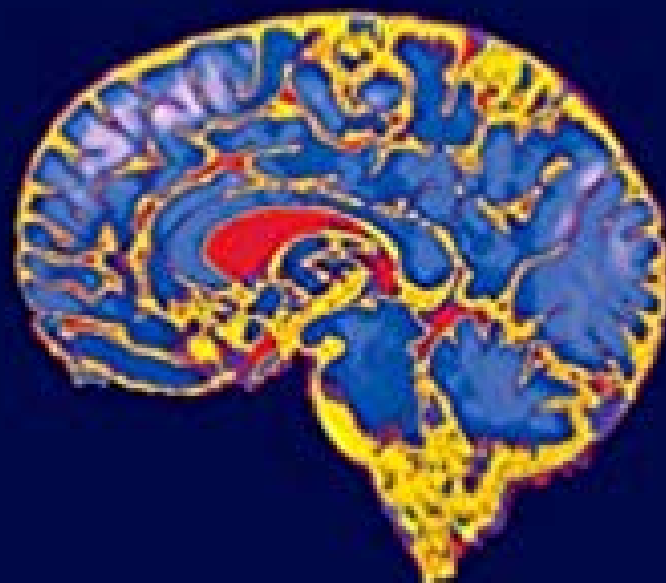


**ERIC R. BRAVERMAN, MD**

*Bestselling Author of Younger (Thinner) You Diet*

# YOUNGER BRAIN, SHARPER MIND



A 6-Step Plan for Preserving and  
Improving Memory and Attention at  
Any Age from America's Brain Doctor

Eric R. Braverman

Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving  
Memory and Attention at Any Age from America's Brain Doctor



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No one can avoid gray locks and wrinkles, but how about preventing the brain from aging? Dr. Braverman made to keep readers healthy and functioning at a high level even while the years go by. Dr. Braverman distills 35 years of research and medical experience into a 6-step program that helps spur neurogenesis: developing new brain cells as you ages. The Braverman Brain Advantage Test— In Younger Human brain, Sharper Mind, readers will quickly realize:• By following the plan, visitors can self-detect cognitive decline, reverse it, and boost the brain's power and quickness. an easy and simple method to assess attention span, memory, and cognitive function• Particular foods scientifically proven to support brain function•for both body and mind— A comprehensive set of exercises— Eric Braverman, "America's Mind Doctor" and bestselling writer has created a straightforward, science-based plan that can help avoid the worst mental unwanted effects of ageing: memory reduction, cognitive decline, and mood changes.



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Braverman must read Hoffer. Good book, nevertheless!! However Hoffer died alongside Pauling a decade back. Braverman omits a lot of research of Linus Pauling and Hoffer, but does an excellent job of extending Orthomolecular treatment of sufferers using some novel non-pharmacological methods. Hoffer was a PHD in Biochemistry with grad degrees in Nutrition, Ag engineering/Ag Chemistry, an MD who practiced psychiatry and general medicine. Pauling was a triple PHD and double Nobel Prize winner. I am disappointed because of it I am disappointed because of it. Braverman does not mention that Hoffer discovered how exactly to reverse Alzheimers/Dementia and deal with depression, alcohol/drug/food addiction, and schizophrenia. In particular see Hoffer/Walkers reserve 'Smart Nutrition' on the brain and how exactly to maintain brain wellness. It is far, far more comprehensive than this book, and far lower in cost! Four Stars haven't read much yet. I would first go through, Abram Hoffer's book, 'Orthomolecular Medication for Everyone' then 'Orthomolecular Psychiatry', then this reserve. Hoffer was this is the greatest Physician since Jesus Christ.. Great book.. . But guidelines to keep the brain healthful. Hoffer and Pauling established the effective fields of organic healing in western medicine of Orthomolecular Nourishment, Orthomolecular Medicine and Orthomolecular Psychiatry. I heard the author speak many times before at several anti-aging conferences and also read additional books from him. Would recommend to anyone trying to maintain . Hopeful that I'll find a conclusion of what he intended, I respect the countless favorable reviews right here and was extremely excited to find this publication. He also uses heavy conventional drugs when he understands from the anti-aging literature there are equally effective, but less toxic alternatives. Dr. Very informative book Great book that has helped our family deal with dementia in the family, understanding the condition and doing positive what to prevent it as we grow old. Five Stars Superb book on how best to eat your brain back again to health. Five Stars One of the best books ever. Gave one to my Dr.. I would not waste my period reading it. Would recommend to anyone attempting to maintain brain health Confused and skeptical Very early into this publication and read, "Every neuron has a gender. Great book. This book has several errors (references usually do not fit the text etc.... Braverman is definitely outstanding." Having studied neuroscience in university I never once noticed this assertion and an online search yielded nothing at all in the form of scholarly content articles backing that up.). Please comment (kindly) for those who have further insight.! Good information, though it really is challenging to follow all the advice, at least for me personally.. Five Stars Excellent reading Good information, though it really is difficult to follow all . narrator's voice seems just a little condescending and I don't enjoy listening to him The narrator's voice seems just a little condescending and I don't enjoy hearing him, however the book is fantastic!



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