



Canyon Ranch 30 Days to a Better Brain: A Groundbreaking Program for Improving Your Memory, Concentration, Mood, and Overall Well-Being

By Dr Richard Carmona

Atria Books, United States, 2015. Paperback. Book Condition: New. Reprint. 211 x 140 mm. Language: English . Brand New Book. In this user-friendly guide, Dr. Richard Carmona gives specific, practical advice about optimizing brain function based on the best scientific evidence. I recommend it. (Andrew Weil, author of Healthy Aging and True Food). Synthesizing the cognitive science behind memory, sleep, stress, and addiction, Canyon Ranch s 30 Days to a Better Brain is the definitive guide to caring for your brain during all stages of your life. Dr. Carmona and the experts at America s leading wellness center guide you through the anatomy of the aging brain, how stress and toxins affect your mind, and the importance of sleep, laying out a thirty-day nutrition, exercise, and medical plan to help you achieve optimal brain health. You ll also find answers to all your questions, including how your health is affecting your brain, what foods to eat and what to avoid, whether or not supplements are necessary, what important medical tests to ask your doctor about, and how best to challenge your brain. Also included are techniques for practicing mindfulness, meditation, and spiritual contemplation. The immense benefits of this thirty-day...



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Reviews

This publication is definitely worth purchasing. Yes, it is actually engage in, nevertheless an amazing and interesting literature. You can expect to like just how the author write this publication.

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Unquestionably, this is actually the very best job by any publisher. It really is basic but unexpected situations within the 50 % from the book. I discovered this book from my dad and i advised this publication to discover.

-- **Dr. Willis Walter**