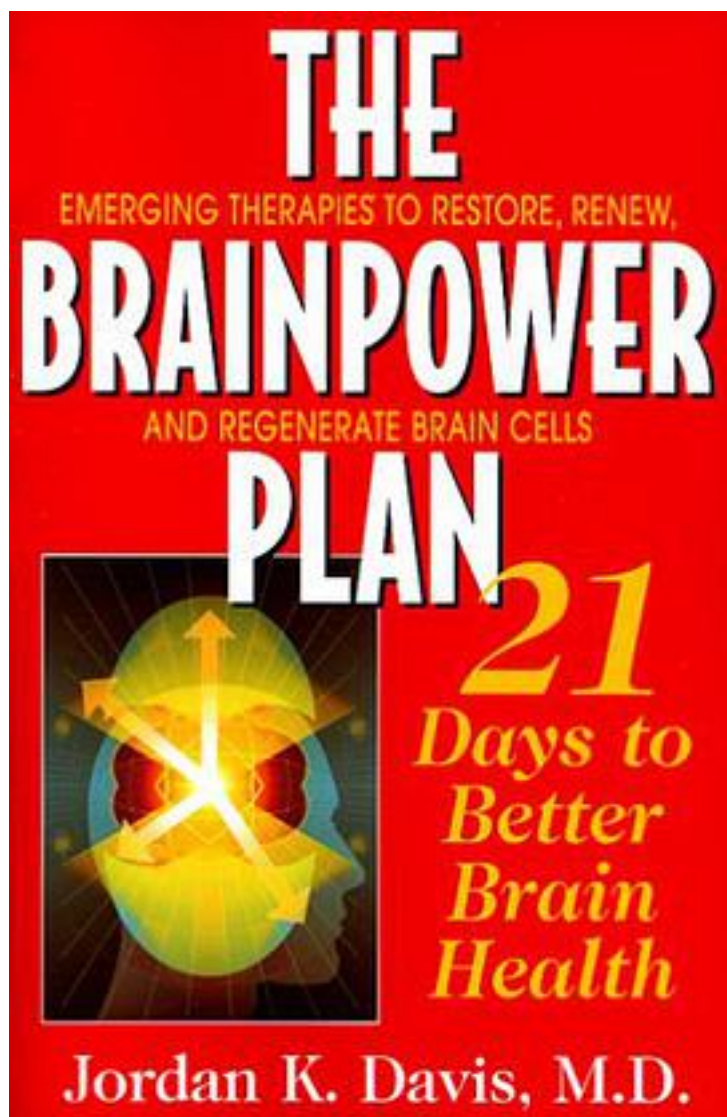


Brainpower Plan



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The human brain consists of more than 100 billion nerve cells (neurons), which die off as people age. Until recently it was believed that these cells did not regenerate, but new scientific findings in the late nineties proved that, to the contrary, the brain has nerve cells capable of dividing and becoming healthy new cells-in fact, regenerating. This astonishing breakthrough has changed the entire landscape of brain research and treatment. And it is this newly discovered ability of the brain to restore, renew, and regenerate that Dr. Jordan K. Davis examines in "The Brainpower Plan." A neurologist who has studied the brain and has treated its dysfunctions for more than thirty years, Dr. Davis puts all the valuable information he has gleaned into this book in order to help the reader avoid the all-too-prevalent, disastrous choices that can diminish the brain's power and, with it, the quality of life. He begins by outlining the brain's structure and the different functions of each part, then discusses the three primary neurological diseases that can befall the brain: strokes, which he calls brain attacks, Alzheimer's and other memory-impairment diseases, and Parkinson's disease. He shows how these are not the unavoidable genetic consequences of the aging process they were previously thought to be, but are, in most cases, treatable and avoidable. Dr. Davis details all the risk factors for these and other diseases and then presents his super strategies for brain health. The doctor is emphatic that optimum nutrition creates a favorable environment for the body to boost its immune system and hereby help prevent degenerative diseases of the internal organs, most critically the brain. By developing this beneficial environment, he says, people can improve not just their overall good health, but also their concentration, their energy level, their cognitive ability, their focus and awareness, and their general feeling of well-being. Justifiably convinced of the efficacy of his Brainpower plan, Dr. Jordan tells readers that, if they take the information and follow his advice, they will see the same improvement many of his patients have already seen within three weeks.

作者介绍:

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