



The Better Brain Book

David Perlmutter, Carol Colman

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From the author of the #1 *New York Times* bestseller *Grain Brain* and *New York Times* bestseller *Brain Maker*...

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 and Carol Colman offer a simple plan for repairing those problems, clarifying misconstrued connections between memory loss and aging, and regaining and maintaining mental 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, a brain fitness program with the most effective ways to exercise your brain, and a nutritional program that details the best brain food and supplements.

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