



# Alzheimer's Disease: A Holistic Approach

*Michelle Deetken*

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## **Alzheimer's Disease: A Holistic Approach** Michelle Deetken

Author and holistic nutritionist Michelle Deetken, PhD, uses her many years' of experience and training as a holistic nutritionist to highlight the importance of diet in one's overall health and well-being. She goes on to show us how even small efforts to incorporate an exercise routine will reap huge rewards. And she further discusses the use of the mind through mental activities that keep us on our toes as we age. All of these efforts can play a major role in determining whether or not our brain ages successfully or declines with neurodegenerative disorders. Deetken gives us hope that we can play a role in the health of our brains.

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