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By Mary T. Newport

Basic Health Publications. Paperback. Book Condition: New. Paperback. 416 pages. Though Dr. Mary T. Newport has provided professional care to newborns since 1983, she's led a double life since 2000 when she became a caregiver at home. That's when her beloved husband, Steve, first showed signs of Alzheimer's disease. After his deterioration accelerated in 2004, Dr. Newport began avidly researching ways to keep him functional for as long as possible. Since she understands medical terminology and scientific methods, she was thrilled to find new research showing that medium-chain fatty acids, which act like an alternative fuel in the insulin-deficient Alzheimer's brain, can sometimes reverse or at least stabilize the disease. When she gave Steve about 2 table-spoons of coconut oil (a source of these fats) at breakfast before a memory test that he had previously failed, Steve miraculously passed the test. Since then, Steve continues to maintain improvement while taking daily doses of coconut oil and MCT (medium-chain triglyceride) oil with meals. Dr. Newport's story of Steve's reprieve from Alzheimer's provides hope for caregivers eager to learn about readily available fatty acids in foods that may reverse the ravages of this dreaded disease. Changes in loved ones may take many...

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