Making Lifestyle Changes Now to Prevent Dementia as We Age

Diet and lifestyle make a difference when it comes to dementia. Psychiatrist and author Timothy R. Jennings, M.D., explores choices we can make that can help us retain mental sharpness as we age in his newest book, The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind.

CHATTANOOGA, Tenn. (PRWEB) November 03, 2018 -- Dr. Timothy R. Jennings speaks expertly on a subject that concerns over 5.5 million people across the nation: how to prevent dementia and keep our mind sharp as we age. A psychiatrist and international speaker, Jennings introduces his new book, recently rated #1 by Amazon in books on dementia, The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind.

Dr. Jennings prescribes simple, everyday actions we can take to stave off disease, promote vitality, and prevent dementia and late-onset Alzheimer’s. “The choices we make now can help us to keep our minds sharp and maintain our independence as we age,” says Jennings.

An easy-to-use guide to maintaining brain and body health throughout life, The Aging Brain is based on solid, up-to-date scientific research, and the interventions discussed can prevent progression toward dementia, even in those already showing signs of mild cognitive impairment. The recommendations also may help reduce disability and depression.

“This book isn’t just for people hoping to slow the aging process,” says Jennings. “It’s also for anyone who is a caregiver to someone at risk of or already beginning to suffer from dementia. It offers a hopeful, healthy way forward.”

Jennings, who maintains a private practice in Chattanooga, TN, has authored several books, including The God-Shaped Brain and The God-Shaped Heart. He is a Distinguished Fellow of the American Psychiatric Association and Fellow of the Southern Psychiatric Association, and is president and founder of Come and Reason Ministries.

For more information about Dr. Jennings, please visit the website: https://www.agingbrainbook.com.

To connect with Dr. Jennings, please visit: https://www.facebook.com/DrTimJennings/ and https://twitter.com/timjenningsmd.

The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind
Baker Books
Released: June 2018
ISBN-10: 080107522X

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