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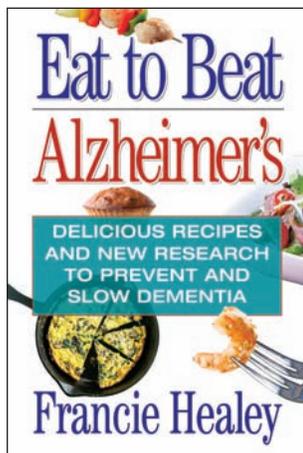
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# Alzheimer's-Prevention Cookbook Provides Essential Recipes and Latest Research to Stop Dementia



- *Great recipes*
- *Important research*

MARCH 22: SANTA FE, NM—Promising new information about how diet and nutrition can slow dementia is available in a new book by Francie Healey, *Eat to Beat Alzheimer's: Delicious Recipes and New Research to Prevent and Slow Dementia* (ISBN 978-1-938288-61-6, \$17.95, 164 pages, paperback, July 2016). Included in the book are delicious recipes—from eggs, soups, wraps, salads, stir-frys, meat, and vegetarian dishes—that apply the latest medical findings to tasty meals.

With almost nine million people in the U.S. suffering from Alzheimer's or other types of dementia, the information is essential to help this growing demographic. A thorough glossary and index make the information accessible, and the recipes are nutritious and easy to prepare. The book is published by Terra Nova Books ([www.terranovabooks.com](http://www.terranovabooks.com)), an independent publisher in Santa Fe, New Mexico, whose books are distributed to the trade by SCB Distributors of Gardena, California (800-729-6423).

Author Francie Healey is a licensed mental health counselor in private practice. She specializes in the psychology of eating and helps people with medical conditions develop conscious and healthy eating habits. She lives in Santa Fe, New Mexico.

*Eat to Beat Alzheimer's: Delicious Recipes and New Research to Prevent and Slow Dementia*  
AUTHOR: Francie Healey | 164 pages | ISBN 978-1-938288-61-6 | \$17.95, paperback | black-and-white illustrations | PUB DATE: July, 2016 | For more information, contact Scott Gerber, (505) 670-9319, [Publisher@TerraNovaBooks.com](mailto:Publisher@TerraNovaBooks.com)