



Holistic and Practical Support for Alzheimers and Caregivers: Tips and Tools for Family Members, Caregivers and Practitioners

Ms Teri J Dluznieski M.ed.

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What if there was something you could do to make someone's life BETTER? Happier? With Better Mental Clarity?

From the moment you hear the word: Alzheimer's.... Life is going to change. Think of it as the beginning of a Journey. wouldn't you prefer it if YOU could Choose HOW it is going to change? With this book to guide you, you will learn how to minimise and reverse many of the presenting symptoms of this disease.

By taking charge, making a commitment to nutritional and dietary and life-style changes, it is possible to maintain a healthy, active and engaged lifestyle. End Result? Happier, healthier, clearer! The sooner you get started, the better chance there is that you can maintain an active and engaged lifestyle. Does that sound like something you want?

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