



## Healthy Body, Healthy Brain: Alzheimer s and Dementia Prevention and Care (Paperback)

By Jenny Lewis

FLORIS BOOKS, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book. This practical book is the result of Jenny Lewis s research and experience as a carer for her mother, who has suffered from senile dementia for fifteen years. Despite her mother s continually worsening condition, Jenny has always fostered an attitude of hope, and a determination to improve her mother s quality of life. In this book, she shares her advice. Jenny speaks about the importance of valuing and caring for the elderly in our society, of encouraging mobility and independence for as long as possible. There is an emphasis on the prevention of Alzheimer s and Dementia through nutrition, physical activity and maintaining a positive attitude to life, as well as suggestions on how to improve the health and well-being of those already suffering from these conditions. Jenny goes on to discuss residential care and nursing homes, and the importance of adopting a new approach towards caring for the elderly in our society. This encouraging guide includes practical suggestions that can easily be introduced into daily routines, such as recipes for nourishing soups and brain gym exercises.



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