

Are you a caregiver to someone with dementia? If you are then you are not alone. There are more than 14.9 million of us in North America, alone, who are caring for someone with Alzheimers disease or another form of dementia. As you are well aware, our lives are hectic and stressful. In my career I am a food and wine columnist, author, speaker, TV host and wine judge. In caring for my husband, Jack, now in the moderate stage of Alzheimerâ€™s, I discovered that the slow cooker is my best friend. I can throw ingredients into the slow cooker in the afternoon, complete my day, look after Jack and have dinner waiting for us, hot and ready at dinnertime. I hope youâ€™ve had a chance to read my first book in this series called Dementia Diet: Everyday Mini Miracles â€” through diet, vitamins and supplements. This book outlines the 7 Dementia Diet principles to reverse symptoms of dementia and Alzheimerâ€™s. The reversal of Jackâ€™s symptoms was nothing short of everyday mini-miracles. This cookbook -- Dementia Diet: Super Simple Slow Cooker Recipes â€” uses the 7 Dementia Diet Principles that nourish the brain, mind, body and spirit. These principles are for you, the loved one for whom you care and even family and friends. In this cookbook youâ€™ll discover: The secrets to slow cooker flavor, as well as recipes for soups and stews; different types of Chilli; Pasta, Rice and Grains; Curries; Fish and Seafood; Chicken; Organic Meats and Desserts. Some of the slow cooker recipes in this cookbook include: Coconut, Shrimp and Corn Chowder Split Pea Soup with Garlic, Lemon and Olive Oil Garnish Spicy Black Bean Soup with Yogurt, Cilantro Garnish Smoked Turkey Chilli with Guacamole Red Lentil Chilli Vegetarian Lasagne Mac and Cheese Wild Mushroom Risotto with White, Summer Peas and Parmigiano-Reggiano Indian Coconut Curry Indian Butter Chicken Thai Curried Shredded Beef Ribs Wine Poached Salmon with Dill Coconut Poached Tilapia with Ginger and Shallots Fresh Kissed Whole Chicken Mexican Barbacoa Chicken Lamb Tagine with Oranges Beef Brisket with Caramelized Onions Peaches with White Cake Chocolate Brownies with Strawberries Much, much more! TAKE ACTION NOW. Scroll to the top of the page and click the BUY button. Then, you'll be able to immediately start reading Dementia Diet: Super Simple Slow Cooker Recipes on your Kindle device, computer, tablet or smartphone.

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