



WHY BUDDHA NEVER HAD ALZHEIMER'S

A Holistic Treatment Approach
through Meditation, Yoga & the Arts

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



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Even worse, there isn't even a fully reliable diagnostic check for it. to name a few? ruthless in its scope and spread. It's estimated that 5.4 million people in the U.S. are afflicted with Alzheimer's disease. Why Buddha NEVER REALLY HAD Alzheimer's is precisely what is needed to cause a drastic and required revolution in health care. Clinical tests from Harvard Medical College, Johns Hopkins University and Mayo Clinic, among numerous others, possess demonstrated the comprehensive benefits of yoga exercises and meditation on numerous aspects of the individual mind— Did you know that these are a few of the cognitive and biological deficiencies which are associated with Alzheimer's? And despite relentless trials and clinical tests, scientists have not found a drug to regulate it. Who among us is not suffering from issues such as for example stress, unhappiness, personality and behavioral adjustments, agitation, hypertension or high cholesterol— Alzheimer's disease has turned into a gigantic specter that looms before most of us as we age, in fact it is advancing unimpeded. Today we know that contributing elements and symptoms (such as for example stress and hypertension) could be alleviated with holistic, alternate administration approaches— They set the mind on an inward journey where the risk factors that precipitate the condition are formed. Alzheimer's is usually a family issue—and when you think about it, that's where Alzheimer's disease develops—in the mind. But, how do meditation and yoga stop as well as reverse the span of Alzheimer's? like meditation, yoga, music therapy and virtual reality therapy. This bridging of the aged and fresh creates an essential paradigm shift in our perspective toward Alzheimer's disease management. In its capacity to completely destroy personalities, human relationships and everyday living, we cannot afford to keep thinking of it as a private disease.



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Great mix of science and spirituality The writer, Shuvendu Sen, is an M.D. The author goes on to include the equally amazing and beneficial practice of yoga, in its many forms, as also a prevention for Alzheimer's and as an overall boost to the health of the average person, mentally, physically, and spiritually. who works in the U.S. and is a strong advocate of meditation and yoga exercises. He cites multiple research, along with personal experience, on what meditation can influence both the prevention and recovery from early onset Alzheimer's. I feel like a person completely enlightened with a depth of understanding after reading the publication. Really different things than what we did so far for treatment of Alzheimer's disease. D. Dr. Though the book got rather technical at times, it's absolutely fascinating and great to hear from a medical doctor who is actively trying to include more "holistic" or "alternative" forms of treatment. You will fill on your own and you will end up within you. But it's also nice to see how modern medical research is really beginning to meld with the previous ways of treatment. Great reserve, highly recommended. *Mediation Reverses Cognitive Decline* The ideas in this book confirm what I have come to comprehend: leading a wholesome life and taking time to mindfully manage stress can prevent cognitive decline. The best book ever written on the complex subject of Yoga The very best book ever written on the complex subject of Yoga. The world needs to understand that salvation will not be found in a pill, however in taking greater responsibility and period for reflection in one's life. He uses this to segue in to the last section of the book to promote the advantages of human interaction, spirituality/religion, and the need for more medical institutions to be more interactive making use of their patients, specifically the doctors. An excellent publication to help families of people experiencing Alzheimer's! S. Dr. Sen has written an inspiring masterpiece based on scholarly research and profound experience in this self-discipline. His essential prescription for a modern perspective on Alzheimer's provides caregivers and practitioners renewed hope and optimism for an end to a disease with fatal effects. "Why Buddha Never Had Alzheimer's" is my choose for 2017. Dr. Taj Rajkumar An essential and long awaited reserve on the part of Eastern & A must read for anyone generally who is simply interested in how meditation and yoga exercises focus on the brain and why these approaches can be a good method of healing, caring, or preventing Alzheimer's. Sen as my guest on my Internet radio present, "The Enrichment Hour." I can't remember when the hour flew by so quickly, with a far more passionate and amiable guest, and on a topic crying out for interest. Must read. Sen isn't just a highly respected physician in the Western tradition, but he is also a specialist and adherent of substitute Eastern methods of healing, including meditation and yoga, and various other complementary holistic methods such as for example music therapy, virtual truth and touch therapy. I highly recommend this reserve to everyone because you don't understand when you gonna strike with Alzheimer's disease. For me, this is a book that needs to be released into every American and Western medical school. There is SO very much to be gained from the widened perspective provided by Dr. Shuvendu Sen! Extremely delighted to learn that one by Shuvendu Sen Very nuanced and detailed approach towards Alzheimer's disease and how Yoga could be existence changing experience. I found this book merely to kill my period at airport lounge after a suggestion by my friend . Extremely useful book for a person who wants to know scientific rationale behind health advantages of Yoga exercises. And it turned out that decision to read this reserve by Shuvendu Sen was the best I have done in quite a long time . The great Book! This is really great book. The disease keeps stumping the very best researchers the world over, and the costs of treating those affected, together with the number of victims, is skyrocketing. No side effects and too effective if you daily practice yoga. That is a funny point

he brought up at the end, which is that these "alternative" remedies like meditation, yoga exercise, or music therapy have been around a large number of years longer compared to the current "accepted" medical technology. From reading his great book, "Why Buddha Never Had Alzheimer's," I gained an appreciation for the vital function that integrative medication can play in the recovery of Alzheimer's and various other serious diseases, never to preclude conditions like stress and depression. Sen has created an inspiring masterpiece based on . This was a very smooth read providing amazing insight on effects of practicing meditation and yoga on Alzheimer's supported by scientific research. Holistic Healing integrated with Western Medicine It was my great enjoyment and honor to experienced Dr. It leaves you with a sense of approaching a breakthrough in the near future where such practices could be combined with allopathic medication. What's even more wonderful is that the writer cites empirical proof that those practices can also REVERSE cognitive decline. He brings up the very harrowing reality that alzheimer's is an illness that has been occurring more and more frequently on earth, and that it is not presently treatable, at least not really efficiently. Dr. Dr Sen presents himself as an author with perfect control on Yogic life. Complete delight.



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