



Dementia Diet: Everyday Mini-Miracles Cookbook: Getting Started with Simple Recipes to Return You Back to You (Paperback)

By Shari Darling

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Discover the 7 Dementia Diet Principles through super easy recipes to reverse some of your dementia and Alzheimer s symptoms, returning you back to yourself. Read on your PC, Mac, smart phone, tablet or Kindle device. When I wrote Dementia Diet: Everyday Mini-Miracles, readers asked me to follow up with a simple cookbook. Well, here it is. Be sure to purchase Dementia Diet: Everyday Mini-Miracles to understand the 7 principles in depth. The Dementia Diet is not about counting calories or implementing some 24 hour, 7 day or 30 day plan. It s about choosing foods that feed your mind, body and spirit. It s about finding a physical to develop an individualized program of vitamins and supplements for you. The Dementia Diet is about creating mini-miracles in your physical and cognitive abilities in your life or in the life of the person with dementia that you love. The Dementia Diet supports the ideas of living gluten and wheat free and focusing on reducing and eventually eliminating refined and hidden sugars in your diet. Here are some of the recipes...



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