

CHOOSING A SAFE COURSE OF  
ACTION THAT WORKS FOR YOU

WHAT YOU MUST KNOW ABOUT

# MEMORY LOSS

**& HOW YOU CAN STOP IT**

A GUIDE TO PROVEN TECHNIQUES  
AND SUPPLEMENTS TO MAINTAIN,  
STRENGTHEN, OR REGAIN MEMORY

**PAMELA WARTIAN SMITH, MD, MPH**

*Best-selling Author of What You Must Know About Vitamins, Minerals, Herbs & More*

*Pamela Wartian Smith*

**What You Must Know About Memory Loss & How You Can Stop It: A Guide to Proven Techniques and Supplements to Maintain, Strengthen, or Regain Memory**



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Very informative book! Good Good A fascinating, detailed, and helpful reserve. A must read, great value book. Five Stars The Dr. A must read in today in age, good value and Dr Smith is an excellent writer , and practical procedure to follow. And interestingly we for instance in the chapter 7, “Dementia”, there see the 3 different results of the redrawing of a clock, after diagnostic exams, and we then respectively see the drawing outcomes showing the correct drawing, a mild cognitive impairment drawing, and an Alzheimer’s disease drawing. Precisely what I wanted Arrived quickly and was new. Just what I wanted. And opposite to the, we then find out about the many different types of memory reduction, where we normally almost just are in habit with speaking memory lost by age. The American diet plan has led to more issues with obesity which leads to diabetes and as we age issues with our brain. Go through this to learn what it door next for a lived one to prevent progression of the issue of memory lossJohn R Baird, MD informative book Informative book. The book is fine, among other, by you start with first showing 2 drawings of the mind, and there gaining the brands of the actual parts of the brain which includes to do with the memory. Great Book for Anyone that has memory loss or has someone they love that does. Good details. Besides interesting, and speculative, by in the beginning of the linked chapters, there placing questionnaire cards, by which we can discover whether we should be on the chance in being hit by memory space loss Through the entire book, we learn about the many different kind of memory, for example the short-term memory and the long-term memory, caused by the reasons for why we have stored, or not stored, them. Five Stars Received clean brand new book ?? Must read for all those with genealogy of dementia Great overview for everyone on a topic that may affect our families. To me the book is fine by the ways in which that we get the topics separated chapter by chapter. thinks your brain should be as healthy at 95 as it was at 24.



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