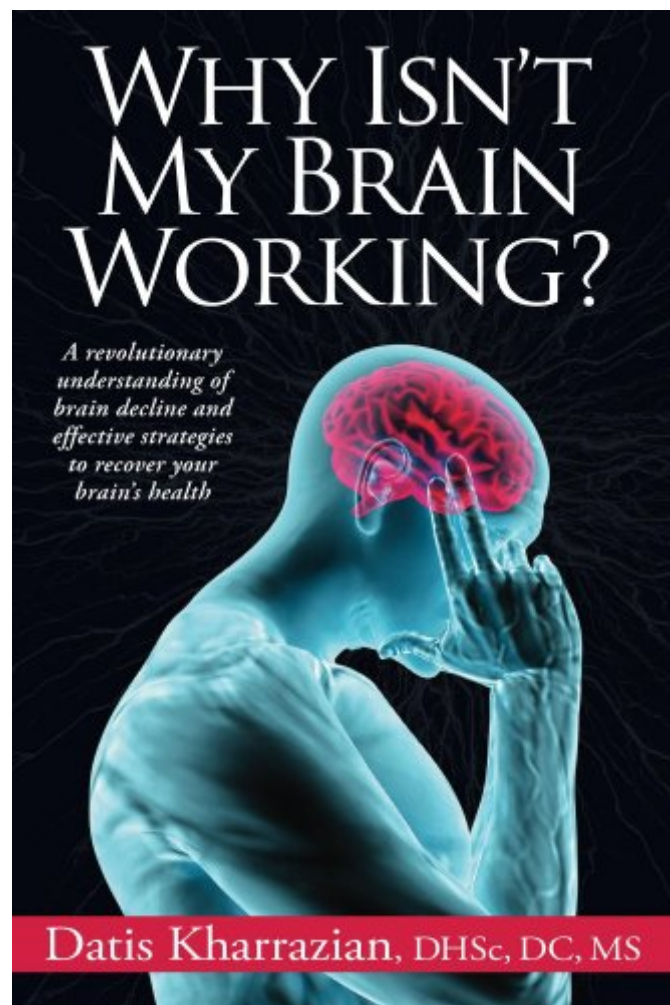


The book was found

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



Synopsis

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 â € brain fog â € depression â € anxiety â € difficulty learning â € lack of motivation, drive, or passion â € tire easily â € poor focus and concentration â € 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.

Book Information

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Customer Reviews

Don't know what you've got til it's gone! In 1992, I spent a few weeks with my grandmother in a nursing home following an episode where she stopped her car in the middle of city traffic, got out of the car and sat on the curb. The police stopped by and asked her what was wrong and she said she was waiting for her husband to pick her up from work. My grandfather had been dead for 12 years at this point. This is when I learned about dementia. Every patient I have spoken to since is terrified of this disease, especially if they have experienced the extreme devastation first hand as a care-giver or just seeing your parent's or grandparent's inability to recognize you any longer. There is an overwhelming amount of research supporting why the brain is affected by inflammation, metabolic disorders, and autoimmunity leading toward it's rapid degeneration. This degeneration is what we deal with everyday as people. We see ourselves slowing, missing words, developing constipation, constantly stressed, chronic fatigue, forgetting where we parked our car or left our phone, dependency on venti stimulants and energy drinks, brain fog, losing enjoyment for the people and activities in our lives. These things we jokingly snicker about with our friends are early signs of brain decay. Many of these are risk factors for development of diseases like Alzheimer's and Parkinson's diseases. However, the brain is out of sight, so therefore out of mind. We have accepted these symptoms as normal so they are not seen as red flag warnings of the slippery slope ahead. Instead, nothing is done for them and more demise continues until one day you are sitting on a curb. Waiting. Waiting for help. Help that should have come decades earlier. Why Isn't My Brain Working?

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