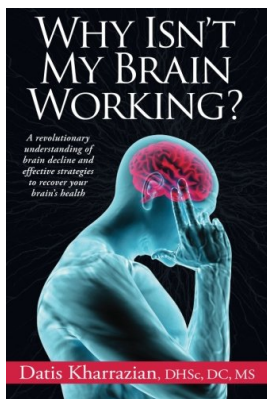


[PDF] Why Isn't My Brain Working?: A Revolutionary Understanding Of Brain Decline And Effective Strategies To Recover Your Brain's Health

Dr. Datis Kharrazian - pdf download free book



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Description:

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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