well-offered lay-discussions of the known technology regarding nourishment and curing of broken brains and useful guidance for implementation in daily life. Importantly, it also provides a guide to recent thinking concerning the practice and efficacy of ketogenic therapy for damaged brains. It includes succinct introductions and references to varied scientific publications that have appeared because the 2011 publication of "The Artwork and Science of LOW CARB Living: An Expert Guide to Producing the Life-Saving Benefits of Carbohydrate Restriction Sustainable and Enjoyable" by Jeff Volek and Stephen Phinney. Fresh ideas are presented and supported by scientific evidence. Dr. Fortunately it's been written by a gentle expert, who has the patience and integrity to tell apart truth from opinion by providing references to scientific publications to support every claim. This provides her with the benefit of a nonconventional viewpoint, but with the disadvantage of not belonging to the club.. I had discovered from a doctor about a pilot study carried out at UCLA where outward indications of dementia had been reversed through lifestyle modifications and an MCT supplement. EVERYONE older than 60 should read this book. Aware that her dietary emphasis can be a departure, Dr. Newport has truly gone to great lengths to check with scientific specialists from around the world in her quest for scientific support. Findings from these consultations are discussed and well-documented. Enough background, let's consider the contents of the book. I take coconut oil and MCT essential oil daily because many of my relatives died from Alzheimer's. Part One: A Dietary Program... is designed to introduce the reader to the high-energy/low-carb strategy. Component Two discusses disorders that may react to ketogenic therapy. Readable discussions and several recipes illustrate the principles, the facts, and the intuition of a low-

carb life. It's ok Truly enjoy every chapter Very informative. Component Three presents an introduction to the science. Doctor Newport tries to locate a middle ground between a superficial dialogue and overwhelming scientific detail. The second and third appendices provide additional depth of understanding in regards to Alzheimer's disease, which have result from Doctor Newport's heroic efforts to find benefits for her husband Steve. I don't intend to. In these discussions Doctor Newport presents the professionals and cons of merely adding these natural oils to your diet and the restrictions on what benefits can be expected from that strategy. Accurately described and delivered promptly. Throughout the book, there are ample references to satisfy those who want more detail. Chapter 2 discusses what sort of low-carb diet should be expected to provide a substantial increase in benefits and begins a dialogue of the practicalities of accepting the switch of lifestyle, that is involved with undertaking a low-carb diet plan. Chapters 3 and 4 lapse into a casual question-and-answer format to supply additional information and solution many concerns and queries that have been raised about coconut oil and MCT oil. Part One concludes with all of the simple, flavorful recipes, which emphasize the ingestion of coconut essential oil and MCT oil. Part Two offers chapters for every of the four primary neurological diseases: Alzheimer's disease, Parkinson's disease, Amyotrophic Lateral Sclerosis, and Multiple Sclerosis. Each chapter presents a dialogue of why there is reason to believe that the disease is related to a deficiency in the ability of the brain to accept glucose-based diet, and how ketones have a potential to get over this insufficiency. Included are discussions of issues in obtaining ketone amounts, which experts believe are required for a complete benefit. These difficulties seem to be more political than scientific. The conversation continues: troubles in achieving sufficient ketone amounts in the bloodstream; Component Three discusses the idea of Diabetes of the Brain, and how it is related to the neurodegenerative illnesses. Consequently, I stopped trying to communicate anything of substance and my intellectual lifestyle was slipping away. Although this could be taken as an appeal for political actions, Doctor Newport does not make the pointed charm seen as a Michael J Fox. some practical scientific solutions, that could overcome these problems; I am third , way of eating and am having achievement slimming down. This sort of presentation will seldom satisfy everyone and perhaps will satisfy no-one. I found this book to end up being very readable. The subject matter is heavy, even though the discussions cannot be described as enjoyable, they are informative plus they engender some hope. There is good evidence that it's not false hope. I recommend this reserve to anyone who's afflicted, to whoever has an afflicted love-one, also to anyone who plans to live long enough that there surely is risk that they could become afflicted. Disclaimer: Even though writings of the reviewer from Internet articles are quoted, with authorization, in chapter 9 of the reserve, the reviewer provides received, and can receive no compensation for the use of his words apart from an advance duplicate of the book. Don't miss this process to Alzheimer's Disease. This is a very informative book about using coconut oil to treat & My storage and cognitive abilities possess improved to the idea that I am today able to finish tackling some big house projects. Great info about ketonic diet. It is time we taken notice of this type of info to decelerate the epidemic of this disease. There IS hope out there. This is a sensible way to start to understand that. Glad I bought it! There are many evidence! Neurological practice usually emphasizes prescription drugs and surgeries to provide rest from the onerous symptoms of human brain disorders, and less regularly considers nutritional issues. Essential read! This is a really great book to understand the problem and possible treatment that . Very important book for everyone who've these disorders or symptoms described, or for his or her families.

and political roadblocks. Never hungry! Amazing Results Mary Newport is a gift to everyone. Her work and the difference it is making for those who have brain issues is giving people back again their lives. We have had amazing results in our short term memory space and cognition from following her easy inexpensive methods of adding coconut to your diets. Thank you Mary for impact our lives and adding great years to your life. Alzheimer's--There Is Hope!After just one week of adding a single tablespoon of MCT oil to my daily food diet, my "brain block" started to soften up. When the brain is unable to make use of glucose for fuel human brain cells starve. However, the brain can make use of an alternative solution fuel--ketones, generated in the body by coconut essential oil and its own derivative, MCT essential oil. My hubby, who is 10 years older and has already established even worse mental decline, also seems to be regaining dropped ground with the addition of 2 tablespoons of MCT oil to his daily diet.. This reserve is split into three parts and each component contains many chapters. I think she's discovered a defendable middle ground. Must read This is actually the guide to eating healthy! It is a really fine book to understand the problem and possible treatment that can help reduce the symptoms of this terrible condition. Very informative. I learned a whole lot from Dr. Newport's book, and it's worth buying for anyone who has been diagnosed with the circumstances discussed. Truly enjoy every chapter!! These discussions consist of lay-level arguments for why some experts believe there is hope. ! I could sense my mind was atrophying, which was depressing and somewhat frightening.! A great Book at an excellent Price. A great Book at an excellent Price. Ketones and Coconut Essential oil have a significant role.Part One: Chapter 1 provides a advanced discussion of why we should be thinking about ketones and how they're provided by coconut oil and MCT oil. I have recommended it to others many times Really helpful. When looking for more information about MCT since it relates to dementia, I ran across Dr. Four Stars A good book. Four Stars Good product.



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