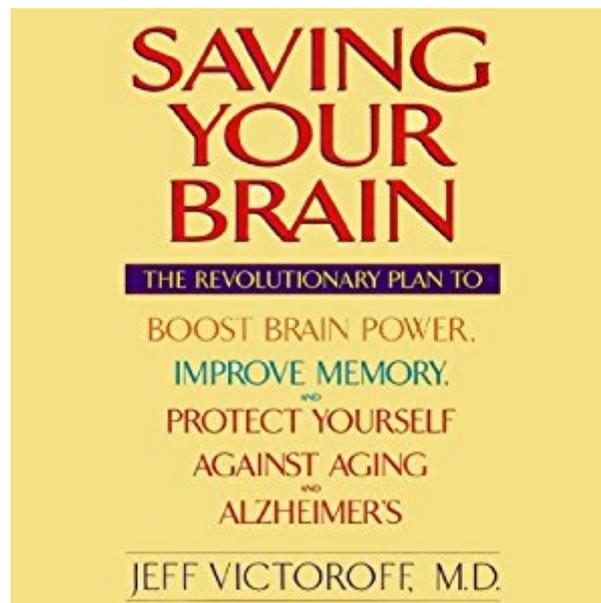


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# Saving Your Brain: The Revolutionary Plan To Boost Brain Power, Improve Memory, And Protect Yourself Against Aging And Alzheimer's



## Synopsis

In this groundbreaking new book, a Harvard-trained neurologist shows how you can attain lifelong mental fitness. Utilizing the latest breakthroughs in research, Dr. Jeff Victoroff has developed a definitive, life-changing plan that provides you with the powerful, scientifically based methods you need to protect your brain from aging and memory loss. Starting today, you too can save your brain. If you are over 40 years old, you already know the bad news: names may be harder to remember; a word may sometimes elude you as you speak; you may sometimes misplace your glasses, your car keys (or even your car!). But medical research is lifting the veil of mystery off the process of brain aging and offering up strong evidence that you do not necessarily have to accept deteriorating brain function as you get older. From the benefits of exercise to the effects of stress relief, from what you eat and drink to the kind of work you do, from the natural substances that are most likely to help to the new medications your doctor can prescribe, this book outlines literally hundreds of preventive measures you can take to keep your mind sharper, stronger, and healthier your whole life. Among the many topics covered in this book are: Amazing new studies revealing who is most likely to get Alzheimer's disease - and how we can all reduce our risk Powerful evidence showing how the Brain-Saving Diet can boost your defenses against memory loss How stress, depression, anger, and low self-esteem can literally threaten the structure of our brains, and what we should all be doing about it The surprising discovery that inflammation is slowly cooking our brain cells, and how we can stop it The two ways you can literally add new brain cells! A book that will change the way you live, eat, and work, Saving Your Brain is a wake-up call to those people who have long since learned the wonders of taking care of their body - and now have the very real chance to provide the same lifesaving care for their brain.

## Book Information

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## Customer Reviews

It is very seldom that I read a book and then decide to start a second reading of it. This book is so good I felt the need to read it twice, to better absorb the information. Of course, having read the description of the maturation stages of the brain, I knew that I would need that second reading to hope to retain as much as a 16 year old would on a first reading. Dr. Victoroff gives you current information on a vital subject. This book was published in July of 2002 and it draws upon over 14,000 studies in the last five years - some from early 2002. He even refers to the impact of the September 11, 2001 tragedy. I especially liked his technique of presenting both point and counterpoint studies for the impact of most of the herbs, hormones, diseases, exercises and general lifestyle factors he describes. He makes it clear when a statement is based on solid facts, when it seems likely based on some but not all studies, and when he is speculating - giving his personal opinion. This type of honesty is sometimes lacking from the medical profession. One of my favorite sections contains a quote from the head of a medical school who tells the incoming students that half of what they are about to learn is false; but that unfortunately, we don't know which half. I came away from this book with a much clearer understanding of how my brain works, what can happen to keep it from working optimally, and what I can do to help protect it. Since the research on herbs and drugs is changing so rapidly, much of this book will be out-of-date within a couple of years. It's my hope that Dr. Victoroff will write frequent revisions to keep us informed about these changes. In 2002, this book is a must-read for anybody with a brain, who wishes to keep it functioning.

Professor Victoroff has given us a wonderful gift of useful information in his new book about health and the human brain. Anyone who has one, should honor their own brain. This book tells us why, and how to do it. The human brain is a supremely fascinating organ that Victoroff likens, in outward structure, to a Tootsie Pop. There are so many connections in a human brain that the number of possible, "Brain states," exceeds all the atoms in the Universe! Victoroff explains why our brains evolved so complexly, in accordance with the rest of our evolving human form. Even those readers, however, who reject the tenets of scientific biology, will eagerly read Victoroff's book for the practical advice it offers about caring for their brains. Victoroff illuminates the aging of the brain, in both normal and abnormal development. Certain brain functions improve with age, while others naturally deteriorate. Certain substances have detrimental, and others have beneficial, effects. Victoroff

follows the up-to-date science, even when it takes him into politically incorrect territory, such as the possible benefits of certain known intoxicants and herbal supplements. He discusses the influence of diet, stress, activity, and thinking on the actual structure of the brain, and comes to conclusions about what we can do to keep our brains fit, useful, happy, and healthy longer. Best of all, Victoroff follows the stylistic traditions of premier popular science writers. He is chatty, personable, self-revealing, friendly, and boundlessly enthusiastic about his topic. Reading this book is like having a friend, a brother even, come visit you and tell what he's been up to. In this case he has a great adventure to narrate - the exciting and important discoveries he's made while exploring what is known about our brains.

The pace of neuro-scientific discovery is rapidly increasing, bringing good news. Among other subjects, this book deals with memory loss and provides 10 practical steps to counteract it. It also provides physical activities to boost brainpower. Part I discusses the brain, memory and diseases like Alzheimer's. Part II provides the various remedies. These include stress management and the use of substances like Growth Hormone, Melatonin and DHEA. The avoidance of Aluminium is discussed here. The section titled Food For Thought includes the Brain Saving Diet and discusses vitamin B12, Folate, Iron, Calcium, Phytochemicals, Essential Fatty Acids, Anti-Oxidants, Smart Drugs (Nootropics) and the benefits of chocolate and tea, which are very real. There are selected references arranged by chapter, an index and black and white illustrations of neurons and synapses. This valuable book complements other informative titles on this subject, like Khalsa's Brain Longevity and Ray Sahelian's Mind Boosters.

Very informative by an outstanding authority on the subject. though much of the information is about the physiology of the nervous system, something that is of no practical interest to the "consumers". Still, amidst the physiology there are very valuable items, and they are worth searching for. For instance, the chapter on the different levels of intellectual stimulation (from the most brain-protecting to least) is exceptionally valuable, and i will try to live accordingly.

I was disappointed with the book, perhaps because I may not be the target audience. I am in my mid 30's, and have realized that my memory is not as sharp as it used to be. Hence my interest in this book - I picked it up hoping for some non-obvious tips on how to slow down deterioration of my brain. Perhaps there was relevant information in this book: if so, it was very difficult to find. Dr. Victoroff appears to have followed the same strategy that many school and college students follow

when writing a paper for which they lack material: state obvious facts, repeat information, present information that is only vaguely relevant, all to ensure that the required "length" requirements are met. This book is far too long. There is too much of information on the physiology of the brain. Many of Dr Victoroff's recommendations appear to be self obvious (eat right, exercise, avoid stress). Had the book been about a third of its size, it might have been interesting. As it is, it is extremely dry. In the end, I ended up skimming thru the book to get to the "juicy" part that could actually help me: unfortunately, I found nothing.

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