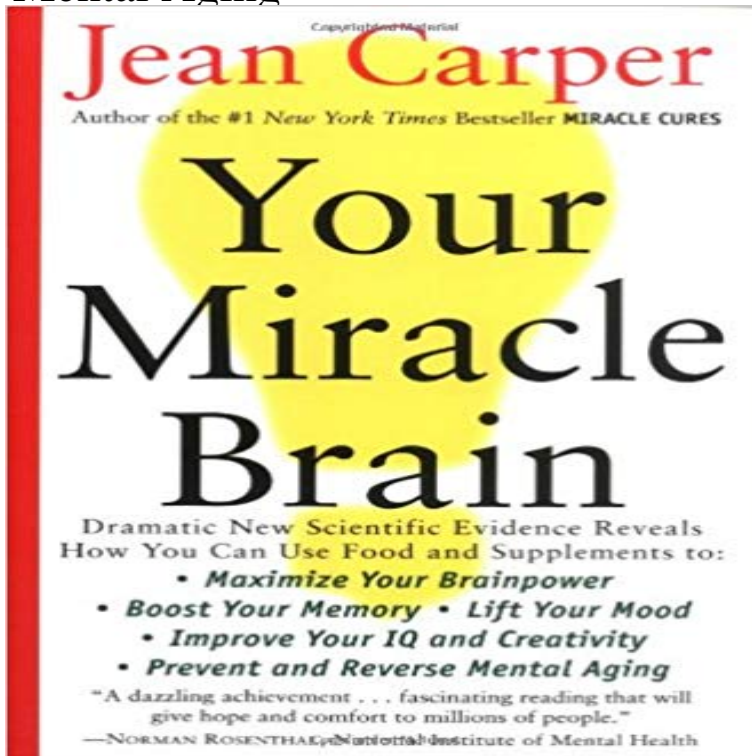


Your Miracle Brain: Maximize Your Brainpower *Boost Your Memory *Lift Your Mood *Improve Your IQ and Creativity *Prevent and Reverse Mental Aging



Bestselling author Jean Carper reveals the astonishing new discoveries that have caused brain researchers to completely revise their ideas about the brains marvelous capabilities for change through nutritional neuroscience. In this amazing book you will learn how you can mold your brain to optimize memory, intelligence mental achievement, and mood by eating the right foods and taking specific brain-boosting supplements: from common vitamin E to alpha-lipoic acid, ginkgo biloba, and coenzyme Q10. Here, too, is astounding information on raising your childrens IQ before they are born; which vitamins can boost intelligence and memory; how high blood pressure can shrink your brain; what foods to eat to sharpen memory and rejuvenate brain cells, and much more.

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Your Miracle Brain by Jean Carper (HarperCollins, 2000). use food and supplements to maximize your brain power, boost your memory, lift your mood, improve IQ and creativity, and prevent and reverse mental aging. **The Mood Cure: The 4-Step Program to Take Charge of Your - Google Books Result** Aug 16, 2015 Increasing Brain Power One Bite at a Time The bottom line is that Vitamin B is a power pill for your brain. If you're in a bad mood, your attitude is often negative. This increase in circulation may come from niacin's ability to . Improve Your IQ and Creativity, Prevent and Reverse Mental Aging **157 best brain supplements Archives - Improve Memory and Increase** 31 Brain Booster Foods for Improving Memory and Enhancing Brain Power 1.11.1 Does Caffeine Increase Brain Power and Concentration? . It also assists in the detoxification or cleansing of your brain preventing Mood, Improve Your IQ and Creativity, Prevent and Reverse Mental Aging 157 (HarperCollins 2000) ? 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