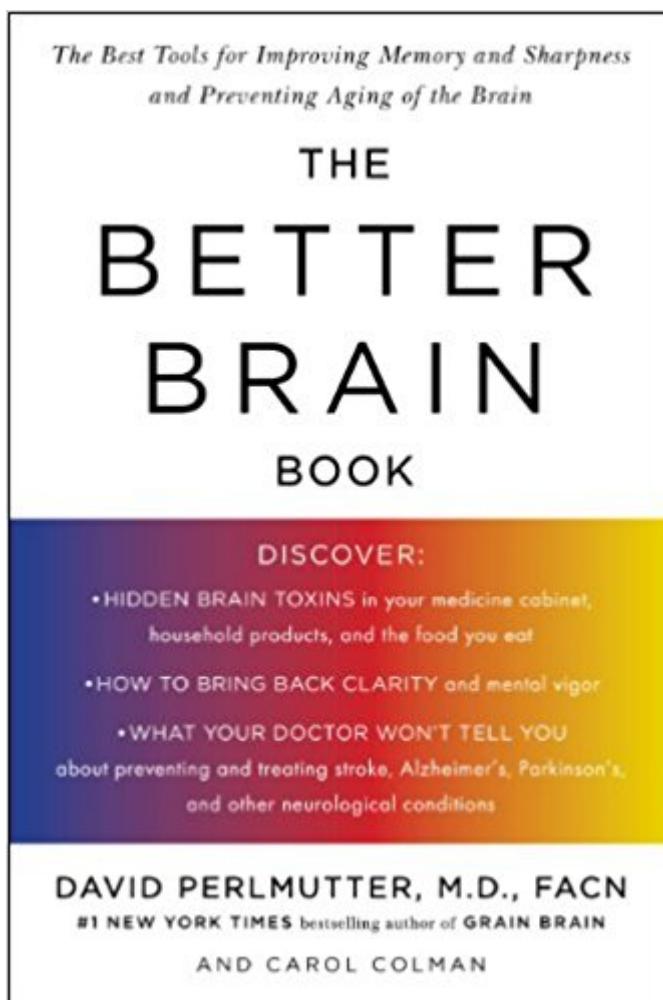


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# The Better Brain Book: The Best Tool For Improving Memory And Sharpness And Preventing Aging Of The Brain



## Synopsis

From the author of the #1 New York Times bestseller *Grain Brain* and New York Times bestseller *Brain Maker*... Loss of memory is not a natural part of aging and this book explains why. Celebrated neurologist David Perlmutter reveals how everyday memory-loss "misplacing car keys, forgetting a name, losing concentration in meetings" is actually a warning sign of a distressed brain. Here he and Carol Colman offer a simple plan for repairing those problems, clarifying misconstrued connections between memory loss and aging, and regaining and maintaining mental clarity by offering the tools for: Building a better brain through nutrition, lifestyle changes, and brain workouts. Coping with specific brain disorders such as stroke, vascular dementia, Alzheimer's, Parkinson's, multiple sclerosis, and Lou Gehrig's disease. Understanding risk factors and individually tailoring a diet and supplementary program. Features a "Life Style Audit," quizzes, a brain fitness program with the most effective ways to exercise your brain, and a nutritional program that details the best brain food and supplements.

## Book Information

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## Customer Reviews

Playing into our culture's obsession with maintaining youthfulness, neurologist Perlmutter and coauthor Colman say the "typical" signs of brain aging "losing your keys, forgetting appointments, having trouble multitasking" aren't necessarily inevitable and are actually preventable. They divide their book into three tiers: factors affecting mental function, tools for developing a better brain and specific brain disorders. Perlmutter, who runs a Florida health center, is quite concerned with showing how brain aging can be prevented and clarity can be regained by making dietary

adjustments. He and Colman also warn of the dangers of using prescription or OTC drugs that may be "interfering with your brain's ability to function at optimal levels." From stomach acid suppressors to antidepressants, medications lower brain antioxidants, they say, leaving dangerous free radicals room to roam. Perlmutter and Colman recommend the usual supplemental solutions, but also pay attention to new memory rejuvenating therapies like hormone replacement. There's also an illuminating chapter on the brain toxins present in the average daily diet (e.g., aluminum and mercury), with advice on how to eliminate them. Although the authors sometimes favor an alarmist tone, their book is an informative explanation of how the brain ages and how it can be protected, and it presents novel, practical ideas. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Praise for The Better Brain Book"This is the first book I've seen that addresses factors that can influence brain health for better or worse." --Andrew Weil, MDÂ Praise for Grain Brain"Dr. Perlmutter outlines an innovative approach to our most fragile organ, the brain. He is an absolute leader in the use of alternative and conventional approaches in the treatment of neurologic disorders. I have referred him patients with wonderful results. He is on the cutting edge and can help change the way we practice medicine." --Mehmet Oz, MD"Dr. Perlmutter takes us on a detailed tour of the destructive effects that 'healthy whole grains' have on our brains. Modern wheat, in particular, is responsible for destroying more brains in this country than all the strokes, car accidents, and head trauma combined. Dr. Perlmutter makes a persuasive case for this wheat-free approach to preserve brain health and functioning, or to begin the process of reversal." --William Davis, MD, author ofÂ Wheat BellyÂ "If you want to boost your brain power, keep your memory, and lift your mood and energy, as well as heal from a host of other common complaints, Dr. Perlmutter is your guide. This is the definitive instruction book for the care and feeding of your brain!" --Mark Hyman, MD, author ofÂ The Blood Sugar Solution"Dementia and many other brain diseases are not inevitable, nor are they genetic. They are directly and powerfully linked to a diet high in sugar and grains.Â Grain BrainÂ not only proves this, it also gives you everything you need to know to protect your brain--or a loved one's--now." --Christiane Northrup, MD, author ofÂ Women's Bodies, Women's Wisdom

Even though this book was written 8 years ago, the information in it still holds true. Much of the research done on dementia, Alzheimer's disease, etc. had been done as early as the 90's, but it was never released to the public. In addition, information on the internet was not as readily available at that time. In September of 2012, I removed my 93 year old mother from a nursing home where

she had been deteriorating until I could get legal guardianship for her. During a period of 8 years that she lived with my aunt and then another 9 months in the nursing home, she had lost her ability to speak, could no longer walk with assistance, and her brain function had been greatly reduced. When she came to live with us, she was completely incontinent (couldn't control bodily functions) and was on 10 medications that included 3 for high blood pressure, 1 for high cholesterol, 1 for low thyroid, 1 for water retention, in addition to a few others. When she came here, I immediately started research on her medications and why they were needed, and also the causes of dementia and what may halt or improve the condition. Through diet and supplements, we gradually eliminated the need for medications, and also started a regimen of supplements to improve brain function. At this point in time, 10 months later, she is not taking any medications at all, and is completely continent. I do caution anyone that might try this, that you need work closely with a physician that does periodic complete blood tests and physicals to monitor results. With supplements I found in my research, we have also increased her ability to speak, but it is not yet 100%. My theory is that once the brain is given what it needs to start reproducing cells, the cells that have been destroyed, and hence the memories and cognitive abilities, must be rebuilt. If given the necessary tools, the brain never stops growing. So destroyed synaptic connections must be rebuilt. In addition to diet and supplements, I have been using iPad applications for speech and memory therapy to rebuild synaptic connections. This book includes and supports the research I have done to support and improve brain function, and does it in a way that the layman can understand. It is very easy to read. Even though medical terms are included, everything is explained in a way that anyone can understand, and with supporting evidence. More recently released research has unveiled more supplements that may be necessary, such as PQQ to rebuild mitochondria, but the information in this book is still solid. So far, this is one of the best books on this subject that I have seen. The only change to information in it is that dosages for severely demented patients may need to be increased in order to see improvement. Since some things can be toxic if overdosed, you really need to do your research. Even so, I think this book is a great starting point. It can give you so many ideas and clues as to what you should research further. Even without further research, this book supplies a sound regimen to improve or maintain your own brain health, or to improve the brain function of one that you love. Dementia is definitely not an end-all. There are measures that you can take to stop the progression of dementia and even improve brain function. I have seen improvement in my mother, and am protecting my own brain with the knowledge that I have to do so. At age 66, I have recently completed an AS degree with a 4.0 GPA. I don't think that's too bad for my age!

My doctor prescribed this for me - said he rest of me was in such good shape at 64 that I better start taking care of my brain since my body was going to last for a while. It's an easy read, and the programs he has put together seem to make sense and are relatively easy to follow.

Basis is good however, after 10 years It needs updating. There are references to healthy grains and unhealthy fats which need amending or qualifying/quantifying

A great book for healthy eating and improving your brain functioning!

Excellent information for anyone who wants to improve brain functioning.

So much great information for eating the rights foods, why, and how they affect your brain health. Wish I had this book when I was 20.

Got it for Mom. She likes it

Good book!

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