



The Brain Trust Program: A Scientifically Based Three-Part Plan to Improve Memory, Elevate Mood, Enhance Attention, Alleviate Migraine and Menopausal Symptoms, and Boost Mental Energy

Larry McCleary

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A leading neurosurgeon delivers a groundbreaking program for increasing brain function at any age.

The brain, like the muscles, heart, and other organs, is made of flesh and blood and requires proper care to maintain its optimum state of wellbeing. In this remarkable prescription for brain health, Dr. Larry McCleary reveals not only how to forestall the effects of aging but also how to improve brain function.

Taking a unique metabolic approach in his scientifically-based program of prevention and regeneration, Dr. McCleary shows readers how to:

- Assess their risk for memory loss and other cognitive impairment
- Incorporate a comprehensive regimen of a brain-building diet, brain-specific supplements, mental (and physical) exercise, and stress reduction techniques to enhance memory, acuity, and clarity
- Personalize the three-part Brain Trust program for a more dynamic brain from childhood to age 100
- Avoid surprising and common lifestyle pitfalls that may unknowingly damage brain cells
- Relieve or greatly reduce migraines, hot flashes, and hearing loss



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From reader reviews:

Fred Green:

In this 21st one hundred year, people become competitive in every single way. By being competitive now, people have do something to make them survives, being in the middle of often the crowded place and notice by surrounding. One thing that often many people have underestimated it for a while is reading. Yeah, by reading a book your ability to survive improve then having chance to endure than other is high. For you who want to start reading some sort of book, we give you that The Brain Trust Program: A Scientifically Based Three-Part Plan to Improve Memory, Elevate Mood, Enhance Attention, Alleviate Migraine and Menopausal Symptoms, and Boost Mental Energy book as basic and daily reading book. Why, because this book is more than just a book.

Chery Taylor:

In this age globalization it is important to someone to get information. The information will make a professional understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. The particular book that recommended to your account is The Brain Trust Program: A Scientifically Based Three-Part Plan to Improve Memory, Elevate Mood, Enhance Attention, Alleviate Migraine and Menopausal Symptoms, and Boost Mental Energy this e-book consist a lot of the information in the condition of this world now. This book was represented how does the world has grown up. The dialect styles that writer use to explain it is easy to understand. The particular writer made some analysis when he makes this book. That is why this book appropriate all of you.

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