Controversial Award-winning Alzheimer’s Documentary “Monster in the Mind” Now Available on Amazon

After interviewing more than 60 Alzheimer’s authorities worldwide, medical journalist Jean Carper reveals that “much of the fear of old-age Alzheimer’s is exaggerated and most of what we believe about it is wrong.”

KEY WEST, Fla. (PRWEB) March 28, 2018 -- Following debut screenings at prestigious film festivals and professional symposiums in the U.S. and abroad, the controversial and groundbreaking documentary film "Monster in the Mind," produced by medical journalist Jean Carper, is now available to the general public for sale or rent via Amazon.

Carper, now 86 years of age, was CNN’s first medical correspondent in the 1980’s and is the author of 20 books on health, diet and aging, including her latest, "Prevent Alzheimer’s & Dementia NOW!: 101 New Ways to Save Your Aging Brain" (Amazon Digital Services, LTD., 2017). Her four-year odyssey to uncover the truth about Alzheimer’s was launched when she learned that she carries the gene for old-age Alzheimer’s, called apolipoprotein E4 (ApoE4).

“I became so terrified of developing Alzheimer’s,” admits Carper, “that I decided to find out everything I could to avoid the disease, even becoming a guinea pig for brain testing to see how likely I was to get it.”

In the process of interviewing more than 60 Alzheimer’s authorities in the U.S. and abroad, Carper was surprised to discover that “much of the fear of old-age Alzheimer’s is exaggerated and most of what we believe about it is wrong.”

Findings from the interviews featured in the documentary reveal that:

- Despite a hundred years of unproven theories, the real cause of Alzheimer’s is unknown.
- It is still misdiagnosed half the time, even at autopsy.
- It is far less apt to destroy your brain than other old-age dementias, such as micro-strokes.
- After age 60, it is not determined by genes.
- You can lower your risk of old age dementia by lifestyle choices.
- The rates of old-age dementia in the U.S. and other affluent countries are falling dramatically, not rising.
- Losing your mind is not an inevitable consequence of aging; it is preventable.

Carper, a life-time film aficionado whose mother played piano to accompany silent movies, produced the documentary to be entertaining as well as informative, by packaging "Monster in the Mind" in the genre of a science fiction horror film, with vintage clips from "Frankenstein," "Night of the Living Dead," "Dracula" and others. View trailer at MonsterInTheMind.com.

The result—a “brilliantly crafted documentary,” according to Alzheimer’s News Today, and “a masterful dissection of Alzheimer’s, bringing drama, fact, hope and wise advice for us all,” according to Dr. George Perry, editor-in-chief of the "Journal of Alzheimer’s Disease."

"Monster in the Mind" was supported by a partial grant from the Alzheimer’s Research and Prevention Foundation, and won the prize for best science documentary at the University of Bergen in Norway. Carper also
reports it has become something of “a cult film,” among the brainiacs of the Alzheimer’s community, after faculty-sponsored screenings at Stanford and UCLA medical schools, as well as a private sneak preview during the Alzheimer Association’s International Conference in Toronto.

“As far as documentaries on the subject go, "Monster" is unique and upbeat, a huge departure, and has definitely struck a nerve with cutting-edge researchers and opinion makers who think the Alzheimer’s story needs to be updated,” she said.

To rent or purchase "Monster in the Mind" visit JeanCarper.com.

For press interviews and high resolution photos visit the media room at MonsterInTheMind.com.
Contact Information
Carol Tedesco
http://JeanCarper.com
305-393-6450

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