



# Natural Support for Alzheimers: A Whole-Health Approach to Improve Brain Health and Memory

*Ms Teri J Dluznieski*

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## **Whole-health approach to Improving Brain health and memory**

If you are struggling with Alzheimer's, this book will help you to take a pro-active and assertive course of action. You want to do the most you can, to minimise the damage that this disease is going to cause: to your life and the lives around you. "Natural Support" wants to help you make sense of it all. This book will help give you a better working insight into the changes taking place in the Alzheimer brain. It is crucial to understand that the brain is part of the entire body. As the most protected organ in the body, the health of the brain is a reflection of the body's invisible health. environmental exposures, immune system and nutrition all play a vital role in improving whole-health and brain health. You will want to be informed and able to utilise a full range of strategies in order to minimise and reverse the damage caused to the Alzheimer brain. And you can learn ways to improve mood and memory, using nutritional and natural support approaches. We offer concepts that are easy to grasp, and many suggestions along the way. These supports can improve the well-being of those suffering with this disease and tips to reduce the stress of the care-givers who love them. This book is intended to support those who want to have a better functional understanding of the concepts around Alzheimer's, the brain, and holistic nutrition and dietary choices. It is not a medical book, nor is it intended to replace a doctor's (or holistic practitioner, naturopath, nutritionist etc)... professional input. Each chapter contains information, explanations, suggestions and worksheets and guides to support integrating this information and incorporating it into daily life. I invite and encourage you to let this be the beginning of your journey and that you find the support mechanisms that can help make the shift into a holistic happier lifestyle that is rich and rewarding, for you or your Alzheimer family member or patient.

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