



Age Proof Your Mind: Detect, Delay, and Prevent Memory Loss Before It's Too Late

Zaldy S. Tan

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Do You Constantly... * Misplace your glasses? * Blank out on the names of close friends? * Waste precious time circling the parking lot to find your "lost" car? If so, you are probably plagued by the lingering question: "Am I just forgetful or am I losing my mind?" You can test your blood pressure, glucose, and cholesterol levels. But you, like most aging Americans, have had no way to test your memory-and save your mind from degeneration. Until now. You can detect signs of memory loss or mental deterioration and help slow it down or prevent it-before it's too late-with the revolutionary program in... In this groundbreaking book, Dr. Zaldy S. Tan, director of The Memory Clinic at the Beth Israel Deaconess Medical Center and Harvard Medical School Division on Aging, unveils a proactive plan that takes aim at Alzheimer's and dementia-once thought to be unpreventable-while there is still time. Dr. Tan's unique Memory Stress Test allows you to assess your mental strengths and weaknesses, and his all-new 60-minute brain workout is designed to help you sharpen specific brain functions, from concentration to attention span to recall. Age-Proof your Mind is packed with the latest in cutting-edge research as well as practical tips for keeping your brain healthy. Learn: * How you remember and why you forget * Ten simple steps to a healthier mind * How controlling inflammation can help you prevent memory problems * The role of antioxidants like vitamin E in promoting your mind's health * The latest treatment for Alzheimer's and promising information on a vaccine for this disease * Essential diet, exercise, and stress reduction programs that will help improve your mental fitness.

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