



La salud de tu cerebro: Programa Brain Trust para una mejor salud cerebral (Spanish Edition)

Dr. Larry McCleary

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Revealing not only how to forestall the effects of aging but also how to improve brain function, this scientifically based program of prevention and regeneration explains how to assess an individual's risk for memory loss and other cognitive impairments. A comprehensive regimen of diet, supplements, mental and physical exercise, and stress-reduction techniques is incorporated to enhance memory, acuity, and clarity and significantly reduce the effects of migraines and the symptoms of menopause.

Revelando no sólo cómo combatir los efectos del envejecimiento sino también cómo mejorar el funcionamiento general del cerebro, este programa basado en normas científicas de prevención y regeneración explica cómo determinar el riesgo de un individuo de ser afectado por la pérdida de memoria y otros impedimentos cognitivos. Se incorpora un régimen comprensivo de dieta, suplementos, ejercicio mental y físico y técnicas para reducir el estrés para mejorar la memoria, agudeza y claridad y reducir los efectos de las migrañas y los síntomas de la menopausia.

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