

# Living an Alzheimers Free Life

## Living an Alzheimer's Free Life



Jeffrey Weiss, Ph.D.

Alzheimers is not hereditary. It is bad habits that are passed on (eating sugar, fats, drinking sugary drinks, not exercising) not some Alzheimers gene. Alzheimers is not inevitable. Alzheimers is due to diet, not old age. How is this possible? Modern medicine says it is a disease of old age and that it cannot be stopped and the only hope is that drug companies find a cure. You are listening to people who only make money when you buy and take their medications. They make money treating diseases, not preventing them. They work in a narrow corridor: they dont want you to be cured and stop using their meds, and they dont want you to die because then you stop being a customer. They have a vested interest (a multi-billion dollar vested interest) in seeing to it that you get sick, then take their medicines that cause more harm than good and have worse side effects than the disease they claim to cure. If Alzheimers is a disease of old age, why is it that the fastest growing segment of the population for this disease is 55-65, not 85 and older? The rapid increase in Alzheimer disease is not due to a higher percentage of the population living longer. The conclusions drawn from the statistics are patently incorrect. 85% of the increase in life expectancy since 1900 has come from better prenatal care and control of infectious disease. If those factors are taken out of the equation, the increase in life expectancy has only gone up 4% - while the incidence of Alzheimers disease has gone up over 1000% Alzheimers is caused by two dietary factors. 1) The consumption of sugary foods. 2) The consumption of sugar drinks which allow the sugar to pass though the blood brain barrier and start the process of growing amyloid plaque. Alzheimers is preventable. It just means getting on my program and getting on it early. All this is laid out for you in my book, The Myth of Alzheimers.

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series, Living with Alzheimers: For Caregivers: Middle Stage, you will hear resources and programs, use our free online Community Resource Finder. In addition to enhancing quality of life, activities can reduce behaviors like **People With Alzheimers Share Their Perspectives** - disease are free of charge. help you live your best life. **Reducing Stress - Alzheimers & Dementia Alzheimers Association** Important information and practical advice for those living with dementia and carers. Living with dementia is likely to affect many areas of your life. It will also **Alzheimers :: Living Your Life :: 166 - Lee HealthCare Home Health Live Well** Learn how people living with Alzheimers are making a difference. Most programs are offered free of charge and many are available in multiple **I Have Alzheimers Disease: What You Need to Know to Live Your** Learn how you can live a healthy and balanced life with dementia. Start your search by using our Community Resource Finder, a free online tool that allows **Alzheimers Activities: Living with Meaning and Purpose** Life After Diagnosis We are here to help you live with Alzheimers disease. Go to our free online tool, Alzheimers Navigator, to receive a customized action People living with Alzheimers offer caregivers their perspective on what its like to live It is this uncertain realityand its impact on the quality of life and behavior of If someone came to my house and tried to sell me one of those free phone

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