



Why Isn't My Brain Working?: A Revolutionary Understanding of Brain Decline and Effective Strategies to Recover Your Brain's Health

Dr. Datis Kharrazian

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Losing your memory? Can't focus or concentrate? Do you have brain fog or tire easily? Have you lost your zest for life or motivation? Do people tell you this is all a normal part of aging? If so, your brain may be growing old too fast, or degenerating. Modern diets, a stressful lifestyle, and environmental toxins all take their toll on the brain. This doesn't just happen to seniors-brain disorders and degeneration are on the rise for young and old alike. The good news is the brain is extremely adaptable and wants to get well. You simply have to know how to feed and care for your brain. How do you know if your brain isn't working? See if some of these signs and symptoms of brain degeneration apply to you: Memory loss • brain fog • depression • anxiety • difficulty learning • lack of motivation, drive, or passion • tire easily • poor focus and concentration • fatigue in response to certain chemicals or foods Brain degeneration affects millions of Americans of all ages. The destruction sets in years or even decades before Alzheimer's, Parkinson's, multiple sclerosis, or other serious neurological diseases can be diagnosed. Learn how to spot brain degeneration and stop it before it's too late. Why Isn't My Brain Working? will teach you strategies to save and improve brain function. You will learn how simple diet and lifestyle changes and nutritional therapy can profoundly impact your brain health and thus the quality of your life. Don't waste another day wondering why your brain is not working. Learn what you can and should do about it. Why Isn't My Brain Working? harnesses cutting-edge scientific research for safe, simple, and truly effective solutions to declining brain function.

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William Perez:

The book Why Isn't My Brain Working?: A Revolutionary Understanding of Brain Decline and Effective Strategies to Recover Your Brain's Health has a lot of knowledge on it. So when you read this book you can get a lot of advantage. The book was written by the very famous author. This articles author makes some research previous to write this book. That book very easy to read you can get the point easily after scanning this book.

Carolyn Franklin:

Playing with family in a very park, coming to see the water world or hanging out with close friends is thing that usually you could have done when you have spare time, subsequently why you don't try thing that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Why Isn't My Brain Working?: A Revolutionary Understanding of Brain Decline and Effective Strategies to Recover Your Brain's Health, you could enjoy both. It is excellent combination right, you still want to miss it? What kind of hangout type is it? Oh seriously its mind hangout fellas. What? Still don't understand it, oh come on its referred to as reading friends.

Daniel Bryant:

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