

*NEW YORK TIMES* BEST-SELLING AUTHOR

**DR. MIKE DOW**

# Heal Your Drained Brain

**Naturally Relieve Anxiety,  
Combat Insomnia, and Balance  
Your Brain in Just 14 Days**

Dr. Mike Dow

## Heal Your Drained Brain: Naturally Relieve Anxiety, Combat Insomnia, and Balance Your Brain in Just 14 Days



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Are you anxious, frazzled, exhausted? Do you find yourself continuously worrying? Mike Dow offers a 2-week plan designed to help you naturally balance your brain. . Tension hormones like cortisol and adrenaline go down as feel-great neurotransmitters like GABA and serotonin rise. .These days, it seems like everything inside our day-to-day lives—from our increasingly unpredictable globe, the smart phones we can't live without—is definitely establishing us up to feel drained. He clarifies what drains modern brains, which groups are wired for it, and provides clinically proven equipment to help you feel much less drained. Left untreated, it could quadruple your risk of high bloodstream pressure—the #1 cause of preventable death. Finding organic solutions to panic and insomnia is becoming increasingly essential as sleeping supplements, antianxiety medications, and hospitalizations have seen a dramatic spike lately. More and more people are desperate to heal their drained brains. In his most recent book, Dr. Do you feel like you're being drained? The short-term ramifications of getting drained are uncomfortable, however the long-term effects could be life-threatening. You have more energy. Mike gives nutritional tips, quality recipes, cognitive behavioral tools, products, breathing techniques, self-hypnosis, and mindfulness. Have you got trouble sleeping? When you balance the human brain, you experience countless rewards. Dr. You feel like yourself once again. You sleep more soundly and awaken looking forward to your day ahead. .re "jogging on empty"? Like millions of people living today, the human brain is becoming drained. I can't wait for you to become the best version of yourself, and I look forward to the existence you will create when you are no longer drained. t stop using, to the processed foods we eat the whole day, to the many hours we spend at our jobs— Dr. Mike Dow



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I have already started to change my diet plan and feel SO MUCH BETTER. I'm ENJOYING IT... Just binge-read this incredibly insightful and helpful book. Dr. Mike actually helped me know how what we eat affects my stress level and anxiety. I've already started to change my diet plan and feel SO FAR BETTER. It may be points I've noticed before, but he places it together in a manner that explains why healthy habits make your daily life better. I followed Dr. We was dissapointed with this publication... I followed Dr. A wealth of knowledge . I have it all highlighted up such as a text reserve, but it is very easy reading. I've often suffered from digestive issues and learned to deal with it, but this was eye opening to comprehend how anxiety and stress can disrupt gut health, that aides in draining the human brain if it will go untreated. The tools in the reserve, will help establish you for lengthy term healing. Omega 3 foods and probiotics, yielded even more energy and restful rest. Cheers to a remedy that works! I love the way Dr I love just how Dr. Dow presents the information in this book. I was thrilled with this publication and would recommend to anyone suffering from anxiety! Helpful publication, learned a lot! I am half method through. Mike Dow's 14 day plan and felt such huge improvements in sleep, much less anxiety and stress... I am half way through. An abundance of knowledge. I needed this book This is 100% the best book I've read in years. Mike Dow's 14 day program and . Although there was some useful details the book was as well wordy and too specialized, similar to a text message book and actually made me even more anxious. The reserve mentions several times that panic episodes could cause or make you more likely to suffer a heart attack and that you should not exercise in case you are anxious because you could have a heart attack.. I have had 2 strokes therefore i am learning more about the mind! LOVE THIS BOOK! Now, I keep buying it as something special for my like-minded close friends and family. Surviving in a busy world, long commute, extended hours at the job can leave so most of us stressed and frazzled. Loveit ?????? Okay I simply expected more Four Stars THIS IS A Function INPROGRESS. I am excited to use it all and get rid of my brain drain and pain Dissapointed with this book. I have a problem with severe anxiety, insomnia, and OCD tendencies and this book provided me the answers I required. If you are looking for natural treatments to your mental worries, you have to check this out. Couldn't recommend it more. Five Stars Great book, very educational and still a straightforward read. I was thrilled with this reserve and would . Easy to comprehend and informative! Dr Mike Dow is an awesome article writer. I'm very happy I came across this book. Would not recommend this book at all. A good read.. A good read. Most doctors and books state that panic attacks are not dangerous, just frightening and uncomfortable.



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