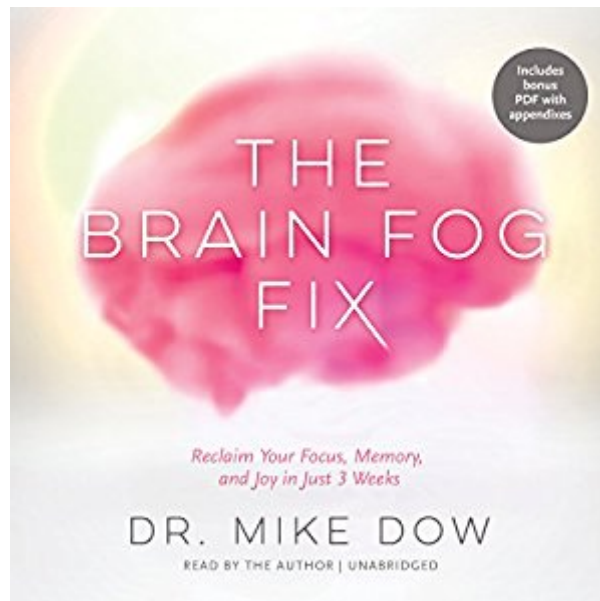


The book was found

The Brain Fog Fix: Reclaim Your Focus, Memory, And Joy In Just 3 Weeks



Synopsis

A new epidemic is sweeping the country. Some people call it ADHD, scatter brain, or brain fog. Some simply say they just don't feel like themselves - and haven't for a long time. People are thinking and feeling worse than ever. Why? Because our brains are not getting the support they need to produce the essential brain chemicals that keep us energized, calm, focused, and inspired. In fact if you look at the way most of us live, it's almost as though we've chosen a lifestyle deliberately intended to undermine our brain chemistry. Fortunately there is a solution. The Brain Fog Fix is a three-week program designed to help you naturally restore three of your brain's most crucial chemicals: serotonin, dopamine, and cortisol. Rebalancing these three brain chemicals will, in turn, enable the rest of your brain's chemistry to reach optimal levels. You will find yourself thinking more clearly, remembering more accurately, learning more quickly, and unleashing the floodgates of your creativity. You will also find yourself feeling more optimistic, calm, energized, connected, and inspired. The good news is that this is easier than you think. Instead of trying to ambitiously overhaul one aspect of your life entirely with some difficult-to-maintain resolution, begin by making small and achievable changes in many different areas of your life. "If I've learned one thing from the thousands of people I've treated, it's that you have to take the whole person into account if you want to think and feel better." (Dr. Mike Dow)

Book Information

Audible Audio Edition

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Audible Audiobooks > Health, Mind & Body > Health #229 in Books > Audible Audiobooks >

Science > Medicine

Customer Reviews

I intended to write my review after 3 weeks of following the Brain Fog Fix plan, but as I read the

book, I quickly realized that I already do everything in this book. I made these changes a few years ago, and they worked incredibly well for me. I'll explain that at the end of my review. I chose this book because my elderly mother saw it discussed on a daytime talk show, and she asked me to buy it and help her follow the plan. Mom has dementia and doesn't realize that she doesn't have the type of brain fog described in this book. The book does discuss dementia, and overcoming brain fog can be helpful in pushing back the onset of dementia for some people. However, my mother is not the target audience for this book. Of course, she doesn't realize that. I had this book in my cart for two weeks, as I was on the fence about it. I was not familiar with Dr Dow because I don't watch daytime TV or reality programming, which he is apparently known for. I wasn't sure if the book would be a wise investment. I accepted the book through Vine, and I'm glad I did. Overall, I believe this book can help many people, and I am living proof that the methods described can make a real difference in ridding brain fog and becoming more productive. This book was written for those of us who have ever fallen into the trap of eating processed foods while ignoring nutrient rich vegetables, and have forgone activity for lives of convenience, or lack of time or energy. The choices we make have a strong bearing on how our brains function, and brain fog is an all too common side effect of the Standard American Diet and lifestyle. These choices can also predetermine our future brain health, which is probably something most of us don't think about. We have more power and control than we realize.

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Relaxation, Focus, and Memory Training: A Guided Brain Health Program (Amen Clinics Audio Learning Series)
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The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior after Brain Injury (A Johns Hopkins Press Health Book)
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