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Brain Food for a Youthful Mind

Dr. Al Sears

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Brain Food for a Youthful Mind Dr. Al Sears
What can you do to protect and nurture your most vital organ, your brain?

This question is often raised by my patients, many of whom have seen their relatives stricken with Alzheimer's and dementia. It's devastating to see family members losing not only their memory, but also their ability to take care of themselves at all.
What can you do to protect and nurture your most vital organ, your brain? This health report will teach you about powerful supplements that will help boost your memory, and other steps you can take to keep your brain young and healthy.

But it's not just the fate of our close relatives that causes concern. How many times have you forgotten names, or searched the house for car keys, or neglected to call someone when you said you would? These slips might seem like the beginning of the mind's inevitable decline, but they don't have to be.

By feeding your brain the nutrients it needs you can offset losses in mental alertness and even improve brain function.

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