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*The Best Tools for Improving Memory and Sharpness  
and Preventing Aging of the Brain*

THE  
BETTER  
BRAIN  
BOOK

DISCOVER:

- HIDDEN BRAIN TOXINS in your medicine cabinet, household products, and the food you eat
- HOW TO BRING BACK CLARITY and mental vigor
- WHAT YOUR DOCTOR WON'T TELL YOU about preventing and treating stroke, Alzheimer's, Parkinson's, and other neurological conditions

**DAVID PERLMUTTER, M.D., FACN**

#1 NEW YORK TIMES bestselling author of **GRAIN BRAIN**

AND CAROL COLMAN

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# The Better Brain Book by David Perlmutter

David Perlmutter

From the writer of the number 1 big apple Times bestseller Grain mind and manhattan instances bestseller Brain Make r ... lack of reminiscence isn't really a usual a part of aging—and this ebook The Better Brain Book explains why. Celebrated neurologist David Perlmutter finds how daily memory-loss—misplacing motor vehicle keys, forgetting a name, wasting focus in meetings—is truly a wake-up call of a distressed brain. right here he and Carol Colman offer an easy plan for repairing these problems, clarifying misconstrued connections among reminiscence loss and aging, and regaining and protecting psychological readability by way of delivering the instruments for:Building a greater mind via nutrition, way of life changes, and mind workoutsCoping with particular mind issues comparable to stroke, vascular dementia, Alzheimer's, Parkinson's, a number of sclerosis, and Lou Gehrig's diseaseUnderstanding hazard elements and separately tailoring a nutrition and supplementary programFeatures a "Life type Audit," quizzes, a mind health application with the most efficient how you can workout your brain, and a nutritional program that info the easiest mind foodstuff and supplements.

This booklet has a few beautiful attention-grabbing issues yet is extremely repetitive. It most likely might have been written in approximately 0.33 the variety of pages. I did research a number of issues approximately consuming larger (no fried foods, extra omega-3, significance of antioxidants). It additionally talks a few few, easy checks you want to take that are concerning mind health. not anything within the publication is admittedly progressive yet there are great things to be reminded of and remember. We did a video booklet record which summarizes things. Our publication record is in video shape and lasts ~ 1 hour. So 1 hour is beautiful lengthy however it is faster than interpreting the complete book. be at liberty to monitor the video in the event you want... <http://www.vimeo.com/21576405>

## The Better Brain Book

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