

Memory Loss

***Understanding What Causes Its Symptoms And Signs And Learn How
To Prevent Memory Loss To Live A Healthy Old Age.***

By

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Smashwords Edition

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Introduction

I want to thank you and congratulate you for downloading the book, *“Memory Loss – Understanding What Causes its Symptoms and Signs and Learn How to prevent Memory Loss to Live a healthy Old Age.”*

This book contains proven steps and strategies on how to prevent memory loss and live a healthy life at an old age. Memory loss is a common disease that appears after a certain age. As time passes, brain cells degenerate and with them the memory fades. Memory loss usually occurs around the age of 60 and its consequences vary depending on the person. The following book will help you understand what memory is and what are the causes and consequences of memory loss, what is Alzheimer’s disease, and how to improve your memory.

Medically speaking, memory loss is known as dementia. Dementia, from the Latin *Demens* meaning craziness, is a loss or reduction of some cognitive abilities that can considerably affect someone’s life to the point of losing all autonomy to do basic activities. It has nothing to do with folly and madness as understood in society. With dementia, the brain functions usually affected are the attention, the language, and, of course, the memory. Dementia is either temporary due to a concussion or trauma, or can be psychological and therefore long lasting. This book will focus on the long-term aspects of the disease and give you ways to prevent memory loss and live a healthy life at an old age.

The most famous type of dementia is Alzheimer’s disease. Named after German psychiatrist and neuropathologist Alois Alzheimer, who first described it in 1906, Alzheimer’s disease affects memory, thinking, and behavior, and it gets worse over time. The disease is usually detected in people over the age of 65. However, certain less-prevalent forms of Alzheimer can appear much earlier. Today, more than 27 millions people are affected by the disease and scientists predict in 2050 one in 85 people will be touched. Even though memory loss is not the only symptom of Alzheimer’s disease, it is still one of the most prevalent, which is why this book will dedicate one chapter to the disease, its causes, and consequences.

Although the disease develops differently depending on the patient, there are common symptoms and many of these symptoms are wrongfully taken as normal problems related to old age or stress. Therefore, they are not taken seriously and can worsen quickly.

Everyone forgets things and there is a difference between simple absent-mindedness and memory loss associated with Alzheimer’s disease. Normal memory loss does not prevent you from living a healthy and productive life. Not remembering where you put your keys is not a sign of dementia, so do not panic if that happens to you. Real memory loss is much stronger and most of the time people affected by it try to hide it instead of working on it and seeking medical attention.

Memory loss can evolve quickly, especially when it is related to Alzheimer’s disease. It is important to recognize the signs of a strong, dangerous issue with memory and seek for medical attention as quickly as possible.

The brain is a muscle and alike any other muscle, it needs exercise to stay fit and strong. Even though there is no miracle cure for memory loss, there are techniques to improve the memory and the brain. It requires hard and constant work to sharpen the cells involved in retaining information.

This book will explain to you how to recognize memory loss, look for the early stages of the disease, and try to prevent it. The book will also give you the keys to recognize the early stages of Alzheimer's disease. Finally, the book will give you ways to prevent memory loss by training your brain or keeping a balanced diet and a healthy lifestyle.

The first chapter of this book will help you understand what memory loss is and how it works. In Chapter two, we will talk about memory loss, its causes and its consequences. Chapter three will focus on Alzheimer's disease and how it evolves. The techniques to improve the memory will be discussed in chapter four. Finally, chapter 5 will focus on the best food to eat to improve your memory.

Thanks again for downloading this book, I hope you enjoy it!

Memory and How it Works

The memory is the brain's ability to obtain, retain, and remember information. We all know what memories are, but it is always complicated to understand how the brain manages to retain them all. How does memory work? What part of the brain is involved in the process of retaining information? All those questions and more will be answered in the following chapter.

The brain is a complicated machine and many parts are involved in making sure the body functions perfectly. Some parts tell the heart to beat. Others tell the muscles to contract, some tell the eyes to look, the nose to smell, or the lungs to breathe. The hippocampus, located in the center of the brain, tells the brain to stock memories. The hippocampus is the headquarters of the whole memory processor. It deciphers all information received through the five senses of the human body: eyes, nose, ears, tongue, and skin. As soon as the information reaches the hippocampus through the neurons, it is deciphered and sent to the specific part of the brain, called lobes (temporal, occipital) depending on the type of memory involved. It exists three different types of memories: Immediate memory, short-term memory, and long-term memory.

The immediate memory allows us to conserve information of less importance, a few letters and numbers, for a time extremely limited. For example, this memory helps us remember a phone number that we just read in order to dial it. This is the immediate memory that helps you remember that you put food in the oven or that you turned on the water to fill up the bathtub.

Short-term memory is also called work memory. Similar to the immediate memory, this type of memory helps us retain information for a longer time and helps us when we try to learn a new thing. The short-term memory is highly involved when you study and learn your lesson right away. It is also the bridge between immediate memory and long-term memory. The more you use the short-term memory for a specific activity, for example, learning your lesson, the quicker this short-term memory is going to turn into a long-term memory. Therefore, the more you read a book, the easier it is to memorize it, all thanks to the long-term memory.

Long-term memory allows us to retain information between many days and many years. Its capacity has no limit and is divided between implicit memory and explicit memory. Implicit memory is the memory of habits and learned movements. This is the memory that helps us walk, drive, eat, and do all daily activities without having to think about it. It requires time and effort for this part of the brain to retain information. You did not learn how to walk in one day and you have to do it every day to make sure it sticks. The repetition of a movement turns it into a habit and the brain retains it forever. Therefore, information retained in the long-term memory is hard to erase and forget. The explicit memory is the one in charge of the past life events related to family, holidays, and personal events. This is the one that helps you remember the names and faces of your siblings and people you meet almost daily. It is also the type of memory that helps you remember the Christmas present you got when you were five years old.

It is ordered to memorize information, the brain goes through a complex, long process. The memorization of information follows three specific steps: the coding, the stocking, and the recalling.

In the coding process, information is registered through the different senses of the body and deciphered by the brain. The information is transferred from the hippocampus—part of the brain located in the limbic system—to one or multiple lobes specialized in treating the information and creating a memory of it.

After the coding comes the stocking. As soon as the information is created, it is stocked in one of the memories we talked about at the beginning of this chapter. It all depends on the importance of the information.

Finally, the recalling is the most important thing. What is the purpose of learning information if we cannot remember it later when we need it? The memory plays its role by keeping track of information and allowing us to recall things.

Memory can improve with hard work, but it can also degenerate with age or trauma. Memory is an essential feature in the life of a human being. Without memory life as we know it would simply be impossible. Imagine learning how to walk or how to eat every day because you do not have the ability to retain any information. Unfortunately, this feeling is one many people experience when they suffer from memory loss and especially the final stage of Alzheimer's disease.

A good memory is inherited, or at least half of the ability to retain information. Genetics plays a role in creating an effective memory. Some people are born with a better memory than others. However, Alzheimer's disease is rarely inherited. In a minority of patients, the disease is triggered by a chromosome abnormality. Only three percent of the patients suffering from the disease have this chromosome abnormality.

In the next chapter, we will talk about memory loss and its causes. We will tell you what are the early symptoms of memory loss and explain to you how to prevent them.

Memory Loss, Causes, and Consequences

Memory loss usually appears at an old age and can alter the life of the patient depending on how strong the issue is. By losing his memory, the patient might also lose his autonomy. The gravity of the disease depends on many factors that could either be psychological, personal, or sociological. It also depends on the general state of health of the patient and if he is under treatment or not. Memory loss can also occur after a trauma, a concussion. However, this chapter will mostly focus on the age-related memory loss.

With age, the body and brain cells naturally degenerate. This degeneration is inevitable and is usually the main cause of memory loss. It is easily understandable that the brain does not work the same way when you are 20 or 80 years old. Memory loss is also a symptom of many other diseases, the most famous one being Alzheimer's disease.

Memory loss can take multiple forms and can affect the short-term memory, the long-term memory, or sometimes both. The short-term memory can be involved if the patient does not remember something he just heard or read. Long-term memory is affected when the patient does not remember old memories, names, and faces even though he has seen them every day for years. Sometimes both forms appear at the same time.

When the short-term memory is involved, we call that an *ante retrograde* amnesia. This means the disease affects only the future life of the patient. In other words, the patient simply cannot remember any events that happen to him during any day that follows the emergence of the first symptoms of memory loss. He forgets them one by one as the day passes. For example, the patient would forget a name of someone's he has just been introduced to.

In the opposite of *retrograde* amnesia is when the patient cannot remember events that occurred before the beginning of his illness. In that case, the troubles are located in the long-term memory space of the brain. In this case, the patient cannot remember his last job, or the name of his parents, where he lives, or where he was born. This type of amnesia is a common topic in books and movies.

Many factors can cause memory loss, starting, as we said earlier, with age. As the brain grows older, cells do not regenerate as quick and memory fades. This process varies from one person to another. Other sociological causes can explain memory loss, such as chronic alcoholism. Frequent drinking can trigger memory loss as the alcohol attacks, brain cells and kills them. The same phenomenon occurs with the use of drugs on a daily basis. It is common knowledge that the abusive use of drugs can alter the normal functions of the brain. Therefore, the memory can be affected. Loss of consciousness can also lead to memory loss, even though the troubles might not last as long as when cells are degenerating. Epilepsy is another factor as well as hysteria crisis. Stress or a lack of sleep can also lead the brain to confusion. The brain needs rest and quiet time to regenerate its cells and this is why human beings need a certain amount of sleep, usually between seven and eight hours a night.

In other words, memory loss can occur when the patient does not live a healthy life. To prevent memory loss, stay away from alcohol and drugs, try to sleep at least seven hours every night, and

attempt to keep the stress away. Depression can also be a cause of memory loss and it is important to treat depression separately and in addition to the memory loss treatment.

Some treatments and medicines can also provoke memory loss. Ask your doctor about it.

The consequences of memory loss are wide and vary depending on the patient. Small memory loss occurs to anyone and it is not necessary to alarm yourself if you forgot your social security number or other passwords for computer programs. It would start becoming a problem if you start to forget where you put your keys the night before and cannot find them every morning. Memory loss is an issue that exists only if it is repetitive. Forgetting something once in a while does not mean you have memory loss. It is simply your brain playing tricks.

In the introduction, we talked about the consequences of memory loss on someone's life. The main consequences for a patient who suffers from strong memory loss are the loss of independence, the loss of the ability to perform daily activities even though the patient has performed those same activities all his life. All this depends obviously on how strong the disease is. Indeed, despite having some memory loss, many patients manage to live a normal life without the help of anyone. Unfortunately, it is today almost impossible to predict how someone's memory will be involve as years pass. For some people, memory loss stays benign. For others, it goes all the way to total amnesia, usually triggered by Alzheimer's disease.

The next chapter will help you understand the most common disease related to memory loss: Alzheimer's disease.

What is Alzheimer's Disease?

As we explained in the introduction of this book, Alzheimer's disease is an incurable Neuro degenerative disease that attacks the cerebral tissues and increases the loss of neurons in the brain. The disease leads to a progressive and irreversible loss of mental functions, especially the memory. Today, Alzheimer's disease affects more than 27 million people and scientists predict the disease will evolve and then one out of 85 people will be affected by it in the next 50 years. Alzheimer's disease is most generally known for its memory loss aspect, which is why we included it in this book. However, loss of memory is not the only consequence of Alzheimer's disease. The following chapter will tell you everything you need to know about the disease, its causes, and its consequences.

The exact causes of Alzheimer's disease are still unknown today. Many genetics and environmental factors probably take part in its development and some are already known such as genetic anomalies, heart problems, or heavy metal intoxication.

The disease evolves following four specific stages: Pre-dementia, light, moderate, and finally advanced. The most known symptoms of Alzheimer's disease are short-term memory loss, difficulty adjusting to new surroundings, confusion regarding whereabouts, repetitive speech, personality and emotional changes, difficulty making decisions, aimless wandering, and erratic or repetitive behavior.

In the pre-dementia stage, the early symptoms are often thought to be normal effects of age or stress. People have a tendency to disregard those symptoms and simply keep living that way. It is important that people seek medical attention if these symptoms appear. Indeed, strong and advanced tests can reveal light cognitive troubles can appear as far as eight years before the patient could be diagnosed with Alzheimer. Therefore, an early diagnosis of memory loss can help the patient improving the memory and avoid Alzheimer's disease. Memory loss is obviously the most notable symptom of the disease, but it is far from being only one. In addition to memory loss, Alzheimer's disease affects the attention, spacial awareness, and troubles with identifying words or numbers. To say all those symptoms are part of the first stage of Alzheimer's disease is still controversial in the medical world. Despite the fact most symptoms of light cognitive troubles are found in the next stages of Alzheimer's disease, it is still not proven all those symptoms will turn into Alzheimer's disease.

The lightest stage involves an evolution of the symptoms experienced in the pre-dementia stage. The memory loss is more frequent, and other symptoms appear to be stronger such as language troubles, or the execution of daily movements. Those symptoms help understand the disease is growing and the patient is really affected by Alzheimer. The patient can still perform most of the daily movements, but struggles through it and goes slowly through the motion.

The patient loses most of his independence in the moderate stage of the disease. The loss of most cognitive functions makes it almost impossible for him to do anything on his own. Troubles expressing an idea or a thought becomes clearer as the ability to remember words fades and forces the patient to mix up the words and phrases. The ability to write and read also progressively disappears. The long-term memory starts deteriorating and this is usually when the

patient forgets names and faces, even by his family and friends. With it comes anger and frustration as the patient has trouble talking, sharing things, and is in constant need of assistance.

The final and advanced stage of the disease leads to a total loss of independence. The patient only speaks in small sentences, sometimes only single words. This leads to a complete disappearance of speech. Despite the loss of speech, patients can still experience emotions and transfer them by movements and signs. The patient can sometimes be angry, but most of the time the disease is so strong that a complete apathy and a constant tiredness is the daily life of the patient. At this stage, the patient has accepted his fate and simply waits for his time to come. This is an extremely difficult time for the family that who sees a loved one completely disappearing in terms of emotions and social abilities.

Alzheimer's disease is a scary disease, especially because of the memory loss aspect of it. It is an extremely difficult disease to live with, not only for the patient, but also for the family. Not being recognized by a father, a mother, a brother, a grandparent is a terrifying thought and many people drift away from the patient because they simply can't handle the sadness and pressure of seeing their sibling in such a state of mind.

Alzheimer's disease is an incurable, fatal disease. Today's medicine has not found a cure yet, but scientists look for ways to soften the pain and help patients go through the final years or months of their lives the best way possible.

The next chapter will give you some tips on how to improve your memory and prevent, in a certain measure, memory loss.

How to Improve Your Memory

Improving your memory is possible. Scientists came up with techniques, games, and exercises to help people improve their memorizing abilities. Memory only fades if you do not use it on a daily basis. Using the memory every day, whether it is the short-term memory or the long-term memory, will help improve it and prevent memory loss. It is then essential for you to work on it by playing games, exercising, or by learning new things like a language.

By playing games such as Scrabble, Trivial Pursuit, or any logic and strategy games, you will improve your memory greatly as long as you play multiple times a week, at least two times a week. If you cannot find a partner, try doing crossword puzzles or other solo games you can find in magazines and such. A lot of games are available online and can be played alone or with a partner.

Learning new things is also extremely effective to improve your memory. Taking the time to learn a new language for example, is a great way to improve your abilities to retain information and reuse it. When you learn a new language, you have to read information, retain it, and recognize it when it comes back to you later on. It is one of the best—if not the best—ways to improve your memory. Learning how to recognize new things is also a great way to boost your memory. For example, learning the different constellations, the different types of mushrooms, or flowers are very effective. As soon as you have learned them, try finding them while star gazing or walking through the park

It helps feed your memory and train it. If you believe learning new things becomes harder with age, you are wrong. The process of learning and memorizing stays the same whether you are 10, 50, or 80 years old. The only reason you feel like learning is harder when you get older is because you've lost the habit. The brain works the same way and simply requires effort and time. So do not give up because you think your brain is too old to learn new things anyway. It is not true! Keep it active and trained, it will be greatly satisfying.

Also, as we said in the previous chapter, sleeping is essential. Sleeping at least seven hours every night helps the brain relax and get back on track. And stay away from alcohol and drugs! A high dose of alcohol or drugs can severely damage the brain and can lead after a few years to irreversible brain-cell lesions. Scientists proved that long-term exposure to drugs and alcohol has a bad effect on long-term memory.

Improving the memory is a daily activity you already do every day. At work, you use your memory to remember how doing your job, to retain the faces and names of your friends and co-workers, or to perform new tasks that you just learned to execute. We live in a society where we have to remember a tremendous amount of information from our computer password, to our credit card pin, to the address of the family doctor and our social security number. Society forces us to work on our memory every day and that is a great thing. However, it is highly recommended to work on your own to improve your memory.

Finally, living a healthy life is obviously a basic requirement to improve your memory and keep it fresh and active. A regular healthy diet is the first step into helping your memory. The next and

final chapter will give you a list of all the great food you can eat to improve your memory and prevent memory loss.

What to Eat to Improve Your Memory

Eating healthy food is a requirement to improve your memory and prevent memory loss. It is important to have a balanced nutrition to help irrigate the brain and keep it active. The following chapter will explain to you what type of food is good—or bad—for your memory.

To function properly, our brain needs over 40 different nutritional elements. Minerals, oligo-elements, vitamins, fat acids, and amine acids, they are all involved in making the brain work. The brain uses 20 percent of all the nutrients we give our bodies by eating. The brain is a fragile machine that needs constant attention and a specific type of “gas” to work. The brain needs glucose (sugar, bread, cereal) and acid linoleic (vegetable oil, soy, or nuts) to avoid issues with nerve cells and therefore the memory. A lack of these nutrients is often the cause of a loss of memory. All types of vitamins (B, A, E, F...) are also necessary for the brain’s well being. These vitamins are found in fresh food.

Any vegetables and fruits are great for the brain as they provide an incredible amount of vitamins. Broccolis, sprouts, artichokes are among the best vegetables to eat. In the meat category, pork, beef, shrimp, chicken, or even veal offer great nutrients to the brain. But be careful! Meat has to be consumed in moderation, as some of the components are not the greatest for the human body when taken in high quantity. Fish such as salmon or tuna is also good even though, and despite the common belief, eating fish will not necessarily help more than any other food, as the effect of phosphorus on the memory has not yet been proven. However, it is way much better for your body and your memory to eat fish over bacon!

A few nutritive complements have a great effect on the memory. For example, wheat, corn, sesame, algae, or oats are great food complements to eat. Even gum works for your memory. Indeed, Japanese Neuroscientists from the University of Gifu proved chewing gum was a great stimulant for memory. Chewing helps your brain relax and release stress. The activity also increases the work done by the hippocampus, which, as we have seen in previous chapters, is in charge of processing our memories. However, only chewing gum is not enough to improve your memory. It has to be in addition to the rest of the nutrients listed above.

Vitamin B1 is greatly involved in the well being of the memory and the nervous system. Vitamin B1 can be found in liver, eggs, sunflower seeds, and chocolate. Chocolate has a special effect on the memory. Rich in potassium and magnesium, a moderate consumption of chocolate is highly recommended as it works as a stimulant for the brain and muscle cells. But remember, it has to be a moderate consumption, just like as for the meat.

It is important to avoid eating too much of certain types of food. It is essential to stay away from saturated fat that we find in cheese, butter, and whole milk. Saturated fat is not only bad for the memory, but it is also bad for the heart and arteries, so you need to eat that type of food with moderation and accompany it with vegetables and fruits.

This list of food is not exhaustive. There are many types of foods you can eat to improve your memory. Research online or ask your doctor for the best diet for you, as each person is different and has specific needs.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you understand memory loss, its causes and consequences, as well as, how to prevent it and improve your memory. I hope this book gives you all the information you need to understand Alzheimer's disease and will help you live a healthy life away from memory loss.

Remember, the best way to prevent memory loss is by living a healthy life. It is important to have a balanced diet, to consume alcohol with moderation, to stay away from drugs, and to take good care of the brain cells by giving them at least seven hours of sleep every day.

The next step is to ask your doctor for more information about memory, memory loss, and other diseases related to brain issues. It is also time for you to work on improving your memory by playing games, learning a new language, or simply taking on a new hobby which forces you to work on your memory!

Try to also change your diet if it does not already fit the requirements for memory improvements.

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book? It'd be greatly appreciated!

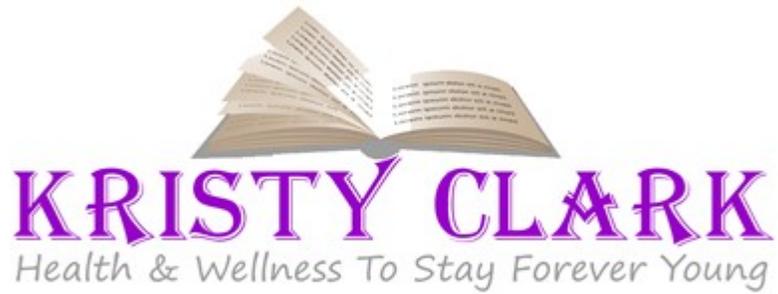
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Kristy Clark Autobiography

Being healthy in mind, body, and soul is something Kristy Clark has always strived for. It's not just a way of life, but a passion for her and one that she believes should be shared with others. Though Kristy is a graduate in business administration and the corporate world has been a fixture in her busy life, she knew she would always turn to her first passion of healthy living. Kristy soon found that both writing and diligent research into health topics that affected her and her family, such as Alzheimer's and Parkinson's, was something that came naturally.

In each of Kristy's books and series, you'll find that passion translated onto the page and you'll get all the information you'll need on health topics most important to you and your loved ones. In her three current health book series, you'll discover novel and relevant information on diabetes, Alzheimer's disease and memory, as well as aging in the modern era. No matter how old you are or your current health status, you'll no doubt find something in each of her books that can begin to help you live more healthfully right away. That is a Kristy's mission: to help others gain access to the latest cutting edge research along with everyday tips.

At forty-six, people often come up to Kristy and ask her what it is that she's doing right in order to look and feel so healthy and vibrant, and she tells them the same thing every time: it's about the love she has for herself and her family. Seeing her father go through the beginning stages of Parkinson's Disease, along with being a pre-diabetic, taught Kristy that we can never go "too far" in preventing disease and maintaining a healthful and safe lifestyle for ourselves. Kristy's mother was diagnosed with Alzheimer's as well, and now she has two caregivers who provide her with 24-hour assistance. Armed with knowledge, Kristy does everything in her power to help them and herself through healthy living.

So while the hardships of life helped clarify Kristy's focus on health topics, her desire to keep fit and strong in mind and body propelled her to run 10 Kilometers three times a week, take yoga and Pilates classes, practice Beach Functional Training on soft sand, and be in *full control* of her diet and environment. But it's not just now in midlife that Kristy finds herself being active; it's always been a facet of her life. At 14, she took jazz dance and Jiu-Jitsu classes, and played basketball and volleyball. A passion for being active was born and continues to be a foundation in her life. And she hopes to pass on that passion for healthy living through her books.

Join Kristy on this journey toward a more healthful and rewarding life today!