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Strategies to Recover Your Brain's Health Illustrated by Kharrazian, Dr. Datis (ISBN: 8601420672192) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

Why Isn't My Brain Working?: A Revolutionary Understanding

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If so, your brain may be growing old too fast, or degenerating. Modern diets, a stressful lifestyle, and environmental Page 14/47

toxins all take their toll on the brain. The brain wants to get well

Why Isn't My
Brain Working?
by Dr. Datis
Kharrazian | Dr

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When suffering from brain fog, your brain is Page 15/47

unable to get the nutrients and oxygen that it needs to function properly. It boils down to a circulation issue, which can be caused by not getting enough exercise, or having a somewhat Page 16/47

sedentary A lifestyle. By getting regular exercise, your neural connections increase, and your hormones balance out.

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stressng A Why Isn't My Brain Working? This new book offers a revolutionary understanding of brain decline and effective strategies to recover your brain's... The brain wants to get well. This Page 18/47

doesn't just
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affects ...

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The first sign of neurodegenera tion in the way the brain works is as it starts to degenerate and fail, one of the earliest symptoms is low endurance of the brain, and then that presents as fatique. So when your brain shuts Page 20/47

down, everything shuts down.

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another day wondering why your brain is not working. Learn what you can and should do about it. Why Isn't My Brain Working? harnesses cutting-edge scientific research for safe, simple, Page 22/47

and truly A effective nary solutions to declining brain function.

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and Effective
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Strategies to Recover Your Brain's Health

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When hormones become imbalanced you lose neurotransmitter Page 24/47

activity, which affects how you feel, function and view your life. Hormonal imbalances significantly impact brain brain inflammation and degeneration and considerably speed aging of the brain . And Page 25/47

many, many other items to be considered.

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stressful lifestyle, and environmental toxins all take their toll on the brain. This doesn't just happen to seniors-brain disorders and degeneration are on the rise for young and old alike. The good Page 27/47

news is the brain is extremely adaptable and wants to get well.

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A revolutionary
understanding

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Dr. Kharrazian is the author of Page 28/47

the best-selling book, Why Isn't My Brain Working?, a wellreviewed and an exhaustively referenced book that illustrates Dr. Kharrazian's model for supporting the brain. Dr. Kharrazian has a private practice Page 29/47

in San Diego, California.

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Essentially you will learn how brain degeneration affects every part of your Page 30/47

body (the brain directly control s/oversees many processes, especially digestion). Gut health, reciprocally, can also deeply improve and restore healthy brain function.

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If so, your brain may be growing old too fast, or degenerating. Modern diets, a stressful lifestyle, and environmental toxins all take Page 32/47

their toll on the brain. This doesn't just happen to seniors-brain disorders and degeneration are on the rise for young and old alike.

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by Datis
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Kharrazian Why Isn't My Brain Working? will teach you strategies to save and improve brain function. You will learn how simple diet and lifestyle changes and nutritional therapy can profoundly Page 34/47

impact your brain health and thus the quality of your life. Don't waste another day wondering why your brain is not working. Learn what you can and should do about it.

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