

Websites:

- Brainwellness.com free information and recipes, videos
- MariaShriver.com lifestyle information and video interviews and recipes
- WHFoods reliable source of information about healthy foods; recipes
<http://thewomensalzheimersmovement.org/>

<http://brainwellness.com/nutrition/recipes/>

Sources for Presenter's Books and Articles:

Cookbooks:

For Chefs (very Limited Edition-special order) by Nancy Emerson Lombardo

- (1) 3 Volume MPN Chef's Cookbook © 2013 Over 700 recipes plus 2 ringed binders describing MPN program and evidence behind it and Brain Foods Guidelines and Tips for Chefs
- (2) MPN Brain Healthy Recipes for 50+ © 2016 (Over 80 recipes, all parts of meal including 29 dessert recipes with sugar content per serving)

Emerson Lombardo NB (Dec 2016) Brain Healthy Foods for the Holidays. Acton, MA: Brain Health and Wellness Center®

<http://brainwellness.com/online-store/brain-healthy-recipes-and-cook-books/>

Emerson Lombardo NB. (November 2015) Brain Healthy Foods: Menus and Recipes Vol. 1. Acton, MA: Brain Health and Wellness Center®.

<http://brainwellness.com/online-store/brain-healthy-recipes-and-cook-books/>

See also: Articles on MPN and other evidence based lifestyles and Web Sources for downloads

Emerson Lombardo NB. (Summer 2015) Memory Preservation Nutrition: A Practical Evidence-Based Program For Brain Health. LPN-Q :The Quarterly Journal of the Life Planning Network. 2 (issue 3.

<http://brainwellness.com/download-library/evidence-based-memory-preservation-nutrition-in-lpnq-9-2015/>

Emerson Lombardo NB.(Fall, 2014) Food for Thought: Evidence-Based Memory Preservation Nutrition. Learn about a Program Dieticians Should Introduce to Clients and Patients. Today's Dietician. <http://www.todaysdietitian.com/newarchives/100614p20.shtml>

Emerson Lombardo NB. (Nov-Dec 2013) Evidence-Based Memory Preservation Nutrition. Today's Geriatric Medicine. 6(6):26. <http://www.todaysgeriatricmedicine.com/archive/110113p26.shtml>

Emerson Lombardo, NB (February 2012) "Alzheimer's Disease" pp. 120-42 in James M. Rippe, MD, editor, Encyclopedia on Lifestyle Medicine and Health (2 volumes, 1296 pp). Thousand Oaks, CA: Sage

<http://brainwellness.com/download-library/alzheimers-disease-lifestyle-by-nancy-emerson-lombardo-2/>

Emerson Lombardo, N.B., Volicer, L., Martin, A., Wu B and Zhang XW. (2006) Memory Preservation Diet To Reduce Risk and Slow Progression of Alzheimer's Disease. in Vellas, B., Grundman, M., Feldman, H., Fitten, L.J., Winblad, B., ed., Research and Practice in Alzheimer's Disease and Cognitive Decline, vol 9, : 138-159.

<http://brainwellness.com/download-library/emerson-lombardo-mpn-evidence-book-chapter/>

Recommended Books/Authors: (Selected)

Isaacson R (MD, Neurologist at Cornell Weill) and Ochner CN (PhD, Psychology, research on nutrition & brain at Columbia Univ.). The Alzheimer's Prevention & Treatment Diet: Using Nutrition to Combat the Effects of Alzheimer's Disease. 2015 Earlier version: The Alzheimer's Diet: A Step by Step Nutritional Approach for Memory Loss Prevention and Treatment (2013) Miami Beach: AD Education Consultants, Inc. <http://www.theadplan.com/alzheimersdiet.htm>

(Also see: Bottom Line Personal interview with Richard Isaacson, MD The Groundbreaking Alzheimer's Prevention Diet. Sept. 1 2016; 37(17).

Katz R (Chef, Wellness) with Edelson M (Science Writer). The Healthy Mind Cookbook. Beautiful photos, description of brain foods. "Culinary Pharmacy" Berkeley: Ten Speed Press

Moon M. (MS, RDN) The MIND Diet: A Scientific Approach to Enhancing Brain Function and Helping Prevent Alzheimer's and Dementia. (no acknowledgement of developer, Martha Morris, other than through references). Berkeley: Ulysses Press

Nussbaum PD (PhD) Save Your Brain: 5 Things you must do to keep your mind young and sharp. 2010 New York: McGraw Hill.

Small, G (MD) and Vorgan G. several books, all useful. For example: 2 Weeks To A Younger Brain: An Innovative Program for a Better Memory and Sharper Mind (2016) and The Alzheimer's Prevention Program: Keep Your Brain Healthy for the Rest of Your Life (2012)

Tanzi R (PhD) and Depak Chopra (MD) Super Brain: Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being.

Amen D. MD author of several books and PBS shows including http://www.healthydirections.com/dr-daniel-amen/?key=305058&gclid=CMOgy8_mx88CFQNeHgodF0AD0Q

Budson A MD and Solomon P PhD. Memory Loss, Alzheimer's Disease, and Dementia: A Practical Guide for Clinicians, 2e 2nd Edition https://www.amazon.com/Memory-Loss-Alzheimers-Disease-Dementia/dp/0323286615/ref=asap_bc?ie=UTF8#reader_0323286615

Albert M. (PhD). and Guy McKhann G (MD) Keep Your Brain Young: The Complete Guide to Physical and Emotional Health and Longevity (2002)

https://www.amazon.com/Keep-Your-Brain-Young-motional/dp/0471430285/ref=sr_1_1?s=books&ie=UTF8&qid=1475813117&sr=1-1&keywords=Marilyn+Albert++Brain

Articles on Parkinson’s Disease and Nutrition:

Ruscigno (MPH, RD) Nutrition’s Impact on Parkinson’s Disease. Today’s Dietician. 2016; 18(4):42-47.
<http://www.todaysdietitian.com/newarchives/0516p42.shtml>

Parkinson’s UK and The British Dietetic Association. Best Practice Guideline for Dietitians on the Management of Parkinson’s

https://www.parkinsons.org.uk/sites/default/files/publications/download/english/dietitians_bestpractice_guideline.pdf

Professionals skilled in brain healthy nutrition including public speaking and implementation work:

Dr. Nancy Emerson Lombardo, Ph.D. CEO Brain Health and Wellness Center PO Box 2683 Acton, MA 01720; nemerson@brainwellness.com; 978-621-1926 (cell); <http://brainwellness.com>

Cheryl K. Franchi, MS, MBA, RDN, CSG, LD/N, FADA, FAND Consulting Nutritionist to BHWC and several CCRCs, Assisted Living and LTC communities Bedford, NH talk2anrd@aol.com; (603) 759-1231 (cell)

CC Donelan, MA; Director and Principal of Brain Health Partners
cdonelan@brainhealthpartners.com, 978-502-4642 (cell)

Organizations and Brain Health Programs to Follow:

Alzheimer’s Association Brain Healthy Lifestyles

http://www.alz.org/brain-health/10_ways-to-love-your-brain.asp

Free Public Programs in Australia, Finland, UK +

<http://www.yourbrainmatters.org.au/about-alzheimer%E2%80%99s-australia>

Alzheimer’s Association (national HQ in Chicago) Alz.org See also individual chapters

Alzheimer’s Disease International <https://www.alz.co.uk/> <http://www.adi2017.org/>

To join Clinical Trials: Trial Match (a partnership between NIH and Alzheimer’s Association)

http://www.alz.org/research/clinical_trials/find_clinical_trials_trialmatch.asp

People to Follow re brain health and nutrition:

Susanne Craft, Ph.D. Wake Forest University, North Carolina Expert on relationship of insulin, glucose and AD/brain health <http://www.wakehealth.edu/Faculty/Craft-Suzanne.htm>

Mia Kivipelto, MD, PhD Finland and Sweden Research Director/Dept Neurology/Univ. Eastern Finland, and Prof. Karolinska Institutet in Stockholm. Winner 2016 MetLife AD Research Award <http://ki-su-arc.se/about-us/faculty-and-staff/miia-kivipelto/> or <http://ki.se/en/people/miikiv>

Richard Isaacson, MD Alzheimer's Prevention Clinic, Cornell Weill Medical School, NYC
Co-author, Alzheimer's Diet. <https://weillcornell.org/isaacson>
<http://www.theadplan.com/alzheimersdiet.htm>

Martha Morris ScD. Nutrition & Cognition Epidemiologist; developer of MIND diet: Rush Presbyterian. Chicago, IL

Nikolaos Scarmeas, MD, MS Creator of MedDiet epidemiological method of associating Mediterranean style foods with risk of cognitive decline, dx of MCI, and Alzheimer's disease. <http://columbianeurology.org/profile/nscarmeas>

Olivia Okereke, MD, MS. Associate Psychiatrist, Brigham and Women's Hospital
Associate Professor of Psychiatry, Harvard Medical School
<http://researchfaculty.brighamandwomens.org/BRIPProfile.aspx?id=664>

Suzanne dela Monte, ; originator of proposal that AD is Diabetes Type III and that insulin resistance is the primary driver of sporadic Alzheimer's disease.
Brown University <https://vivo.brown.edu/display/sdelamon>

Mark Hyman, MD, Director the Cleveland Clinic Center for Functional Medicine. Chairman of Board of Institute for Functional Medicine Assn; author of several books. Featured on MariaShriver.com speaking about nutrition and the brain.
http://my.clevelandclinic.org/staff_directory/staff_display?DoctorID=19048

David Katz, MD, Nutrition & Medicine expert at Yale University School of Medicine
<http://www.davidkatzmd.com/research.asp> and <http://www.yalegriffinprc.org/>

Laura Baker, Ph.D., Wake Forest University. PI of serveral RCT's of exercise for people with Alzheimer's and Co-PI with Mia Kivipelto of forthcoming randomized clinical trial of mutli-domain brain healthy lifestyles funded by the Alzheimer's Association.
<http://www.wakehealth.edu/Faculty/Baker-Laura-D.htm>