

# Contents

<i>Preface</i> .....	ix
Introduction: A Dramatic Breakthrough.....	1
<b>Part 1. The Problem and the Solution.....</b>	<b>5</b>
Chapter 1. What Is Alzheimer's Disease?.....	9
Chapter 2. How to Prevent and Reverse Alzheimer's.....	21
Chapter 3. How We Would Treat Mom's Alzheimer's Today.....	26
Chapter 4. Alois Alzheimer and the Discovery of Alzheimer's Disease.....	38
Chapter 5. Two Exceptionally Long Droughts and the Discovery of the Multiple Modality Model.....	45
Chapter 6. The Search for a Cure.....	50
Chapter 7. Vascular Dementia and My Stroke of Luck.....	55
Chapter 8. Neuroplasticity, Neurogenesis, Neuroregeneration, and the Power of Exercise.....	62
<b>Part 2. Biomarker Testing: Identifying the Causes of Alzheimer's.....</b>	<b>73</b>
Chapter 9. Testing Your Alzheimer's Biomarkers—Why and How.....	75
Chapter 10. High Blood Pressure Causes Vascular Dementia.....	84
Chapter 11. High Blood Sugar Shrinks Your Memory Centers.....	90
Chapter 12. High Cholesterol Promotes Alzheimer's Disease.....	104
Chapter 13. B-Complex Vitamins Reverse Cognitive Decline.....	109
Chapter 14. Vitamin D Defeats Dementia.....	115
Chapter 15. Sleep Apnea Increases Dementia Risk.....	121

## CONTENTS

Chapter 16. The Human Microbiome and the Gut-Brain Connection.....	131
Chapter 17. A Healthy Thyroid Prevents Cognitive Decline.....	145
Chapter 18. Neurotoxic Metals Can Ravage Your Brain.....	161
Chapter 19. Bioidentical Estradiol Prevents Neurodegeneration in Women.....	175
<b>Part 3. Your Anti-Alzheimer's Diet.....</b>	<b>183</b>
Chapter 20. Eating to Reverse Cognitive Decline.....	185
Chapter 21. The Very Low-Carb Ketogenic Diet.....	197
Chapter 22. Autophagy: A Powerful Anti-Alzheimer's Weapon.....	205
Chapter 23. Coconut Oil and MCTs: Brain Food.....	213
Chapter 24. Polyphenols: Miracle-Gro for Your Brain.....	218
Chapter 25. Blueberries: Brain-Boosting Bonanza.....	224
Chapter 26. Cocoa and Chocolate: Memory-Boosting Superfoods.....	233
<b>Part 4. Nutritional Supplements That Reverse Alzheimer's.....</b>	<b>243</b>
Chapter 27. Low-Dose Lithium Reverses Dementia.....	247
Chapter 28. DHA and Flaxseed Oil: The Omega-3 Brain Power Oils.....	254
Chapter 29. Curcumin: The Secret to India's Low Alzheimer's Rate?.....	263
Chapter 30. Green Tea: Jack-of-All-Trades.....	270
Chapter 31. Citicoline: Potent Stroke Protection.....	272
Chapter 32. Bacopa: Botanical Brain Booster.....	279
Chapter 33. Phosphatidylserine: Guarding against Cognitive Decline.....	283
Chapter 34. Berberine: Protection against Vascular Dementia.....	288
Conclusion: Epigenetics and the Future of Alzheimer's Research.....	295
<i>Appendix 1. Laboratory Test Order.....</i>	<i>301</i>
<i>Appendix 2. High-Polyphenol Foods.....</i>	<i>303</i>
<i>Notes.....</i>	<i>307</i>
<i>Acknowledgments.....</i>	<i>333</i>
<i>Index.....</i>	<i>335</i>
<i>About the Author.....</i>	<i>353</i>