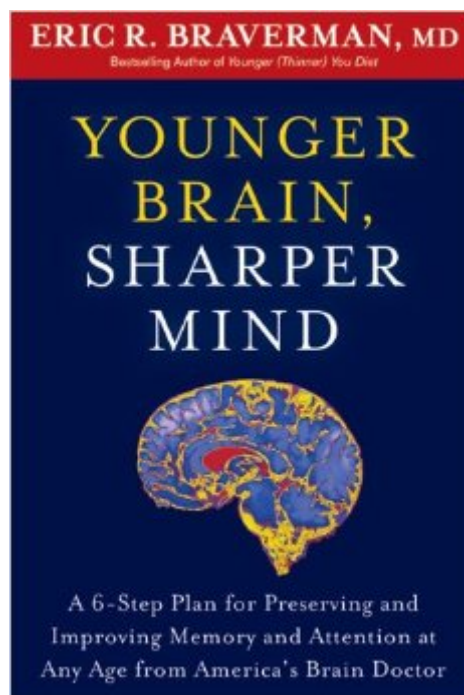


The book was found

Younger Brain, Sharper Mind: A 6-Step Plan For Preserving And Improving Memory And Attention At Any Age From America's Brain Doctor



Synopsis

No one can avoid gray hair and wrinkles, but what about preventing the brain from aging? Dr. Eric Braverman, "America's Brain Doctor" and bestselling author has created a simple, science-based plan that can help prevent the worst mental side effects of aging: memory loss, cognitive decline, and mood changes. Dr. Braverman distills 35 years of research and clinical experience into a 6-step program that helps spur neurogenesis: growing new brain cells as one ages. By following the plan, readers can self-detect cognitive decline, reverse it, and boost the brain's power and speed. In *Younger Brain, Sharper Mind*, readers will discover:

- The Braverman Brain Advantage Test • a fast and simple way to assess attention span, memory, and cognitive function
- Special foods scientifically proven to support brain function
- A comprehensive set of exercises • for both body and brain
- designed to keep readers healthy and functioning at a high level even as the years go by

Book Information

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Customer Reviews

I received an early copy of this book. I've read many books on brain and health and this is one of the best brain health books you are going to find. Braverman provides in-depth and very helpful information on how to recover and maintain a younger brain and top cognitive performance. The book covers what I consider all the important areas including ones that many authors ignore such as hormones and drugs. It includes a self assessment test to help you figure out what areas you need to work on as well as a lot of information you can provide doctors or other medical

professionals. I've read some of Dr. Braverman's other books and I think this book is his best. Highly recommended. The table of contents listed below will give you an idea of what is covered in the book since the "Search Inside" feature is not available for this book. PART I: A BALANCED

BRAIN
Chapter 1: Brain Basics: What's Going On Inside Your Head
Chapter 2: The Causes of Cognitive Decline
Chapter 3: Identifying Personality and Mood Changes
Chapter 4: Identifying Memory Problems
Chapter 5: Identifying Attention Problems
Chapter 6: Identifying IQ Types
PART II: THE BRAVERMAN PROTOCOL
Chapter 7: Step One: Early Testing
Chapter 8: Step Two: Smart Lifestyle Changes
Chapter 9: Step Three: Diet and Nutrition for a Younger, Smarter You
Chapter 10: Step Four: Exercises That Boost Your Brain
Chapter 11: Step Five: Natural Hormones to Jump-Start Quick Thinking
Chapter 12: Step Six: Brain-Balancing Medications
PART III: YOUR BRAIN, YOUR BODY
Chapter 13: Reversing Disease Makes You Smarter
Chapter 14: The Daily Smarts

There is a lot of good information in this book. It is well written and explanatory. The author is an MD so I view the information as creditable. There are also practical tests that one can take so see where there might be a problem. I definitely recommend this book to anyone looking for answers to ADD, Alzheimers disease, dementias and other health issues as related to the brain. You will be surprised at how diet, physical exercise and mental exercise and the lack of can affect the brain.

I would first read, Abram Hoffer's book, 'Orthomolecular Medicine for Everyone' then 'Orthomolecular Psychiatry', then this book. Braverman omits much of research of Linus Pauling and Hoffer, but does a good job of extending Orthomolecular treatment of patients using some novel non-pharmacological techniques. Hoffer was a PHD in Biochemistry with grad degrees in Nutrition, Ag engineering/Ag Chemistry, an MD who practiced psychiatry and general medicine. Pauling was a triple PHD and double Nobel Prize winner. Hoffer and Pauling established the powerful fields of natural healing in western medicine of Orthomolecular Nutrition, Orthomolecular Medicine and Orthomolecular Psychiatry. Braverman fails to mention that Hoffer found out how to reverse Alzheimers/Dementia and treat depression, alcohol/drug/food addiction, and schizophrenia. In particular see Hoffer/Walkers book 'Smart Nutrients' on the brain and how to maintain brain health. It is far, far more comprehensive than this book, and far lower in cost!! Unfortunately Hoffer died along with Pauling 10 years back. Hoffer was simply the greatest Physician since Jesus Christ.

I have seen Dr. Braverman and read his books for some time now, and highly respect him. He is not just a brilliant mind but a truly good person, with a heart for helping and encouraging people. His

understanding of the brain and the importance of keeping it healthy and functioning well has been too long in coming. His writing is very understandable to the average mind.

This book is so informative. My whole family has done the testing in the back of the book and started on the supplements that it ask for and we all feel better with the information that we are taking in. We are also remembering information from when we are kids. Has been tons of fun for my family to hear stories of when their parents were kids. Great Book!

I am disappointed by it. I heard the author speak several times before at various anti-aging conferences and also read other books from him. This book has several mistakes (references do not fit the text etc.). He also uses heavy conventional drugs when he knows from the anti-aging literature that there are equally effective, but less toxic alternatives. I would not waste my time reading it.

This book does lay out effective practices for improving your cognitive functions. The author clearly explains different types of cognitive decline and how to address each one of them. The diet he recommends is essentially a ZONE diet, which I agree, it is the best diet going for cognitive function. In regards to exercise, he basically says to perform both cardio and resistance training getting a preferable hour of exercise each day. The reason I only gave four stars and considered three stars was because his book talked a lot of hormones that in my opinion aren't really practical for addressing cognitive decline. While some of them are very closely related to cognitive functions, the others were a bit of a stretch and getting access to these medications is even further a stretch. Another big downfall was that he recommends a lot of supplements, and of course he recommends you buy them from him. Since he decided to discuss hormone therapy, he should have clearly explained his recommendations, in regards of levels and the difference between women and men, which he did not. Overall, the book is worth reading to help those that would like to improve their cognitive function, but I would take the supplements and hormone section with a grain of salt.

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