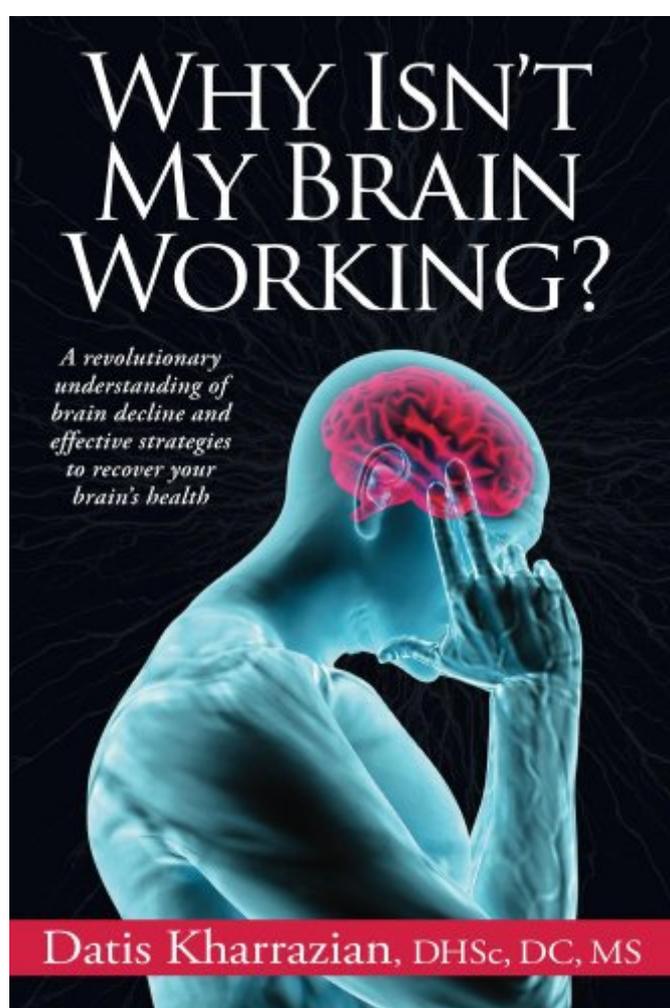


The book was found

Why Isn't My Brain Working?: A Revolutionary Understanding Of Brain Decline And Effective Strategies To Recover Your Brain's Health



Synopsis

Losing your memory? Can't focus or concentrate? Do you have brain fog or tire easily? Have you lost your zest for life or motivation? Do people tell you this is all a normal part of aging? If so, your brain may be growing old too fast, or degenerating. Modern diets, a stressful lifestyle, and environmental toxins all take their toll on the brain. This doesn't just happen to seniors-brain disorders and degeneration are on the rise for young and old alike. The good news is the brain is extremely adaptable and wants to get well. You simply have to know how to feed and care for your brain. How do you know if your brain isn't working? See if some of these signs and symptoms of brain degeneration apply to you: Memory loss & brain fog & depression & anxiety & difficulty learning & lack of motivation, drive, or passion & tire easily & poor focus and concentration & fatigue in response to certain chemicals or foods Brain degeneration affects millions of Americans of all ages. The destruction sets in years or even decades before Alzheimer's, Parkinson's, multiple sclerosis, or other serious neurological diseases can be diagnosed. Learn how to spot brain degeneration and stop it before it's too late. *Why Isn't My Brain Working?* will teach you strategies to save and improve brain function. You will learn how simple diet and lifestyle changes and nutritional therapy can profoundly impact your brain health and thus the quality of your life. Don't waste another day wondering why your brain is not working. Learn what you can and should do about it. *Why Isn't My Brain Working?* harnesses cutting-edge scientific research for safe, simple, and truly effective solutions to declining brain function.

Book Information

File Size: 1598 KB

Print Length: 624 pages

Publisher: Elephant Press (May 1, 2013)

Publication Date: May 1, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00D8N6HBM

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #26,875 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Alzheimer's Disease #21 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #22 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Alternative Therapies

Customer Reviews

Don't know what you've got til it's gone! In 1992, I spent a few weeks with my grandmother in a nursing home following an episode where she stopped her car in the middle of city traffic, got out of the car and sat on the curb. The police stopped by and asked her what was wrong and she said she was waiting for her husband to pick her up from work. My grandfather had been dead for 12 years at this point. This is when I learned about dementia. Every patient I have spoken to since is terrified of this disease, especially if they have experienced the extreme devastation first hand as a care-giver or just seeing your parent's or grandparent's inability to recognize you any longer. There is an overwhelming amount of research supporting why the brain is affected by inflammation, metabolic disorders, and autoimmunity leading toward it's rapid degeneration. This degeneration is what we deal with everyday as people. We see ourselves slowing, missing words, developing constipation, constantly stressed, chronic fatigue, forgetting where we parked our car or left our phone, dependency on venti stimulants and energy drinks, brain fog, losing enjoyment for the people and activities in our lives. These things we jokingly snicker about with our friends are early signs of brain decay. Many of these are risk factors for development of diseases like Alzheimer's and Parkinson's diseases. However, the brain is out of sight, so therefore out of mind. We have accepted these symptoms as normal so they are not seen as red flag warnings of the slippery slope ahead. Instead, nothing is done for them and more demise continues until one day you are sitting on a curb.

Waiting. Waiting for help. Help that should have come decades earlier. Why Isn't My Brain Working?

[Download to continue reading...](#)

Why Isn't My Brain Working?: A revolutionary understanding of brain decline and effective strategies to recover your brain's health
A Cure for Asthma?: What Your Doctor Isn't Telling You--and Why
Heal Your Self: How to Diagnose the Real Cause of your Pain and Recover Full Health Naturally
Teaching Strategies For Health Education And Health Promotion: Working With Patients, Families, And Communities
Social Security Works!: Why Social Security Isn't Going Broke and How Expanding It Will Help Us All
Social Security Works!: Why Social Security Isn't Going Broke and How Expanding It Will Help Us All
Good or God?: Why Good Without God Isn't Enough Why Do I

Still Have Thyroid Symptoms? when My Lab Tests Are Normal: a Revolutionary Breakthrough in Understanding Hashimoto's Disease and Hypothyroidism Understanding Bergson, Understanding Modernism (Understanding Philosophy, Understanding Modernism) Wired for Healing: Remapping the Brain to Recover from Chronic and Mysterious Illnesses The Ultimate Food Allergy Cookbook and Survival Guide: How to Cook with Ease for Food Allergies and Recover Good Health Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Saving Your Brain: The Revolutionary Plan to Boost Brain Power, Improve Memory, and Protect Yourself Against Aging and Alzheimer's Trauma and Memory: Brain and Body in a Search for the Living Past: A Practical Guide for Understanding and Working with Traumatic Memory Innovative Teaching Strategies In Nursing And Related Health Professions (Bradshaw, Innovative Teaching Strategies in Nursing and Related Health Professions) IP6: Nature's Revolutionary Cancer Fighter: Nature's Revolutionary Cancer-Fighter Salvador Allende: Revolutionary Democrat (Revolutionary Lives) Why Him? Why Her?: Finding Real Love By Understanding Your Personality Type When Your Child Hurts: Effective Strategies to Increase Comfort, Reduce Stress, and Break the Cycle of Chronic Pain (Yale University Press Health & Wellness) Unbroken Brain: A Revolutionary New Way of Understanding Addiction

[Dmca](#)