



# Plan de prevención del alzhéimer (INTEGRAL) (Spanish Edition)

*Patrick Holford*

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## **Diez formas de frenar la pérdida de memoria**

¿Hay algo más trágico que perder la memoria antes que el cuerpo? Durante siglos se ha pensado que el deterioro de la memoria era un rasgo característico de la vejez y, dado que es uno de los síntomas fundamentales del alzhéimer, hay quien piensa que es una enfermedad inevitable y está ligada al envejecimiento. Según Patrick Holford, esta creencia es falsa pues el alzhéimer es una enfermedad en sí misma que, en la mayoría de los casos, se debe a una combinación de distintos factores que coinciden en una misma persona.

*Plan de prevención del alzhéimer* es un libro que aborda este tema con gran entusiasmo, pues defiende la tesis de que puede prevenirse. En él, Holford hace un repaso de las recientes investigaciones, que demuestran que los factores asociados al estilo de vida pueden tener una fuerte influencia en el riesgo de demencia. Podemos ayudarnos a nosotros mismos y a nuestros seres queridos empezando a modificar la manera como vivimos para reducir en buena medida la posibilidad de desarrollar la enfermedad, pero hemos de empezar a cuidarnos en el presente pues el proceso se inicia a una edad temprana y a los treinta años algunos de nosotros presentamos inicios cerebrales de alzhéimer, del mismo modo que tenemos aterosclerosis en los vasos sanguíneos.

## **Patrick Holford**

Es un nutricionista y terapeuta británico. Con más de 34 títulos publicados y traducidos a 24 idiomas, su labor comunicadora abarca también la televisión, la radio y la docencia universitaria.

Está especializado en el control de peso y en la prevención de enfermedades como el cáncer, la diabetes y las enfermedades cardiovasculares. Sus teorías se asientan sobre la base de que una dieta equilibrada con los suplementos fitoterapéuticos apropiados son mejores tratamientos que las terapias a base de fármacos.

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#### **James Goodman:**

A lot of people always spent their own free time to vacation or perhaps go to the outside with them family or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you would like try to find a new activity that is look different you can read the book. It is really fun in your case. If you enjoy the book that you simply read you can spent the entire day to reading a guide. The book Plan de prevención del alzhéimer (INTEGRAL) (Spanish Edition) it is very good to read. There are a lot of people who recommended this book. They were enjoying reading this book. If you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore easily to read this book out of your smart phone. The price is not too expensive but this book provides high quality.

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