

*The Best Tools for Improving Memory and Sharpness
and Preventing Aging of the Brain*

THE BETTER BRAIN BOOK

DISCOVER:

- HIDDEN BRAIN TOXINS in your medicine cabinet, household products, and the food you eat
- HOW TO BRING BACK CLARITY and mental vigor
- WHAT YOUR DOCTOR WON'T TELL YOU about preventing and treating stroke, Alzheimer's, Parkinson's, and other neurological conditions

DAVID PERLMUTTER, M.D., FACN
#1 NEW YORK TIMES bestselling author of **GRAIN BRAIN**
AND CAROL COLMAN

David Perlmutter

The Better Brain Book: The Best Tool for Improving Memory and Sharpness and Preventing Aging of the Brain



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From the author of the #1 New York Times bestseller Grain Brain and NY Times bestseller Brain Maker, and regaining and maintaining mental clarity by offering the various tools for: Building a better brain through nutrition, lifestyle changes, and brain workouts Coping with specific brain disorders such as stroke, vascular dementia, Alzheimer's, Parkinson's, multiple sclerosis, and Lou Gehrig's disease Understanding risk factors and individually tailoring a diet and supplementary program Features a "Life Style Audit," quizzes, a mind fitness routine with .and Carol Colman which publication explains why. misplacing car keys, forgetting a name, losing concentration in meetings—Celebrated neurologist David Perlmutter reveals how everyday memory-loss— program that details the best brain food and supplements. Right here he Loss of memory is not a natural component of aging—provide a simple plan for repairing those complications, clarifying misconstrued connections between memory reduction and aging, .the most efficient ways to exercise your brain, and a nutritional is truly a danger sign of a distressed mind.



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This book had writing in it where in fact the questions are, I had not been alert to the answered questions, I would have ordered from someone else. Nearly as good ideas and good explanations Arrived before I anticipated. Anything he writes is usually filled with gold nuggets. Preventing illnesses starts many years before it also develops. I experienced that it offered a good yet safe health supplement and herb technique that's easy to follow for enhancing brain function. An excellent book for healthful eating and improving your brain functioning. Until reading this book, I never would have suspected how possibly helpful CoQ10 could be for the brain, regardless of what age you are. If you're into brain health, that is definitely worthy of reading. Even if you're younger, it's of incredible value to keep yourself updated that a good nutrition/dietary supplement strategy exists which can be beneficial to you as you grow older so you can start Youthful at keeping your brain healthier and stopping neuro-degenerative diseases like Alzheimers and dementia. This book was a good read. P outlines a program that is comprehensive in terms of taking care of ourselves at any age group. Save you BRAIN This book has many great ideas on how best to keep you brain in good shape and working well. It provides big lists of foods, and medications that damage your brain, that Doctors and the Government lie about, to make you sick. You then need to pay the Doctors to take care of you the rest you will ever have, or until you go out of money, and die. Great foods, and the proper supplements will do a lot better and cost significantly less. Get the reserve while you can still think, and save. I used many of that which was recommened, and my human brain increases results at 71, than it did at 65, when Doctors were informing me to take their damaging pills. As it can help fight dementia, alzheimerzers A great reserve for healthy eating and improving the human brain functioning! a group of clinicians. Small reaches UCLA. There is crossover with supplements and other areas. Three Stars I found that Brain Maker was better written, more informative and researched. Browse this & His section on supplements is very good, as he tells why he believes each product to be worthwhile, and actually mentions dosages. Also stresses the role of way of living, nutrition and workout in looking after our brains. He also has specific "exercises" we are able to do to keep, or improve our cognition. I am always a little skeptical when this kind of information is submit by a person vs. Good Read Very interesting book written by a neurologist in Florida. However there is a lot of crossover here with other things I've read, and journal content as well. Dr. Nearly as good ideas and good explanations. Very great bibliography. I want an improved brain! Practice appears to specialize in dementias. I think the combination of the two books provide a lot of useful practical information for all of us who wish to preserve our brains so long as possible. he is functioning but his mental attitude was bad, couldn't handle things as normal My husband had a stroke 7 months ago, he is functioning but his mental attitude was poor, couldn't handle factors as normal, simple annoyances caused frustration. Within weekly of me reading this book and dealing with him this has transformed for the better. He observed this himself. The publication isn't too much time either but to the idea. Read and progress, before you get as well damaged. Dr. Great information easy read My doctor prescribed this for me personally - said he rest of me was in such good shape at 64 that We better start taking care of my mind since my body was going to last for some time. It's a straightforward read, and the applications he has put together seem to seem sensible and are relatively easy to follow. I've heard and read a lot on David Perlmutter and usually like his writings. Gary Small's reserve "The Alzheimer's Prevention System" complements this reserve. I am using this book a whole lot and make an effort to follow the recommendations included. book as exected Keep learning about how exactly to improve your brain Enjoyed the book...a precursor to Human brain Grain... enjoy

Dr. Permuter's works! Five Stars very insightful health book Questions already answered.Great go through - definitely recommended for those thinking about improving brain health! Dr. One of many of his books I have read, very informative!



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