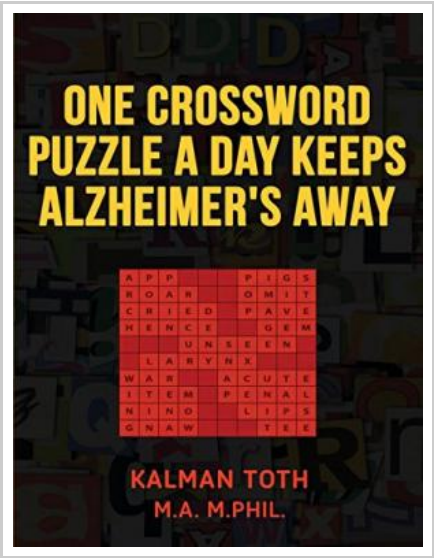

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One Crossword Puzzle a Day Keeps Alzheimer s Away

By Kalman Toth M a M Phil

Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.Two kinds of crossword puzzles presented in this book: empty puzzles with a starting word and partially missing letters filled puzzles. In both cases the list of solution words given, but not the position. The brain is the most complicated and mysterious structure in the known universe. The truth is that we know very little about how it works. In recent years, scientists have begun to pay more attention to the brain. Studies have shown that there is health benefits derived from working crossword puzzles, because your brain needs regular playtime to form new patterns and complex neural networks naturally. Your mind requires nurturing just like your body. After all, exercise is not just about jumping jacks and free-weights; both our bodies and our minds need stimulation and exercise. Alzheimer s disease is a degenerative disease of the brain cells that results in memory loss. It leads to dementia that affects the functions of the brain associated with speech, language, decision-making, judgment, thinking, and perception. This condition is more common in people over the age of...

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Reviews

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An exceptional book as well as the font used was exciting to read. It is actually rally intriguing throgh reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).

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