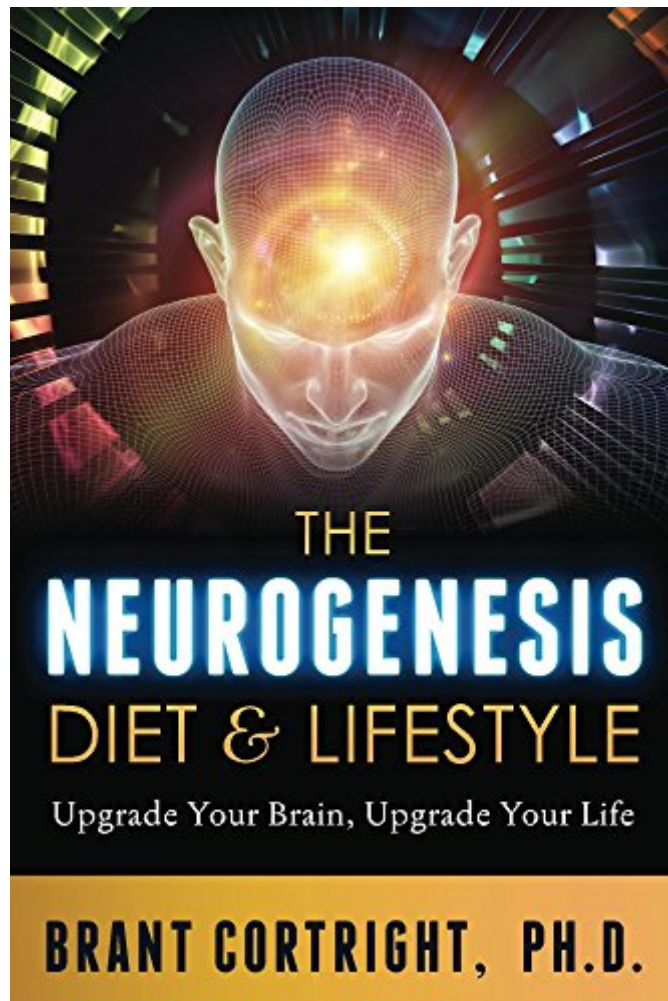


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# The Neurogenesis Diet And Lifestyle: Upgrade Your Brain, Upgrade Your Life



## Synopsis

• #1 International Bestseller, The Neurogenesis Diet and Lifestyle has quickly become an international sensation. The book brings together the latest in neuroscience research to present a new and proven approach to brain health and aging. "The most important book you'll read this year."

• The Neurogenesis Diet and Lifestyle brings together the latest in neuroscience research to present a new and proven view of brain health and aging. Only recently has it been discovered that the brain produces new brain cells throughout our entire lives, a process called neurogenesis. The rate at which we form new brain cells has a profound influence upon every aspect of our life. When the rate of neurogenesis is low, we see cognitive deficits and memory problems, anxiety and stress, depression, and lowered immunity. Life is difficult. With high rates of neurogenesis we see the opposite: enhanced cognitive abilities, rapid learning, emotional resilience, protection from anxiety, stress and depression, heightened immunity and robust health. We flourish. Life is wonderful. Given the neurotoxic norms of society, it's almost universally true that your brain is working far below its capacity. It is deteriorating much faster than it needs to. What good is living longer if your brain can't go the distance? Recent discoveries in the emerging field of neurogenesis reveal the secrets to radically improve your brain's health. You can operate at a higher level than you ever dreamed possible – at any age!

• A revolutionary paradigm shift in brain health and brain aging. "This scientifically validated, 4-point program of diet and lifestyle will:

- Improve your memory and brain power
- Inoculate you against stress and depression
- Prevent or delay cognitive decline, dementia and Alzheimer's
- Enrich your relationships and sex life
- Help you connect with your loving center of peace

This book presents the latest neuroscience discoveries to increase brain power, enhance memory, increase brain fitness by seeing what kinds of brain exercises actually work, and build a better brain. It contains dietary recommendations for brain food, brain vitamins, brain supplements, memory vitamins and memory supplements. "This is the best book to give anyone over 50!"

• This book also spells out the symptoms of dementia, the stages of dementia, signs of cognitive decline and stages of Alzheimer's. The plan presented in The Neurogenesis Diet and Lifestyle will help to ward off cognitive decline and avoid dementia stages. This lifestyle is the only lifestyle for which there is scientific evidence supporting it, based on a late 2014 research study by the Buck Foundation. The Neurogenesis Diet and Lifestyle is aimed at improving how your brain functions. Your rate of neurogenesis may be the most important factor in your brain health. And increasing your rate of neurogenesis by three to five times can result in powerfully improved memory, learning, cognitive enhancement, as well as improved immunity and protection against stress and depression. You can

live and perform well beyond where you are now. For more information, please visit:  
NeurogenesisDiet.com  
Tags: health, fitness, diet, Alzheimer's, brain health, neurogenesis, neuroscience

## Book Information

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## Customer Reviews

The Neurogenesis Diet and Lifestyle: Upgrade Your Brain, Upgrade Your Life  
Dr. Brant Cortright: Ph.D  
The Neurogenesis Revolution is quite compelling as the author begins his book with information that is quite valuable. In order to spotlight what the author is trying to impart to readers I will tell you what I learned and took away from reading this book. â œTo increase neurogenesis is to improve your entire life, how you think, feel and act.â • Strong statement. Within this chapter the author talks about many different breakthroughs in this area. The first being the brain keeps growing new brain cells your entire life. This process of Neurogenesis is how the brain upgrades itself and enhances your quality of life. Up until the last century he writes many scientists believed that as you

get older your brain stops growing. Fortunately for us that is wrong as stated on page 11. In the 1950s the author states that medical science found that the brain: Is more malleable, adaptable and fluid than previously thought. He continues with detailed reasons in this chapter but the one statement that really hits home and will make you smile especially if you are older is : the ability to create new memories-which we do throughout our lives means something new is happening to the brain, suggesting some kind of plasticity and dynamism. A myth that he dispels is the one that many think that our brains stop growing and lose brain cells in our early twenties. The other myth is that aging means cognitive decline and memory loss after middle age life and is just one gradual downhill slide into decrepitude. Thank goodness that is not true. There is a great variation he relates in breakthrough 2 in people's rate of neurogenesis.

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Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle)

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