

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

Perlmutter, David, author

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Abstrak

Loss of memory is not a natural part of aging-and this book explains why.

Celebrated neurologist David Perlmutter reveals how everyday memory-loss-misplacing car keys, forgetting a name, losing concentration in meetings-is actually a warning sign of a distressed brain. Here he offers a simple plan for repairing those problems, and regaining and maintaining clarity by offering the 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, brain boosting exercises, and a food and supplement program.

Author Biography: David Perlmutter, M.D., is a board-certified neurologist, is a leader in the field of complementary medicine. His scientific publications have appeared in The Journal of the American Medical Association and The Journal of Neurosurgery. In addition to founding the Perlmutter Health Center, he is host of the medical television series LifeGuide with David Perlmutter, M.D.

Carol Colman is the New York Times bestselling co-author of Curves.