



Memory Solution

Peggy Dace, Julian Whitaker

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Written for people looking to minimize occasional memory loss or simply hone their cognitive skills, The Memory Solution provides an easy-to-follow ten-step program that includes nutritional supplements, diet, exercises, and specific techniques for maintaining and improving cognitive powers. Dr. Julian Whitaker, editor of a popular monthly newsletter on achieving optimal health and longevity, offers basic instruction on the physiology of the brain and discusses what mental changes occur as people age. He identifies possible causes of declining brain function and offers advice on how to minimize risk factors.

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