Harvard-trained Neurologist, Dr. Richard Isaacson, and renowned nutrition expert, Dr. Christopher Ochner, team up to create this groundbreaking nutritional guide for individuals concerned about memory loss. There has been a recent explosion in research on nutritional interventions for Alzheimer’s disease, which is considered to be the most severe public health crisis of our day. These specific dietary interventions present new hope for individuals dealing with memory loss and have rapidly expanding scientific evidence to support their effectiveness. Based on this evidence, *The Alzheimer’s Diet* outlines what to eat, what not to eat, and highlights a step-by-step approach for improving memory and protecting the brain through diet.

This book can benefit anyone concerned about memory loss but has been written especially for patients, caregivers, family members, and allied healthcare professionals. When it comes to Alzheimer’s disease and memory loss in general, everyone can and should be using dietary strategies as part of a comprehensive prevention or treatment plan. For decades, the medical community has recommended dietary management as part of the therapeutic plan for many other chronic diseases such as diabetes, high blood pressure, and high cholesterol. Those at risk for, and diagnosed with, Alzheimer’s disease can begin adjusting their eating habits today and have a positive impact on their memory function for years to come.

*The Alzheimer’s Diet* is a summation of the science behind Alzheimer’s nutrition and the experience that the authors have gained in applying this knowledge over the last fifteen years. Drs. Isaacson and Ochner have recommended this approach to countless patients, caregivers, audiences, and even their own family members. The authors have appeared widely in the media, including *Today Show*, CBS, ABC, *Wall Street Journal*, *USA Today*, *US News and World Report*, CNN.com and Univision.

In this book, Drs. Isaacson and Ochner outline a comprehensive and scientifically based approach that includes the detailed 9-Week Diet Plan, recipes, and a brain-healthy menu. Also included are lists of the best and worst brain foods, instructions on how to read nutrition labels, and a food terminology guide. Finally, the available medications, supplements, vitamins, and medical foods shown to help in Alzheimer’s prevention and treatment are discussed.

Sample Chapters:

- “The Alzheimer’s Epidemic: Food Intake, the Brain, and the Carbohydrate Connection”
- “What Is Alzheimer’s Disease and How Can Diet Help?”
- “Dietary Strategies and the 9-Week Diet Plan”
- “Grocery Shopping”
- “Restaurant Eating”
- “Parties, Peer Pressure, and Other Challenges.”

For more information see: [www.TheAlzheimersDiet.com](http://www.TheAlzheimersDiet.com)
The Alzheimer's Diet

TOP 10 ALZHEIMER’S DIET RECOMMENDATIONS

1. Minimize Carbohydrates with a “high glycemic index.” (Read The Alzheimer's Diet to learn more.)
2. Try a Mediterranean-style diet, including fruits & vegetables, lean protein (fish, chicken, turkey), low-fat items, nuts & seeds.
3. Avoid “bad” (saturated and trans) fats & eat “good” (unsaturated) fats in moderation.
4. Increase Omega-3 fatty acids (DHA and EPA) from dietary sources (like certain types of fish) and supplements.
5. Increase antioxidants—foods like berries, kale, mushrooms, beans, seeds, herring, trout, and wild salmon.
6. Vitamins—Ensure adequate intake of folic acid, B6, B12, and D.
7. In general, the fewer ingredients listed on the label, the better.
8. Select low- or non-fat dairy products.
9. Coffee (caffeinated): a few cups earlier in the day may be beneficial over time.
10. Suggested breakdown of “macronutrients”:
    - Fat: 25% (less than 7% saturated)
    - Carbohydrates: 30–40% (low glycemic index)
    - Protein: 25–30%

Top 10 Alzheimer's Diet Recommendations excerpted from The Alzheimer's Diet

AUTHOR BIOGRAPHIES

Harvard-trained Neurologist, Richard S. Isaacson, M.D. currently serves as Associate Professor of Clinical Neurology, Vice Chair of Education, and Education Director of the McKnight Brain Institute in the Department of Neurology at the University of Miami (UM) Miller School of Medicine. He completed his residency in Neurology at Beth Israel Deaconess Medical Center/Harvard Medical School, and his medical internship at Mount Sinai Medical Center in Miami Beach, FL. Prior to joining UM, he served as Associate Medical Director of the Wien Center for Alzheimer's disease and Memory Disorders at Mount Sinai.

A graduate of the accelerated 6-year B.A./M.D. program at the University of Missouri - Kansas City School of Medicine, Dr. Isaacson now specializes exclusively in Alzheimer’s disease, mild cognitive impairment, age-related memory loss, and other cognitive impairments. He is Board Certified by the American Board of Psychiatry and Neurology, has appeared widely in the media, including CNN, com, NBC, CBS, the Wall Street Journal, U.S. News and World Report, and Unvision, and has utilized research support of the American Academy of Neurology, Alzheimer's Association, and National Institutes of Health Clinical Research LRP.

Dr. Isaacson has a family history of AD, including his uncle Bob (diagnosed while he was in high school) and his father's cousin (diagnosed five years ago). He is the Author of “Alzheimer's Treatment Alzheimer's Prevention: A Patient and Family Guide, 2012” (in English and Spanish) and makes the same recommendations to his patients and in his books as he would to his own family members.

Columbia University faculty for the past three years, Dr. Christopher Ochner conducts cutting-edge research on nutrition and the brain. With a Ph.D. in clinical psychology, he also serves as a Research Associate at the New York Obesity Nutrition Research Center. Dr. Ochner completed a research internship at the National Institutes of Health working on a study of memory consolidation, a clinical internship at the University of Maryland School of Medicine training under a geriatric neuropsychologist, and a fellowship at the Columbia University Institute of Human Nutrition.

Dr. Ochner has devoted his career to studying the relation between food intake and the brain, receiving multiple awards from the National Institutes of Health, Columbia University, and New York Obesity Nutrition Research Center to support his research. He has published more than twenty peer-reviewed scientific articles relating to diet and nutrition, made numerous media appearances, and lectures around the world.

Includes access to the Alzheimer’s Disease Nutrition Tracking System (AD-NTS).

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Please visit www.TheADplan.com/mediacenter.htm for more information.
MEDIA CENTER

Harvard-trained Neurologist, Dr. Richard Isaacson, has appeared widely in the media, including CNN.com, NBC, CBS, ABC, the Wall Street Journal, USA Today, U.S. News and World Report and Univision. To stay up to date with Dr. Isaacson in the news, we encourage you to sign up for our free newsletter, follow our Blog, or connect with us via Facebook and Twitter.

IN THE NEWS

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Depression may raise risk of dementia, Alzheimer’s, study says
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Amy Brightfield, of Woman’s Day, and neurology professor Richard Isaacson discuss the difference between forgetfulness and severe memory loss, while offering tips for keeping your brain active.

Interview on Fox News, May
Dr. Isaacson discusses his book and his comprehensive treatment and prevention plans for fighting Alzheimer’s disease.

Diet May Prevent Alzheimer’s, May
Dr. Isaacson discusses his step-by-step dietary approach against Alzheimer’s that is detailed in his book.