


YOUNGER YOU



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*Unlock the Hidden Power
of Your Brain to Look and
Feel 15 Years Younger*

FOREWORD BY DAVID PERLMUTTER, M.D., FACN
AUTHOR OF *THE BETTER BRAIN BOOK*

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AUTHOR OF *THE EDGE EFFECT*

Eric R. Braverman

Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger



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D. --David Perlmutter, M.D. Focusing on the critical function of hormones made by the mind, Dr. Braverman outlines a totally integrative program to revive hormonal balance and thereby restore readers to a youthful, healthier, and more vital self, regardless of chronological age." --Nicholas Perricone, M. This book isn't just for us, but for our children, who is able to make changes to their diet and lifestyle today and reap the rewards later., FACN, Bestselling author of 7 Secrets to Beauty, Wellness, and Longevity, The Perricone Weight-Loss Diet plan, The Perricone Promise, The Perricone Prescription, and The Wrinkle Cure "Younger You can be an interesting and logical method of preventing, diagnosing, and modifying the aging process." Braverman says, we have been only as early as our oldest component. ", Rossi Distinguished Professor of Clinical Medication, NY Hospital Weil Cornell Medical Center, and writer of Live Now, Age group Later, Power to the Patient, and Doctor, What Should I Eat? "Just simply because Dr.--Isadore Rosenfeld, M.D."from the inside out. Break the aging code and experience 15 years younger—, FACN, Director, Perlmutter Health Center and writer of The Better Human brain Book For more information visit YoungerYouBook.com.



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An amazing book with great insight for healthy eating An amazing book with great insight for healthful eating. Adopting a few of the teachings in this publication has made me experience and think better. changed my life I first browse Susan Sommer's book breakthrough. this is an extremely boring read. Eric Braverman in her publication, so I ordered his book. Both of these books were so beneficial to me to understand what's happening in my body, what things to eat and not eat, adjustments in my life-style for a healthier body and mind, and so much more! Braverman has written a very important book on how best to improve your brain activity. oh, I also became popular 30 lbs in the process of my changes. My whole family took his ensure that you found out where we have been deficient and it helped us to learn what we are in need of and how natural teas and correct diet can transform our life. Four Stars Good information. Dr Eric Braverman may be the head to guy for living well What Dr. Braverman reveals about human brain function and how it effects your moods and diet plan is awesome. I feel and look years younger and everyone informs me the same. disappointing. Doesnt hold back, lots of info Lots of good info, just research the suggestions against the Physicians Desk Reference to make surethere are no interactions with your condition/meds. Two Stars Nothing new here. She stated and talks with Dr. I believe I possibly could find better info searching the web. A great reserve for anyone with memory problems. Five Stars great Five Stars Factual information! I produced several of the adjustments they suggested starting 12 months ago, I am thinking better, feeling so far better, excerising easier, happier with the full total new me now. not worth the amount of money. A great reserve for anyone with memory problems Dr. Great Book, very helpful Bought it used, learned 2 of my systems are totally out of whack when We took the test. Now I can tell my PCP what I NEED Perfect for myself. Perfect for myself. Three Stars NEARLY WHAT I EXPECTED



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