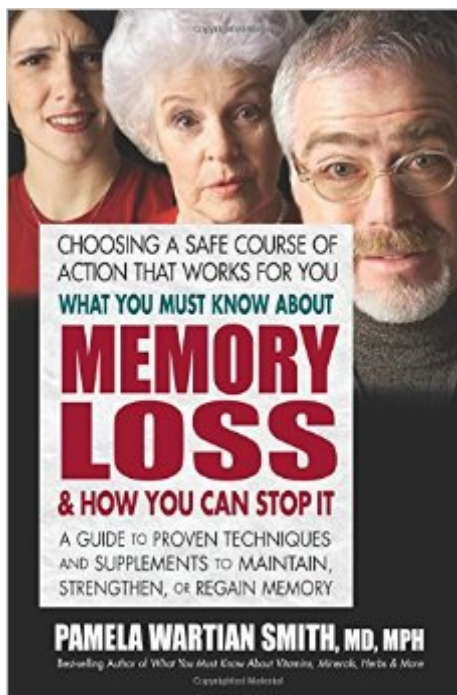


The book was found

# What You Must Know About Memory Loss & How You Can Stop It: A Guide To Proven Techniques And Supplements To Maintain, Strengthen, Or Regain Memory



## Synopsis

Leave it to one of America's best-selling physician/authors to tackle one of the country's fastest-growing health concerns. With over 77 million baby boomers living in the U.S., memory loss is quickly becoming a major issue. Although the common belief is that these irritating lapses in the ability to remember are a normal part of aging, current scientific research indicates otherwise. In fact, there are a number of reasons these lapses can occur. The good news is that once we understand why, we can actually restore and even strengthen our mental acuity. In her new book, *What You Must Know About Memory Loss & How You Can Stop It*, Dr. Pamela Wartian Smith explains why we forget things and what we can do to not only reverse the problem, but also enhance our ability to focus, concentrate, and comprehend. Dr. Smith begins by discussing why it is important not to simply accept memory loss as a normal part of aging. She then presents an in-depth look at the most common causes of these lapses in memory • nutritional deficiencies, hormonal imbalances, toxic overload, poor blood circulation, and lack of physical and mental exercise. She begins each section with a questionnaire to determine if the test taker's memory may be affected by that particular cause. The author then details how that cause is involved in impaired memory, as well as a host of other mental issues ranging from insomnia to personality changes. Dr. Smith follows each discussion with a list of proven remedies to correct each issue. Also included in the book is a special section on recognizing and dealing with severe memory loss. While the pharmaceutical companies continue to look for that one magical bullet • to reverse memory loss, the fact is that there are numerous scientifically valid treatments available to address this growing concern. Dr. Smith empowers her readers to avoid an unnecessary part of aging by offering simple and effective solutions.

## Book Information

Paperback: 240 pages

Publisher: Square One; 1 edition (January 1, 2014)

Language: English

ISBN-10: 0757003869

ISBN-13: 978-0757003868

Product Dimensions: 6 x 1.2 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (10 customer reviews)

Best Sellers Rank: #299,657 in Books (See Top 100 in Books) #130 in Books > Health, Fitness &

Dieting > Nutrition > Vitamins & Supplements #223 inÂ Books > Self-Help > Memory Improvement  
#244 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

## Customer Reviews

Great overview for the general public on a topic that will affect all of our families. The American diet has led to more issues with obesity which leads to diabetes and as we age issues with our brain. Read this to learn what it door next for a lived one to prevent progression of the issue of memory loss  
John R Baird, MD

Purchased for a gift.

Very good read. Informative.

Great book!

Very good

[Download to continue reading...](#)

What You Must Know About Memory Loss & How You Can Stop It: A Guide to Proven Techniques and Supplements to Maintain, Strengthen, or Regain Memory The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Stop Smoking: Stop Smoking Fast: 15 Steps to Stop Smoking: A Proven Step-by-Step Guide to Naturally Quit Smoking Cigarettes for Life (Quit Smoking Method) The Ultimate Guide to Sex After Fifty: How to Maintain &#150; or Regain &#150; a Spicy, Satisfying Sex Life What You Must Know About Food and Supplements for Optimal Vision Care: Ocular Nutrition

Handbook Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) The Ultimate Hair Loss Cure: How To Stop Balding And Regain Hair Growth In 30 Days Or Less The Ayurveda Hair Loss Cure: Preventing Hair Loss and Reversing Healthy Hair Growth For Life Through Proven Ayurvedic Remedies (Ayurveda Medicine, Hair ... Diet, Hair Loss Diet, Hair Loss Sollutions) Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) Brain Supplements: Everything You Need to Know About Nootropics to Improve Memory, Cognition and Mental Performance Hair Loss and the Big Pharma - The Ultimate Guide on Avoiding Frauds, Disinformation and Bad Medicine (Hair Loss Cure, Hair Loss Nutrition, Hair Loss Solutions, Hair Loss Alopecia, Alopecia Areata) How To Stop Hair Loss Naturally: Learn various ways to stop your hair loss and regrow your hair without the use of expensive and harmful drugs Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) The Everything Post Weight Loss Surgery Cookbook: All you need to meet and maintain your weight loss goals

[Dmca](#)