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THE Alzheimer's ANTIDOTE

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

A Comprehensive Metabolic & Lifestyle Approach

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Amy Berger

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



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Medical and scientific journals are full of research showing alternate methods to gas the starving brain, but no one has been getting this essential information to individuals who require it most?until now. Amy Berger empowers loved ones and caregivers of Alzheimer's sufferers, and offers hope and light against this otherwise unnavigable labyrinth of darkness. Despite decades of study and millions of dollars invested in uncovering the complexities and developing treatments because of this devastating illness, progress has been sluggish, with each brand-new "blockbuster" medication proving to be as big a disappointment as the types that went before it. Berger's research shows that Alzheimer's outcomes from a energy shortage in the brain: As neurons become struggling to harness energy from glucose, they atrophy and die, resulting in classic symptoms like storage loss and behavioral changes. However, there may be methods to prevent, delay, and perhaps even reverse the span of this crippling neurodegenerative disease. As a metabolic problem, the only real effective way to treat Alzheimer's may be a multifaceted strategy that fundamentally reprograms energy era in the brain. Today, an Alzheimer's diagnosis is a loss of life sentence. That is a revolutionary strategy?one that is discussed in the scientific literature for a long time but has only recently been given credence in scientific settings, thanks to extremely promising research wherein Alzheimer's patients have observed complete reversals of the condition.A Comprehensive Metabolic & In a lifestyle obsessed with miracle medications, the pharmaceutical path for tackling Alzheimer's is a massive failure. Pills and potions don't address underlying causes, and regarding Alzheimer's, they typically neglect to improve even the symptoms. In The Alzheimer's Antidote, Certified Nutrition Specialist Amy Berger presents a multi-pronged nutrition and way of life intervention to combat Alzheimer's disease at its roots. The good thing is, the secret is really as simple as switching to a low-carb, high-fat diet plan. The Alzheimer's Antidote displays us that cognitive decline isn't inevitable, but if it does occur, we don't have to sit down idly by and wait around helplessly while it progresses and worsens. Lifestyle Approach A analysis of Alzheimer's disease in 2016 is startlingly similar to a half-century ago.



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The ghastly effects of this mess we've been eating is normally appalling, and research is finally getting up. A fantastic book! Today she actually remembered one of her caregivers whom she hadn't seen in a day (she typically couldn't remember at all). I must say it really is written very much like how the video demonstration went: pure pleasure, not really too low and not too high however you like and language. Very pleasurable. Shocking and informative A must read if you need to know the truth about our Alzheimer's epidemic. There's some serious myth-busting here. This book actually explains the why, what and how. Statins for heart health? Prevention may be the key. I recommend this book for everyone who would like to plan a healthy future with healthy longevity. Amazing book! This knowledge intensified my seek out information on health through nutrition, and along the way I've found out that we have already been led down the wrong dietary path for many years. A fantastic book that's as important as this is a pleasure to learn! Amy Berger has done an absolutely bang-up work of presenting the most up-to-date info available that demonstrates the risks of the low-body fat, high-carb diet, and conversely, the large great things about the reverse- a high-fat, low-carb diet. This book is a very comprehensive work that covers the fallout from eating the way we've been told to eat for decades, how to transformation all that, and considers the situations that many face including care-givers for those in managed care (nursing homes) and those who choose a vegetarian or vegan way of life. Busted! We desperately need to shift our thinking where our eating is concerned. Body chemistry is unbelievably complicated, making the procedures involved rather tough to describe, but I found this one easy to understand. I am known to glaze over and skip to the bottom line by the end of the chapter, but I didn't want to do that with that one. One need not have a relative or friend with Alzheimer's to become educated about diabetes mellitus (type 2) resulting in Alzheimer's and various other health conditions, in addition to why scientists searching for the cause of Alzheimer's along the beta amyloid plaques tend looking at symptom, instead of cause, and just why most everyone would benefit from a lower life expectancy carbohydrate diet. I highly recommend this book. It's one-stop-buying that combines information obtainable in different books on a number of the basics of diet, the cholesterol myth, the hazards of statins, the dangers of the low-extra fat, high-carb diet and meals and cooking recommendations along with other lifestyle elements. Amy also explains how essential it is to start out eating "right" (low carbs) from early age of 20s and 30s as the adjustments in the human brain/body occur so slowly that by enough time symptoms appear, it could be much harder to fix or too past due. Busted! does it work? GREAT BOOK!. Busted! I've read quite a few nutrition/health books over the years, and some certainly are a little more technical than I could drag myself through, but Amy has presented the information in a manner that anyone can understand. Glucose and carb addictions have turned us into people that live to eat rather than people that eat to live. If you want to find out what that you can do to save your brain and practical advice on eating to live and keeping from the Alzheimer's unit, get your copy right now! The real question is... Fat molecules makes you unwanted fat? IT DOES! We purchased the paperback edition of the amazing book. I have to say that I've honestly NEVER highlighted and annotated a book to this extent EVER. Amy Berger manuals us through a tour of the root factors behind this disease at a cellular and intracellular level. There is absolutely no doubt in my own mind that it will be an invaluable learning source for the an incredible number of families suffering from any of the various forms of dementia (Alzheimer's). I was literally arriving at points in the publication where I was saying "WOW" out loud. I could not wait to share the info with my wife. The true question is.. Fats are evil? does it work? IT CAN! My mother in law provides vascular dementia and provides resided in a memory care facility for just two years. She is now back house with us due to the poor treatment she was

presented with and multiple medication mistakes. Her short-term memory was totally shot and she was frequently anxious, fearful, and depressed. She was declining fast both physically and mentally at the service (which began feeding higher and higher carb meals towards the finish). We've her on an extremely low carb ketogenic diet. It also gives hope on what to do and the measures that should be taken to prevent or ease the symptoms of this disease. After three weeks the depression and fearfulness are gone. The anxiety is significantly reduced. I viewed Amy's video that I found scientific at an extremely comfy level (I am a scientist) therefore i was wondering about what sort of book would be written. Her countenance is also different and even more "alive" and "warm". Highly recommend ! Her caregiver see's a definite improvement and is currently a believer. Great Information Excellent information regarding this way of eating. I am so thankful to Amy Berger for providing this essential and extremely well-written reserve. She does a fantastic job of using just the right amount of humor and provides simple visible analogies to help you know very well what would otherwise be considered a complex subject. Busted! Absolute Must-Read My mother passed on with no memory and no leg muscles, the consequence of a double-whammy effect of the officially mandated low-fat, high-carb diet and statin drugs to lower her cholesterol. Love this book. Therefore informative and very easy to understand. Great Reserve! Cholesterol causes heart disease? If you have a member of family or worried for yourself read this book there is help. Get this book now ! Excellent book ! Her love of life is back. She assessed her at a rate 4-5 ahead of this modification in her diet plan and remarked that she would now assess her as an even 3-4. If you are not used to Keto or have been LCHF for a time. Increase your knowledge Very informative read. Must read This book is quite thorough in discussing the biological reasons behind Alzheimer's and lifestyle changes that can slow, reverse, and prevent the disease. I unquestionably loved it. While I've not yet finished the reserve, I get every minute of wait anywhere to read a page or two, so far my overall impression is that this book should be go through by all. My father passed away this year from Alzheimer's and he was on longterm statins, anti acids, and was diagnosed type 2. She also explains how diabetes mellitus starts by insulin resistance of every organ separately rather than the body at once--this is known to all doctors and researchers (at least I hope it is known) yet still only the A1C bloodstream test emerges for insulin resistance, which doesn't show any complications until insulin resistance is systemic. We have been also adding MCT essential oil to various foods (titrated up from 1 tsp to 1 1 tbsp per day over a week or two). Five Stars Very great information for reducing likeness of Alzheimer's disease and dementia



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