


**DANIEL G. AMEN, M.D.**

BESTSELLING AUTHOR OF *CHANGE YOUR BRAIN, CHANGE YOUR BODY*

**NEW YORK TIMES BESTSELLER**

# USE YOUR BRAIN TO CHANGE YOUR AGE



SECRETS TO LOOK,  
FEEL, AND THINK  
YOUNGER EVERY DAY

Daniel G. Amen M.D.

## Use Your Brain to Change Your Age: Secrets to Look, Feel, and Think Younger Every Day



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From the bestselling author and PBS star, a brain healthy program to turn back the clock, and keep your brain sharp and your body match. Amen' If you change your brain, you can change your life— Amen shares ten easy steps to boost your brain to assist you live longer, look younger, and dramatically decrease your risk for Alzheimer' Yet, one of the most fascinating lessons he has learned is that with a little forethought and a brain-smart plan, you can gradual, or even reverse, growing older in the brain.Over the last twenty years at Amen Clinics, Dr.Based on the approach which has helped a large number of people in Amen Clinics together with the many cutting-edge study, Dr. His brain imaging function has taught him our brains typically become much less active with age and we become more vulnerable to memory complications and melancholy.s disease. Amen has performed more than 70,000 brain scans on sufferers from ninety different countries.A wholesome brain is the key to staying vibrant and alive for a long period, and in Use THE HUMAN BRAIN to Change YOUR ACTUAL AGE, bestselling author and brain professional Dr.s breakthrough, easy-to-follow antiaging program shows you how to improve memory, concentrate, and energy; keep your heart and immune system strong; and reduce the outward indicators of aging.as well as your age. Daniel G.By adopting the mind healthy strategies detailed in Use Your Brain to improve Your Age, you can outsmart your genes, put the brakes on aging, and even reverse the aging process.



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GOOD SENSE, but Good Reminders notwithstanding More and more, we are seeing even more books and content about how to prevent our brains from experiencing the natural procedure for slowing/deterioration that accompanies the aging process. (1) Inconsistent, thoughtless behavior; they simply send it to me) was on how to prevent mental decline. While there is some validity to parts of this, it also fits the pattern we often fall prey to, of wanting answers for whatever ails us at the moment. The writer also addresses the problem of depression that is caused by the loss of loved ones, an increasingly difficult section of the aging process. If you didn't know your age, really didn't understand it, how old would you think that you are? I found this to be a bit tedious, since it had the feel of sitting through a time-share lecture. Most of what Amen recommends falls into the category of good sense. For anyone who has examined books on how best to avoid cardiovascular disease, manage diabetes, or deal with any other ailment, the content here isn't that brand-new. Rather, it's the usual drumbeat---much of which we need to become reminded of---to eat right, exercise, keep our minds challenged/engaged, reduce stress, and do not do stupid stuff as we proceed through life. In contrast to how many other authors have expressed, however, Amen encourages caution regarding some aspects of diet, opining, for example, that consumption of specific foods (peaches, kale, apples, berries . (11) Detrimental thinking, anxiety; many illnesses (e. Erase your knowledge of your actual age?, diabetes, cancer) cause brain damage, mainly because of depression. The author further maintains that healthful sex (defined right here as non-anal sex) between those in love is much more beneficial than interludes of illicit, sex-for-sex sake, with those whom we do not love. Amen's. While I support the use of supplements--and take many each day--the study on the impact and effectiveness on the human body is definitely inconsistent and occasionally vague. Still, it appears the bigger issue is if they actually work, rather than if they will damage you, just what exactly the heck. prevent high-mercury fish (tuna, mackerel and swordfish); Hook up and dance with my Senior Soul Line Dance Buddies for (veggie) pizza this evening.!) thing that has helped me control my quantities is 1) diet (high protein, low carbohydrate) and 2) workout. This book doesn't invariably fall into the group of pop-medicine, but sometimes, it can come close. Amen uses a SPECT (solitary photon emission computed tomography (CAT)) scan to assess the health of the mind. If my work with adopted kids has taught me anything, it really is that genetics has a much bigger part in our lives than people appreciate. Amen's work, then this is fine, and quite good in fact. For those who have a decent command of why it is critical to eat right, workout, and maintain balance in life, this reserve won't provide very much information that's new or novel, although brain imaging pictures and results are intriguing. The publication is an easy read, however, and in the event that you or someone you understand could possibly be prodded toward better wellness by reading it, then click the 'buy' button. The Route to a Healthy Brain Detailed Daniel Amen, M.D. this book is junk poorly written no useful info This is a shill to sell you . Amen's books appear to cover almost identical materials, but each has a different and eye-catching title. Use THE HUMAN BRAIN is complete of very helpful information, and it IS worth reading; however, it is tediously redundant and over-stuffed with case histories (many boring) that are not essential to learn Dr. I'll read to the end and easily change my opinion within the next 70 pages I'll amend this review. Dr. Amen's assistance is both common sense and brilliant; If you've never read any of Dr. Dr. Amen, for instance, minimizes the part of genetics on brain function and behavior. The healthier the mind, the less holes appear to be present; control your weight (your waist tape-measured size should not exceed half of your height, e. As good sense portends, impaired blood flow equals problems from minimal to terminal. I could just give it four celebrities, because it is usually repetitive to an unbearable degree and includes banal case histories that look like filler, mandating scanning in self-defense. (1) Make good, consistent, thoughtful decisions every day; (Those fearing Alzheimer's is usually imminent may warrant a trip to California for a \$3,000 SPECT scan.) Unfortunately, Dr. Amen takes much too long (400 pages) to tell us what might have been covered in fifty webpages. this book is junk poorly written no useful info It is just a shill to sell you 2 products at the end of his book it really is a brain book and he is selling you fish oil to lose weight usually do not buy this book eat to live by Joel Furman md the 120 year diet by Roy Walford md read these and see just what a doctor thinks of barry sears focus on aging junk No real value The book is basically a advertising front for Amen clinics and supplements, looking to get you of their funnel every 10 pages. Louis and Kansas City) until age group 47, and was later inducted into Baseball's Hall of Fame. Amen notes. This book was the standard advice on eating healthful. (2) Unhealthy friends, as "folks are contagious"; What should we "do good"? I

waited with baited breath because of this book's launch since I so enjoyed, "Steps to make a Good Brain Great" and "Transformation your Brain, Change THE BODY.) No more than 30% of longevity depends upon genetics; the additional 70% is normally dictated by how exactly we think, work and live; in sum, 70% of our life span is fundamentally within our control. Alzheimer's can be one form of dementia, and there is no known cure.. Amen, therefore is a good portion of the aging procedure. I'm uncertain I purchase that. The more obese we become, small our brains become;"What should we avoid? Human brain health can be summarized in four terms: "Avoid bad; do good. Maximizing your "brain wellness" will defer or eliminate high blood circulation pressure, high sugar levels, thyroid issues, Alzheimer's and other forms of dementia. Just yesterday, for example, one of the cover tales on the AARP Bulletin (no, I don't subscribe; however, it really is encased in hard shell, the skull; I expected advice based on neuroscience analysis about the aging brain. (9) Sugar exceeding 100-150 calories per day; and take care to wash toxic chemicals off all produce) (5) Cancer chemotherapy, since it kills regular cells as well; (6) Inflammation, which is promoted by lower levels of Supplement D and high omega-6's (fish), and by too much meat, sugar and stress; Essential listen. excessive exercise, overactive thyroid; (8) Unwanted weight; (4) Toxins (drugs, alcohol, cigarette smoking, pesticides, organic solvents, mold, etc. Some of the supplement claims are completely unsubstantiated.. (12) Insufficient purpose in your life. regardless, accidents to the mind DO matter, a whole lot. His book is probable what we need, a lot more than his SPECT scans, because, if we follow his detailed assistance, we will optimize our brain's functionality and our health and wellness - no matter what our scan tells us. (2) Surround yourself with a positive, healthy support program (environment and people); (3) Protect the human brain from physical accidental injuries; (4) Avoid toxins; (5) Seek healthy "repair mechanisms" (fish, oil, vitamins, green tea); (6) Maintain physical health: minimize inflation; avoid gum disease and intestinal complications; This book is a life changer This book makes so much sense. (9) Maintain a good mood (via same methods); actually, indentations are indications of areas where blood flow is impaired. Amen's sufferers., a 36 inch waistline works for a 72 inch height); drink 8 cups of water/day; eat lean meat; Such sex releases hormones which reinforce bones and muscle tissues. avoid sugars; Gotta go. battle pernicious inflation (by reducing sugar, low dietary fiber, high calorie diets and lack of workout); Okay in its way—but stuff people already have heard a hundred times.; As somebody with diabetes, the only (! (7) Continue life-longer learning; and what things to consider in your loved ones, but very much of the solution comes back to "come to my facility and get yourself a (controversial) human brain scan therefore i (and only I, cause it's proprietary) can read it. (8) Practice tension management and memory space (via meditation and/or self-hypnosis); do strength and aerobic exercises; Four Stars Great publication.Dr. Amen also asserts at size that healthy sex keeps us young. Even our skin, he notes, is considerably erotic and its own youthfulness is improved by sex, adding that one program of intercourse supplies the equivalent of 30 mins of jogging, as it releases endorphins which become painkillers and reduce panic, better still than do antidepressant drugs. eat natural foods of many colors to improve antioxidants. Intercourse, he advises, also fights tumor, and causes individuals to exercise even more and eat better, all adding to a decreasing of heart attack risks.Amen is an enormous proponent of supplements (fish oil, CoQ10, ginkgo, alpha-lipoic acid, etc.Amen's book is fairly straight-forward, but a lot of the content could have been reduced to fewer pages. If, certainly, I held to that reality, and easily didn't dwell on unflattering photographs, I know that I'd perceive myself considerably young than I understand myself to be.Finally, Dr. Amen concludes that the way we perceive ourselves directly impacts our physical age. As an example, he uses "Satchel" Paige (1906-1982), a legend in his own period, who was simply a black guy who played baseball in the black (then called "Negro") leagues, until Jackie Robinson became the first black to play in the previously all-white Major Little league Baseball. "Satch" was raised to baseball's Major Leagues at age 42, as a pitcher, and performed there (for Cleveland, St.He starts with a few basic facts about the brain: It contains some 100 billion cells, is 80% water (making hydration essential), is 60% fat, and constitutes just 2% of the body pounds but consumes 25% of our calorie consumption. He was so good in his forties that he sometimes asked his infielders to sit down while he proceeded to hit out the side. Getting 20 years over the age of most Major Group Baseball players, "Satch" was often questioned about his age. One of his own responses remains a traditional to instruct most of us:"How outdated would you be in the event that you didn't know how previous you was? They complained that, used, the Amen Clinics perform SPECT scans, prescribe "mood drugs" (some created by the Clinic) and refer the patient

to one of the Clinics expensive psychiatrists for ongoing treatments. The brain never rests, not in sleep. Can you do it? ) can have negative effects on brain function. In the first two chapters, for example, he repeatedly provides reader 'teasers' of what they'll find out by reading the publication, rather than simply getting to the idea. I, for one, would have no idea. He sagely urges us to "grieve every day for thirty minutes, even crying as required," but, then, he urges us to "release and attack your entire day, working and assisting others". If we prevent whipping our minds into unfavorable thinking, our lives could be so much more than they are..g. We need to stop fretting about age group (and the various other negatives that incessantly plague our thoughts) and start smiling about the countless things we appreciate. After reading Use Your Brain, I went on line and read many reviews by Dr.g. Sadly, 80% of these were negative, disturbingly adverse. "An interesting and instructive question, Dr. Very few of the reviewing-individuals were pleased; actually, most bordered on profane assaults and violent threats. Regardless, Dr. Amen's Use Your Brain can be an extremely helpful publication. Most of us Want the information in this reserve. At his treatment centers (in California), he administers the scans and give information along the lines detailed in his book. Not what it sounds like This book did not deliver what the title implies.com) Interesting, but essentially a sales page. This book is good to get you thinking about treating your mind & body better, but much of it seems to be common sense. There are some good stories about how exactly Dr. Amen's strategy has helped people. Life is definitely perception, in my view, and, according to Dr.. focus on your storage via practice, video games (Sudoku); Interesting, but not sure it's all that helpful..) something I trust, but also stay ambivalent about. (Aware of the NFL. It seemed like a very thinly veiled marketing pitch for the writer's proprietary scans and the health supplements they hawk afterward. I am on page 308 and have yet to learn anything brand-new that I didn't get in the other books. it will surely lead to much healthier brains (and bodies), and it will business lead us inexorably to notably happier lives. I could see where some readers might also mistakenly believe that the approaches Amen recommends will neutralize or reverse accurate neurological circumstances, such as for example ADHD and Alzheimers. When you have been reading on wellness the previous few years, you'll discover that there surely is no new science in this reserve, rather it's regurgitating additional health books. It's really even more of the same, simply re-packaged with a lovely, catchy cover. Amen's important advice. Semen injected right into a woman reduces depression. Same Old, Same Old I actually am a big lover of Dr.but I wouldn't hold my breath! It's All In How PERSONALLY I THINK About Myself That is a no-nonsense, non-glamorized detail of how we seniors ought to take care of ourselves. Funny how my fingertips first went to the section about how exactly important exercise communicates to your brain. test your vitamin, testosterone, estrogen and hormone amounts and SPECT-scan your brain periodically; Time to start my routine with oatmeal, low-excess fat milk, and fruit.!, a psychiatrist and brain-disorder specialist, who has authored a dozen books, including three New York Times Best Sellers, of which Use Your Brain to improve Your Age (Use THE HUMAN BRAIN) may be the latest (2012)... In the next three paragraphs is normally a summary of his tips. But if you're already 'converted' to his smart principles then I don't believe this latest installment will probably be worth the time or money. (10) Lack of fresh learning; Do we really need another book which tells us that cigarette smoking is usually bad and exercise is good?BookAWeekMan (leeglovett. (3) Brain injuries, big and small at all age groups; The brain is made up of a soft substance akin to tofu, which may be easily harmed; snack: eat every 2-3 hours but eat a palm-sized serving of cut veggies with hummus or apples or celery, turkey, salmon, seamed edamame, etc." I was anxiously waiting more AH-HA moments, which there have been none that I can think about. Five Stars I really like it! (10) Rest is critically important, a minimum of six hours and seven to eight hours is recommended daily. maintain healthy levels of hormones, supplement D, omega-3's; I never understood how traumas that's have happened earlier in life, like concussions can alter your brain. This book demonstrates how to restore that thru nutrition and other supplements. (7) Exposure to free radicals: smoking cigarettes, trans fats, excessive sun (20 minutes/day is most beneficial); Easy to grasp Five Stars great gift



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