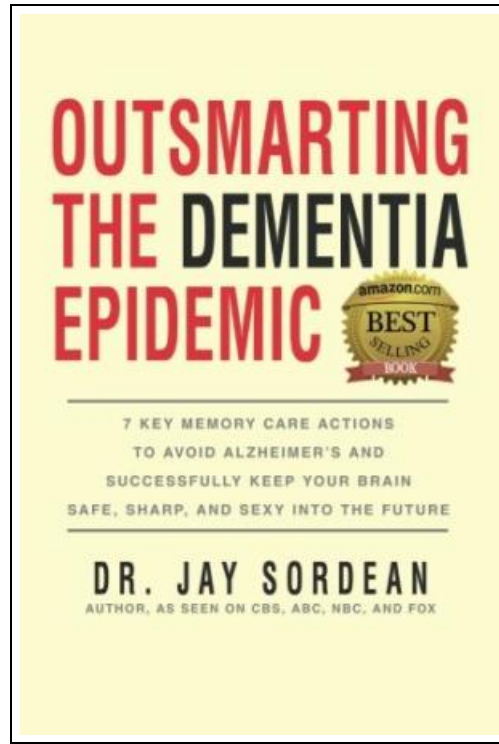


Outsmarting the Dementia Epidemic: 7 Key Memory Care Actions to Avoid Alzheimer's and Successfully Keep Your Brain Safe, Sharp and Sexy Into the Future (Paperback)



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Reviews

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(Libbie Farrell)


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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Invited to appear as an expert on the topic of Alzheimer s and dementia on ABC, CBS, NBC, FOX and CW, Dr. Jay Sordean, LAc, OMD expands upon his segments seen on TV stations all around the country in this concise and purposeful book. Do you believe that your brain is reading this description? If you said Yes! to yourself, that shows you the power that your brain possesses. So would you agree that your brain is your greatest asset and should be treated as such? That is the foundation belief of this book. So how do you go about taking care of your brain as if it is worth more than its weight in diamonds? What are you feeding your body? We have these amazing bodies, and these amazing systems called the brain and nervous system. So if you had a high end car (maybe you do), would you put low grade fuel in it or even would you put dirt and sand in it? Well, of course you wouldn t. So why would you put a steady diet of chips and fast food in your body? It, and your brain, is worth WAY MORE than the most expensive automobile. Interestingly, in the horse racing world, some people feed their horses more expensive food than they feed their children!! That makes no sense at all. Don t you think that your children are worth more than an animal? Of course, a particular food being expensive does not mean that it is necessarily really high quality, but you get what we are talking about. Are you spending lots of time reading about how you take care of your garden and car but are...

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