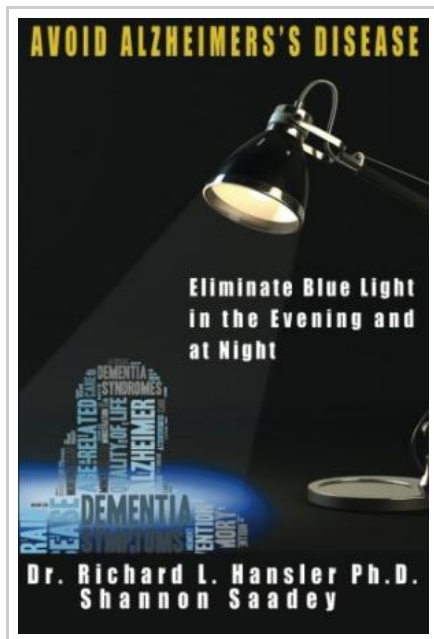




Avoid Alzheimer s Disease: Eliminate Blue Light at Night (Paperback)

By Dr Richard L Hansler Phd

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You are not doomed to losing your mind just because you are getting old. Modern research is providing things you can do to avoid dementia and Alzheimer s disease. In this book you will learn that a hormone (melatonin) your body makes helps to protect your brain. You will learn that just using ordinary light at night is robbing your brain of this beneficial substance. You will learn how it was discovered it is the blue rays in ordinary light that suppress melatonin and how light bulbs were developed that don t make blue light. You can also protect yourself with special orange glasses that block blue light.



READ ONLINE
[4.88 MB]

Reviews

The ideal publication i ever read through. It is writter in simple words and never hard to understand. Your daily life span is going to be convert once you full looking over this ebook.

-- **Tanner Willms PhD**

This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogs are for about if you request me).

-- **Delbert Gleason**