

CANYON RANCH.

30 DAYS to a BETTER BRAIN

"This user-friendly guide gives specific, practical advice about optimizing brain function based on the best scientific evidence I recommend it."
—Andrew Weil, MD

A Groundbreaking Program for Improving Your
Memory, Concentration,
Mood, and Overall Well-Being



Richard Carmona, MD, MPH, FACS,

17th Surgeon General of the United States

Introduction by **Mot Zuckerman**, Co-founder of Canyon Ranch

Richard Carmona

Canyon Ranch 30 Days to a Better Brain: A Groundbreaking Program for Improving Your Memory, Concentration, Mood, and Overall Well-Being



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"In this user-friendly lead, Dr. Richard Carmona provides specific, useful advice about optimizing brain function based on the best scientific proof. (Andrew Weil, writer of Healthy Ageing and True Meals).s leading wellness center guide you through the anatomy of the aging brain, how tension and toxins influence your mind, and the importance of sleep, installation of a thirty-day nutrition, workout, and medical plan to help you achieve optimal brain health. I would recommend it.Synthesizing the cognitive technology behind memory, sleep, strain, and addiction, Canyon Ranch's 30 Days to a Better Brain may be the definitive instruction to caring for your brain during all stages of your life. Also included are approaches for practicing mindfulness, meditation, and spiritual contemplation. Carmona and the experts at America"" You'll also come across answers to all or any your queries, including how your health is affecting your brain, what foods to consume and what things to avoid, whether supplements are necessary, what important medical tests to ask your physician about, and how better to challenge the human brain. Dr. The immense great things about this thirty-day program include better memory, mood, and rest; safer driving; improved interest span; quicker reflexes; faster, sharper thinking; even more energy; and much more. Combining the very best of traditional and alternate therapies, behavioral research, and workout physiology, this indispensable information from "among the finest Surgeon Generals in our nation's history" (NY Times bestselling writer Dean Ornish) will help you maintain and enhance a solid, agile mind which means that your body will not outlive your brain.



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But does contain the right info. The book is an advertisement for Canyon Ranch.. Five Stars Great Book!! Very good information on the book discovered a whole lot of new information on how to help make the make the memory better Good book Five Stars This is a great book I'm loving it thank you many foods that are best for the brain are best for the rest of . Easy to read and practical. But does contain the right info. This book comes with an in depth overview of how different foods affect the brain. Great book. Interesting more than enough, many foods that are best for the human brain are good for the rest of the body, go figure. Five Stars Book is informative and what I would expect from a location with Canyon Ranch popularity. Five Stars I've been enjoying this book Five Stars Start to finish for growing mental and physical health! Four Stars Look forward to reading it soon. Easy to understand.. Highly recommend Very helpful.



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