



Essential Guide to Avoiding Dementia: understanding the risks

Mary Jordan

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Mary Jordan brings together the findings of a wealth of research papers and other sources that together give strong pointers as to how changes in diet and lifestyle might reduce the risk or mitigate the consequences of dementia. Currently there is no cure or known cause for dementia, but the book reviews the empirical evidence on causes and connections - much of which is not widely disseminated because it has not passed the 'double blind trial' test - so that readers can judge for themselves what might be effective. In his Foreword, Professor Graham Stokes, Visiting Professor in Person-Centred Dementia Care at Bradford University, says: 'Mary Jordan's book is a timely must-read. ...I am in no doubt this book has the potential to change how countless numbers of people might otherwise have ended their lives.'

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