



## Brain Fitness: Anti-Aging to Fight Alzheimers Disease, Supercharge Your Memory, Sharpen Your Intelligence, de-Stress Your Mind, Control Mood Swings, and Much More

By Robert Goldman MD

Main Street Books. Paperback. Book Condition: New. Paperback. 368 pages. Dimensions: 8.1in. x 5.5in. x 1.0in. As medicine continues to increase longevity, it becomes more and more vital for us all to keep the mind healthy and vigorous. As a cofounder and director of the American Academy of Anti-Aging Medicine, Dr. Robert Goldman has at his fingertips all of the latest scientific research on what each of us can do not only to retain all our mental powers as long as we live but also to actually strengthen and improve our mind-power as we age. Now he shares that information, in a laypersons terms, with numerous self-tests, information charts, and quizzes, so that we all can improve memory, sharpen concentration, reduce stress, learn to sleep better, and--above all--ward off the devastation of Alzheimers disease. Goldman discusses the many nutritional supplements, vitamins, minerals, and medications that have been proved to enhance mental fitness, providing specific doses and regimens. But beyond that, he also describes particular exercises and lifestyle techniques designed to sharpen mental acuity. As medicine continues to increase longevity, and it becomes more vital for us all to keep the mind healthy and vigorous, Brain Fitness is destined to become our...



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