A new synthesis of medical research reveals that, even in people who are genetically predisposed, environmental factors play a major role in the overwhelming majority of cases of Alzheimer's and Parkinson's diseases. Diet, exercise, exposure to toxic chemicals and other environmental pollutants, and socioeconomic stress can alter biochemical pathways influencing the risk of these diseases, and other chronic illnesses termed the “Western disease cluster” – diabetes, obesity, cardiovascular disease and metabolic syndrome – themselves risk factors for neurodegeneration.

This collection of diseases is driven by dramatic alterations over the past 50 to 100 years in the U.S. food supply, a built environment that encourages an increasingly sedentary lifestyle, proliferation of environmental chemicals, and other factors. By modifying these factors, the risks for these diseases can be dramatically reduced, and the odds greatly improved for delaying or even preventing disease onset.

environmental factors affecting the risk of Alzheimer's and Parkinson’s diseases;

- Recommendations for individual, community, and societal changes to prevent disease and improve the health of people and the planet;

- Special pull-out section “Approaches to Healthy Living,” with guidelines for individuals;

- Spotlights including The Intergenerational School, Nature and Healthy Aging, and Building Sustainable, Healthier Food Systems.

Please send me copies of Environmental Threats to Healthy Aging: With a Closer Look at Alzheimer's & Parkinson's Diseases. I am enclosing $20 per copy (to defray production and distribution costs) made payable to:

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