

**A leading neurosurgeon reveals secrets
for increasing brain function *at any age*.**

The Brain Trust

Program

A Scientifically Based Three-Part Plan to:

- Improve Memory ■ Elevate Mood ■ Enhance Attention
- Alleviate Migraine and Menopausal Symptoms
- Boost Mental Energy



Larry McCleary, M.D.

Introduction by Drs. Michael and Mary Dan Eades,

authors of *Protein Power*

Larry McCleary

The Brain Trust Program: A Scientifically Based Three-Part Plan to Improve Memory, Elevate Mood, Enhance Attention, Alleviate Migraine and Menopausal Symptoms, and Boost Mental Energy



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A distinguished neurosurgeon introduces his innovative new program for enhancing brain function at any age, explaining not merely how to prevent the consequences of aging, but also how exactly to improve brain function, by using a combination of nutrition, brain-specific health supplements, mental and physical exercise, and stress decrease techniques. 40,000 initial printing.



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extremely interesting information, and the products actually appears to work! I was already 8 weeks into my new ketogenic lifestyle when I ran across a reference to this book while researching. I was especially interested in the menopause section, since I have been experiencing severe perimenopause symptoms for approximately 8 years. Since it was, they weren't unbearable or really all that frequent (many times a day), however, I did start having significant sleep issues that might have been related... This reserve is easy to read and packed full of suggestions! You will not be disappointed. dated. I've discovered that easily cease eating at least 4 hours before bedtime, I rest much better. Interesting timing. A MUST for migraine sufferers! It's a reasonably expensive pile of pills, so I began with once a day. Not seeing much affect, I made a decision to start the second dose at dinner time. Today my goals are to lose the last 15 - 20 lbs (weight loss rate has slowed up significantly) and fix my sleep issues. Larry McCleary, manages to supply a wealth of details on enhancing and keeping brain function without being a boring biblically long mechanical medical treatise. Between my new keto lifestyle (56 lb weight loss so far with about 15 - 20 lbs to go), increased activity (resistance function, walking, hiking, dancing, etc), the supplements and the freedom of symptom-less menopause, Personally i think the very best I ever have. Keto, or a minimal carb lifestyle means wellness without sacrifice. I get to eat lots of great, health food, and because of some terrific meals bloggers, still appreciate many desserts made out of things such as almond and coconut flour, oils, fats, butters, and chocolate. must read! As I told my daughter, I feel like I'm living in someone else's body as the changes happened therefore fast.) directly impact our human brain chemistry and wellness. My resting heartrate is usually in the elite athlete range (about 50). I can hike uphill for hours without hitting my max target heart rate zone. This book also offers hope and an idea of action for individuals who fear alzheimer's and who have problems with migraines and additional ailments. 4 years. It creates me ecstatic that I'm going those components of metabolic syndrome, as well as looking and feeling so excellent (proceeded to go from a size 20 to a 12, so far). In the event someone is interested, We try to stick to a 70% fats - 25% protein - 5% net carb ratio. I'm also able to say that "calorie consumption in/calories out" is usually a myth. I finally involve some control and have reduced my migraines using herbal supplements. About a week and a half later, I suddenly pointed out that I hadn't had a sizzling hot flash in days! Sadly for me, that didn't find to become the case, although my sizzling flashes may have been very much worse without it. In addition, it allows your fat burning capacity to do it's thing while you're sleeping. I must add that despite the fact that I do not get much quality sleep, I'm still quite alert, no sleep deprivation brain fog or tiredness. Five Stars an excellent read. This book recommends Taurine and a couple of other things it is simple to get at a vitamin shop. It arrived as 96. I am testing at 6 month intervals and have had improvements each time so far. Well crafted and easy to read Dr. Phenomenally Informative! Complete with supplementation (vitamin use and recommended dosages) recommendations, this book acts as a fascinating read for anyone interested in retaining and preserving cognitive clarity. So informative and on target that I immediately purchased copies for my closest family and friends. I am currently 51 and feel just like I'm in relation to make those 40+ years healthy and active types. I was on Topamax, Gabapentin, and many different birth control pills. I didn't have specific issues like diabetes, high blood circulation pressure or cholesterol to deal with, but all of my numbers did only improve. I was thrilled to discover that we CAN replenish mind cells and Dr. McCreary in fact tells us specifically how exactly to do so. Blood pressure was normal and stayed the same, but total cholesterol, LDL, triglycerides, and TSH transpired, while HDL proceeded to go up. That may be from the supplements aswell. McCleary states that a keto diet plan can eliminate sizzling hot flashes, since you're adapted to using ketones rather than glucose for energy. The Brain Trust Program loved it Five Stars good Two words... I hardly ever feel deprived and do not crave those carbs from my former life. I have already been reading every newly published reserve that offers any hint of migraine tips. The Brain Trust System, by Dr. It has remained that way since, for approximately 3 weeks now. I was thus captivated by this

reserve I stayed up forever to finish it. Informative! This book, written by a brain-surgeon, gives you up to date information regarding how our brain processes memories and how exactly we can use nutrition and supplements to boost our minds and to relieve such maladies as hot flashes and migraines. The explanations as to why women have problems with migraines and hot-flashes was eye-opening. Given the mind fog and other issues, I decided to try both the Keto Cocktail and the Anti-Excitatory Cocktail. If ever there is an occasion to issue essential read recommendation, this might be it. I have stubborn migraines that have stumped my neurologist advertisement gynecologist. I believed that by also having a calorie deficit that I'd have the ability to lose weight faster, or end a plateau, but that hasn't confirmed true. I recently took a life span test, just for fun. Give it a try if you've tried everything else. McCreary explains the significance of how our personal choices (diet, etc. I right now make use of magnesium, butterbur (Migra-Eeze) and taurine with co-enzyme Q10 for 3 weeks headache free - after that PMS rears its ugly mind. My migraine rate of recurrence has been reduced as well as the level of pain I knowledge when I really do possess a migraine. I entered full-blown menopause a few days before receiving this publication. Dr. It's part of my long lasting publication collection and I refer to it frequently.



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