



# Living an Alzheimer's Free Life

*Jeffry Weiss PhD.*

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## **Living an Alzheimer's Free Life** Jeffry Weiss PhD.

Alzheimer's is not hereditary. It is bad habits that are passed on (eating sugar, fats, drinking sugary drinks, not exercising) not some Alzheimer's gene. Alzheimer's is not inevitable. Alzheimer's is due to diet, not old age. How is this possible? Modern medicine says it is a disease of old age and that it cannot be stopped and the only hope is that drug companies find a cure. You are listening to people who only make money when you buy and take their medications. They make money treating diseases, not preventing them. They work in a narrow corridor: they don't want you to be cured and stop using their meds, and they don't want you to die because then you stop being a customer. They have a vested interest (a multi-billion dollar vested interest) in seeing to it that you get sick, then take their medicines that cause more harm than good and have worse side effects than the disease they claim to cure. If Alzheimer's is a disease of old age, why is it that the fastest growing segment of the population for this disease is 55-65, not 85 and older? The rapid increase in Alzheimer disease is not due to a higher percentage of the population living longer. The conclusions drawn from the statistics are patently incorrect. 85% of the increase in life expectancy since 1900 has come from better prenatal care and control of infectious disease. If those factors are taken out of the equation, the increase in life expectancy has only gone up 4% - while the incidence of Alzheimer's disease has gone up over 1000% Alzheimer's is caused by two dietary factors. 1) The consumption of sugary foods. 2) The consumption of sugar drinks which allow the sugar to pass though the blood brain barrier and start the process of growing amyloid plaque. Alzheimer's is preventable. It just means getting on my program and getting on it early. All this is laid out for you in my book, "The Myth of Alzheimer's."

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