

**The Self Improvement Show  
Archives Available  
June 23rd 2016: The Memory Diet**

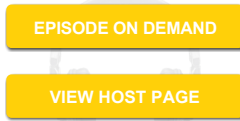
We hear more and more about Alzheimer's disease these days. Estimates vary, but experts suggest that more than 5 million Americans may have Alzheimer's. It is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills, and eventually the ability to carry out the simplest tasks. In most people with Alzheimer's, symptoms first appear in their mid-60s and progresses from there until the patient has lost all ability to communicate or care for themselves. It is currently ranked as the sixth leading cause of death in the United States, but recent findings indicate th

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**Featured Guest**



**Judi and Shari Zucker**

Judi and Shari Zucker are known as "The Double Energy Twins" and you'll understand why when you hear about all they've done together. Both Judi and Shari graduated from the University of California at Santa Barbara with degrees in ergonomics (the study of human physiology, physical education and nutrition) and went on to serve as media specialists for General Mills, promoting and demonstrating Nature Valley Granola products. In spring of 2009 they signed an endorsement deal with derma e natural skincare products.

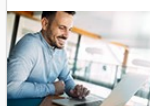
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