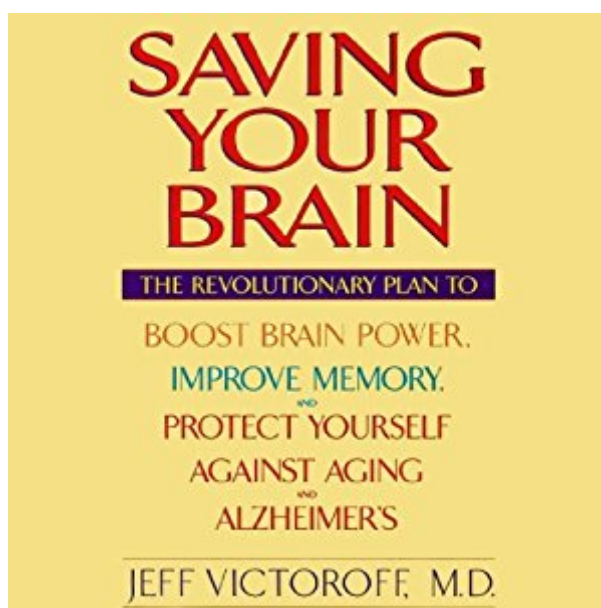


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# Saving Your Brain: The Revolutionary Plan To Boost Brain Power, Improve Memory, And Protect Yourself Against Aging And Alzheimer's



## Synopsis

In this groundbreaking new book, a Harvard-trained neurologist shows how you can attain lifelong mental fitness. Utilizing the latest breakthroughs in research, Dr. Jeff Victoroff has developed a definitive, life-changing plan that provides you with the powerful, scientifically based methods you need to protect your brain from aging and memory loss. Starting today, you too can save your brain. If you are over 40 years old, you already know the bad news: names may be harder to remember; a word may sometimes elude you as you speak; you may sometimes misplace your glasses, your car keys (or even your car!). But medical research is lifting the veil of mystery off the process of brain aging and offering up strong evidence that you do not necessarily have to accept deteriorating brain function as you get older. From the benefits of exercise to the effects of stress relief, from what you eat and drink to the kind of work you do, from the natural substances that are most likely to help to the new medications your doctor can prescribe, this book outlines literally hundreds of preventive measures you can take to keep your mind sharper, stronger, and healthier your whole life. Among the many topics covered in this book are: Amazing new studies revealing who is most likely to get Alzheimer's disease - and how we can all reduce our risk Powerful evidence showing how the Brain-Saving Diet can boost your defenses against memory loss How stress, depression, anger, and low self-esteem can literally threaten the structure of our brains, and what we should all be doing about it The surprising discovery that inflammation is slowly cooking our brain cells, and how we can stop it The two ways you can literally add new brain cells! A book that will change the way you live, eat, and work, Saving Your Brain is a wake-up call to those people who have long since learned the wonders of taking care of their body - and now have the very real chance to provide the same lifesaving care for their brain.

## Book Information

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## Customer Reviews

Very informative by an outstanding authority on the subject.though much of the information is about the physiology of the nervous system, something that is of no practical interest to the "consumers".Still, amidst the physiology there are very valuable items, and they are worth searching for. For instance, the chapter on the different levels of intellectual stimulation (from the most brain-protecting to least) is exceptionally valuable, and i will try to live accordingly.

It is very seldom that I read a book and then decide to start a second reading of it. This book is so good I felt the need to read it twice, to better absorb the information. Of course, having read the description of the maturation stages of the brain, I knew that I would need that second reading to hope to retain as much as a 16 year old would on a first reading.Dr. Victoroff gives you current information on a vital subject. This book was published in July of 2002 and it draws upon over 14,000 studies in the last five years - some from early 2002. He even refers to the impact of the September 11, 2001 tragedy.I especially liked his technique of presenting both point and counterpoint studies for the impact of most of the herbs, hormones, diseases, exercises and general lifestyle factors he describes. He makes it clear when a statement is based on solid facts, when it seems likely based on some but not all studies, and when he is speculating - giving his personal opinion. This type of honesty is sometimes lacking from the medical profession. One of my favorite sections contains a quote from the head of a medical school who tells the incoming students that half of what they are about to learn is false; but that unfortunately, we don't know which half.I came away from this book with a much clearer understanding of how my brain works, what can happen to keep it from working optimally, and what I can do to help protect it.Since the research on herbs and drugs is changing so rapidly, much of this book will be out-of-date within a couple of years. It's my hope that Dr. Victoroff will write frequent revisions to keep us informed about these changes.In 2002, this book is a must-read for anybody with a brain, who wishes to keep it functioning.

Professor Victoroff has given us a wonderful gift of useful information in his new book about health and the human brain. Anyone who has one, should honor their own brain. This book tells us why, and how to do it. The human brain is a supremely fascinating organ that Victoroff likens, in outward structure, to a Tootsie Pop. There are so many connections in a human brain that the number of

possible, "Brain states," exceeds all the atoms in the Universe! Victoroff explains why our brains evolved so complexly, in accordance with the rest of our evolving human form. Even those readers, however, who reject the tenets of scientific biology, will eagerly read Victoroff's book for the practical advice it offers about caring for their brains. Victoroff illuminates the aging of the brain, in both normal and abnormal development. Certain brain functions improve with age, while others naturally deteriorate. Certain substances have detrimental, and others have beneficial, effects. Victoroff follows the up-to-date science, even when it takes him into politically incorrect territory, such as the possible benefits of certain known intoxicants and herbal supplements. He discusses the influence of diet, stress, activity, and thinking on the actual structure of the brain, and comes to conclusions about what we can do to keep our brains fit, useful, happy, and healthy longer. Best of all, Victoroff follows the stylistic traditions of premier popular science writers. He is chatty, personable, self-revealing, friendly, and boundlessly enthusiastic about his topic. Reading this book is like having a friend, a brother even, come visit you and tell what he's been up to. In this case he has a great adventure to narrate - the exciting and important discoveries he's made while exploring what is known about our brains.

This book was ordered for my husband. He has read it nearly cover to cover and found many, many ideas that he is incorporating into his life. I would give it a very big thumbs up.

This book is full of excellent, useful information. Surprisingly, it is also clearly written and fun to read! A must for anybody with a brain.

I regard "Saving Your Brain" as the most highly informative and beneficial book on proper care of our brain and mind of any book I've been privileged to read. Dr. Victoroff is obviously highly educated in biology and neurology, and I believe that his book contains invaluable information about caring for our brains and bodies. He points out that our genes do place constraints on what can be accomplished by each of us, but we can surely improve our chances to have a vibrant and vitally functioning brain and mind into advanced years by living healthfully. I would highly recommend this book as a very good source of information for proper care of the body and brain.

The pace of neuro-scientific discovery is rapidly increasing, bringing good news. Among other subjects, this book deals with memory loss and provides 10 practical steps to counteract it. It also

provides physical activities to boost brainpower. Part I discusses the brain, memory and diseases like Alzheimer's. Part II provides the various remedies. These include stress management and the use of substances like Growth Hormone, Melatonin and DHEA. The avoidance of Aluminium is discussed here. The section titled Food For Thought includes the Brain Saving Diet and discusses vitamin B12, Folate, Iron, Calcium, Phytochemicals, Essential Fatty Acids, Anti-Oxidants, Smart Drugs (Nootropics) and the benefits of chocolate and tea, which are very real. There are selected references arranged by chapter, an index and black and white illustrations of neurons and synapses. This valuable book complements other informative titles on this subject, like Khalsa's Brain Longevity and Ray Sahelian's Mind Boosters.

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Boost Your Brain Power in 60 Seconds: The 4-Week Plan for a Sharper Mind, Better Memory, and Healthier Brain  
The Alzheimer's Prevention Food Guide: A Quick Nutritional Reference to Foods That Nourish and Protect the Brain From Alzheimer's Disease  
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Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle)  
How to Improve Your Memory and Remember Anything: Flash Cards, Memory Palaces, Mnemonics (50+ Powerful Hacks for Amazing Memory Improvement) (The Learning Development Book Series 7)  
Quantum Memory: Learn to Improve Your Memory with The World Memory Champion! Brain Training Exercises to Boost Brain Power: for Improved Memory, Focus and Cognitive Function  
The Total Brain Workout: 450 Puzzles to Sharpen Your Mind, Improve Your Memory & Keep Your Brain Fit  
7 Day Tea Cleanse Diet Plan (FREE BOOK INSIDE): How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week, Flush out Toxins and Improve Your Health  
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