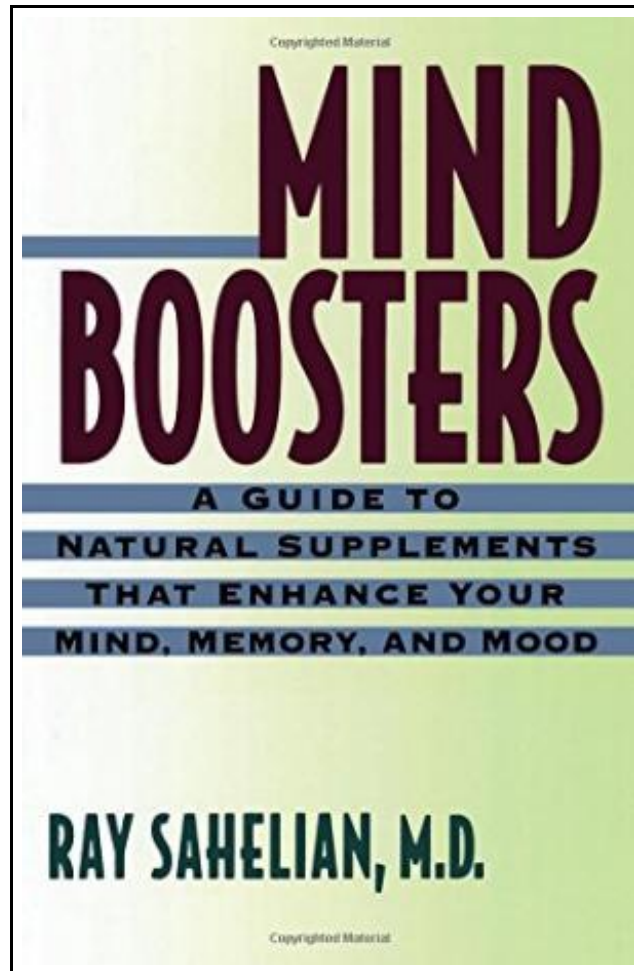


Mind Boosters: A Guide to Natural Supplements That Enhance Your Mind, Memory, and Mood



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Reviews

I actually started off looking at this pdf. It is one of the most amazing pdf i have got read. Once you begin to read the book, it is extremely difficult to leave it before concluding.
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Hachette Children's Group. Paperback. Book Condition: new. BRAND NEW, Mind Boosters: A Guide to Natural Supplements That Enhance Your Mind, Memory, and Mood, Ray Sahelian, Everyone forgets things sometimes. But do you ever feel like you can't keep track of simple things like acquaintances' names, your car keys, and the two things you needed to pick up on the way home? As America's population ages, more and more people are struggling with the fact that their memory and mental power are not that they used to be. Maybe you've tried "exercising" your mind, or maybe you've just started keeping better "to do" lists. But a proven way to improve your mind, memory and mood is to feed your brain the nutrients it needs to function at its peak performance level. Over the past few years, scientists have discovered dozens of new supplements that enhance and sharpen memory, intelligence, vision, and mental performance. In "Mind Boosters," one of the world's most respected nutritional experts examines the very latest research on these breakthrough brain nutrients, amino acids, herbs, and hormones. Along with a scientific and practical evaluation of their benefits and risks, Dr. Sahelian explains how to combine mind-boosting supplements to help patients with Alzheimer's, Parkinson's, depression as well as those with normal age-related mental decline. People of all ages can benefit from the sensible, step-by-step programs tailored to the differing needs of the young, the middle aged and the elderly.



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