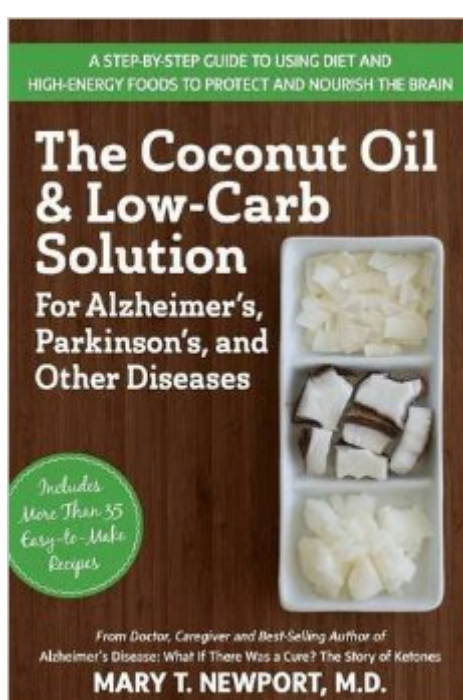


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# The Coconut Oil And Low-Carb Solution For Alzheimer's, Parkinson's, And Other Diseases: A Guide To Using Diet And A High-Energy Food To Protect And Nourish The Brain



## Synopsis

From the author of the best-seller *Alzheimer's Disease; What if There Was a Cure?*, Mary T. Newport, M.D., now presents this guide of how to integrate diet in the treatment of neurodegenerative diseases.

## Book Information

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## Customer Reviews

This book needed to be written. Fortunately it has been written by a gentle expert, who has the patience and integrity to distinguish fact from opinion by providing references to scientific publications to support every claim. Subtitled "A Step-by-Step Guide to Using Diet and a High-Energy Food to Protect and Nourish the Brain", this book fulfills that role with clarity and practicality. It provides well-thought and well-presented lay-discussions of the known science regarding nourishment and healing of damaged brains and practical guidance for implementation in daily life. Importantly, it also provides a guide to recent thinking regarding the practice and efficacy of ketogenic therapy for damaged brains. It contains succinct introductions and references to numerous scientific publications which have appeared since the 2011 publication of "The Art and Science of Low Carbohydrate Living: An Expert Guide to Making the Life-Saving Benefits of Carbohydrate Restriction Sustainable and Enjoyable" by Jeff Volek and Stephen Phinney. Fresh ideas are presented and supported by scientific evidence. Dr. Newport is fellowship trained in Neonatology, the care of sick and premature newborns, and not in Neurology. This provides her with the advantage of a nonconventional viewpoint, but with the disadvantage of not belonging to

the club. Neurological practice usually emphasizes drug treatments and surgeries to provide relief from the onerous symptoms of brain disorders, and less frequently considers nutritional issues. An emphasis of neonatal care is nutritional issues and their role in the proper development of the brains of premature infants. Ketones and Coconut Oil have an important role. Aware that her nutritional emphasis is a departure, Dr.

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