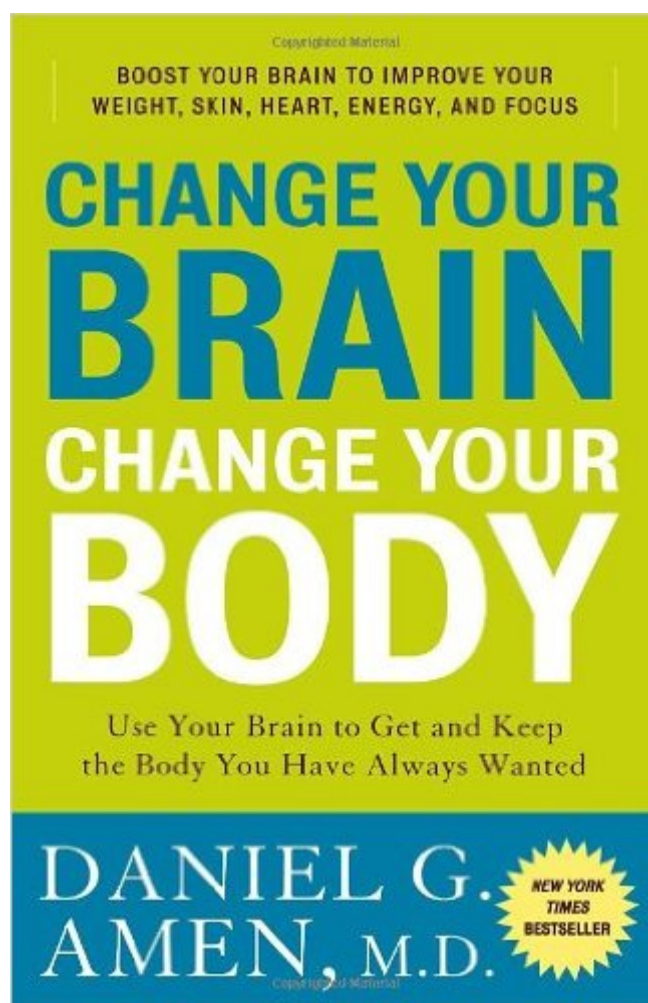


The book was found

Change Your Brain, Change Your Body: Use Your Brain To Get And Keep The Body You Have Always Wanted



Synopsis

The key to a better bodyâin shape, energized, and youthfulâis a healthy brain. Based on the latest medical research, as well as on Dr. Amenâs two decades of clinical practice at the renowned Amen Clinics, where Dr. Amen and his associates pioneered the use of the most advanced brain imaging technology, *Change Your Brain, Change Your Body* shows you how to take the very best care of your brain. With fifteen practical, easy-to-implement solutions involving nutritious foods, natural supplements and vitamins, positive-thinking habits, and, when necessary, highly targeted medications, Dr. Amen shows you how to:

- * Reach and maintain your ideal weight
- * Soothe and smooth your skin at any age
- * Reduce the stress that can impair your immune system
- * Sharpen your memory
- * Increase willpower and eliminate the cravings that keep you from achieving your exercise and diet goals
- * Enhance sexual desire and performance
- * Lower your blood pressure without medication
- * Avoid depression and elevate the enjoyment you take in lifeâs pleasures.

Whether youâre just coming to realize that itâs time to get your body into shape, or are already fit and want to take it to the next level, *Change Your Brain, Change Your Body* is all you need to start putting the power of the brain-body connection to work for you today.

Book Information

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Customer Reviews

Dr Amen is a board certified psychiatrist and is well-informed. He knows what he is talking about. He has read the journals and mastered the textbooks. He has published work in peer-reviewed journals cited in PubMed. The treatments he suggests in this book are only mildly unorthodox and

some of them, such as hypnosis, meditation, relaxation and eye movement desensitization have been shown to be effective and are overly neglected by mainstream medicine. Some of them, such as samE, St John's wort, glycine and omega-3 fatty acids are on the cusp of scientific respectability. "Dr.Amen's Brain and Memory Recovery Solution" and "Dr. Amen's Craving Solution" are perhaps less likely to receive FDA approval, but maybe his application is pending.His diet suggestions are for complex carbohydrates and frequent meals. He is against the Atkins diet. He recommends exercise but avoidance of cycling and skate boarding (because you might bang your head). I think his appeal is not so much because of the treatments he offers but because of the explanations he offers. It can be frustrating for sufferers from severe anxiety or depression to learn that all their blood chemistry and X-rays are perfectly normal. Amen gives the public an organic reason for why they feel mentally bad. Not all of his reasons are totally spurious. Variations in cortisol really can affect feelings of well being. Epinephrine really can produce feelings of anxiety. Thyroid abnormalities really can cause mental symptoms.There is more of a problem with his use of SPECT, which involves injecting a radioactive substance. The SPECT scan has a scientific basis and some valid medical uses. The two major imaging methods for looking at the brain in clinical use are the CAT scan and magnetic resonance imaging (MRI) scan.

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