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THE DIETARY SUPPLEMENT
INDUSTRY'S LEADING MAGAZINE

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Generation
ZZZZ Natural product
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Also Inside:
Bone & Joint Health
Charitable Organizations
Enhanced Waters
Menopause Relief

THE ALZHEIMER'S ANSWER

AN EXPERT'S GUIDE TO PREVENTING ALZHEIMER'S

REDUCE YOUR RISK AND KEEP YOUR BRAIN HEALTHY

Marwan Sabbagh, M.D.

The Alzheimer's Answer: Reduce Your Risk and Keep Your Brain Healthy

Drawing on the most up-to-date information available on Alzheimer's as well as experiences from his clinical practice, Dr. Marwan Sabbagh, a leading expert in Alzheimer's research, translates the current ideas driving Alzheimer's treatment into practical information in *The Alzheimer's Answer*, a complete guide to the latest information on preventing and slowing the progress of Alzheimer's.

Sabbagh begins by exploring exactly what Alzheimer's is and how it's related to dementia. Readers will find tools for assessing their personal Alzheimer's risk, and they'll see why the author asserts that preventing Alzheimer's is a reasonable goal. Special "What You Can Do" sections and personal recommendations give readers clear actions to follow to keep their brain and body healthy and reduce their Alzheimer's risk. Then Sabbagh addresses the treatment of Alzheimer's and its complications, outlining the available therapies as well as their advantages and downsides. He also takes a close look at promising new developments and forthcoming treatments.

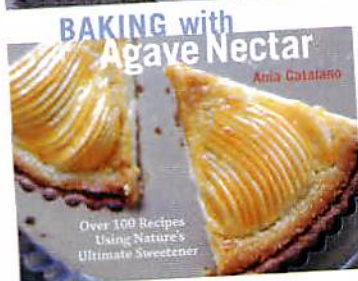
The Alzheimer's Answer is a sobering review of the current research on and recommendations for Alzheimer's, and it argues for identifying and combating risk factors decades before symptoms appear. Sabbagh has been involved in many important Alzheimer's research trials and founded

the Sun Health Research Institute's Cleo Roberts Center, a facility for studying age-related diseases.

Author: Marwan Sabbagh, MD ■ Pages: 320 ■ Price: \$24.95 ■ Publisher: John Wiley & Sons, Inc. ■ Contact: (800) 762-2974

Baking with Agave Nectar: Over 100 Recipes Using Nature's Ultimate Sweetener

Ania Catalano, author of *Baking with Agave Nectar*, discovered agave nectar, an unrefined natural sweetener, after she



was diagnosed with hypoglycemia. Agave nectar is not only sweeter than sugar, but it has a lower glycemic index, making it ideal for diabetics and those with hypoglycemia, children and adults with diet restrictions and food allergies, and anyone seeking to break the sugar habit. This syrupy organic sweetener can be used in a wide variety of delectable baked goodies using only a fraction of the

amount of sugar needed to gain the same level of sweetness, and is readily available in many varieties and brands.

In *Baking with Agave Nectar*, Catalano, a natural foods chef, teacher and consultant for over 18 years, shows how to integrate this up-and-coming sugar substitute into tempting recipes that are easy to prepare, including Pumpkin Muffins, Stuffed French Toast, Chewy Double Chocolate Meringue Cookies, Chocolate Peanut Butter Mousse-Filled Cupcakes with Ganache Frosting and All-American Apple Pie.

Other substitutes (such as Aspartame) may limit the brain's ability to use certain vitamins, minerals and antioxidants, while even the natural alternative made from stevia has been shown to lower sperm counts, the author asserts. But agave nectar comes straight from the Mexican Blue Agave plant, and it's completely natural and safe for children and adults. In comparison to other sugar alternatives like stevia and date sugar, Catalano feels nothing can beat agave's taste or texture in baked goods, and unlike honey, agave is 100 percent vegan.

Author: Ania Catalano ■ Pages: 144 ■ Price: \$15.95
Publisher: Ten Speed Press ■ Contact: (510) 559-1600 x3065

From Fatigued to Fantastic! (Completely Revised Third Edition)

For the more than 25 million Americans who suffer from chronic fatigue (CFS), fibromyalgia (FMS) and other fatigue-related illnesses, Jacob Teitelbaum, MD, offers a completely updated third edition of his best-selling *From Fatigued to Fantastic!* that incorporates the latest advances in science and technology to help alleviate the baffling symptoms associated with severe fatigue and body pain.

Following the recent recognition by the CDC, NIH and FDA that CFS and FMS are bona fide and devastating illnesses, *From Fatigued to Fantastic!* provides a comprehensive understanding of CFS/FMS and latest research, as well as a step-by-step guide to the "SHIN protocol" that has helped so many thousands of these patients get their lives back.

Teitelbaum's unique treatment program tackles the root causes of CFS and FMS and progressively works to eliminate deficiencies and imbalances in the body. The integrated SHIN protocol—sleep, hormones, infections and nutrition—addresses these four main areas of treatment. *From Fatigued to Fantastic!* will show readers how to lay the foundation for energy with eight solid hours of sleep a night, optimize levels of key hormones that are often deficient in those with CFS/FMS, eliminate underlying infections that can cripple the body's immune response and kick-start the body and the brain with the right nutrition and with necessary supplements. Worksheets will equip readers with a treatment fitted to their specific needs. Guidelines for diagnosis and care are clearly and concisely presented, along with supporting scientific studies and treatment recommendations that include the latest and best strategies for using prescription and over-the-counter medications, nutritional supplements, alternative therapies, and dietary and lifestyle modifications.

Teitelbaum, a board-certified internist and a leading researcher in the field of CFS and FMS, is the national medical director of the Fibromyalgia Fatigue Centers.

Author: Jacob Teitelbaum, MD ■ Pages: 424 ■ Price: \$15.95
Publisher: Avery/Penguin Group ■ Contact: (641) 472-2257

