



# Brain Health for Life: Beyond Pills, Politics, and Popular Diets

*Karen V. Unger*

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# Brain Health for Life: Beyond Pills, Politics, and Popular Diets

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**Brain Health for Life: Beyond Pills, Politics, and Popular Diets** Karen V. Unger

Winner! First place award in the 2015 Living Now Book Awards in the Mature Living/ Aging category.

Approximately 5.2 million people in the U.S. were suffering from Alzheimer's in 2014, a number that is expected to triple by 2050. There is growing evidence that diet and lifestyle can affect your brain and impact your cognitive aging. Learn what to eat, what to avoid, and how to change your lifestyle to prevent disease, be vibrantly healthy and intellectually sharp throughout your life. Brain Health for Life: Beyond Pills, Politics, and Popular Diets will tell you: \* How the current food supply and environment is making you sick \* How misinformation and outdated medical practices are hurting you \* How the brain and body work together to promote overall health \* How nutritious food and regular exercise can protect your brain \* How to avoid inflammation, the source of many preventable diseases \* How simple lifestyle changes can enhance your brain health.

Although the Living Now Book Award was in the Mature Living category, all ages can benefit from the book by learning how diet and life style changes can keep your brain healthy for life.

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