

# The Edge Effect



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出版者:Sterling Pub Co Inc

出版时间:2005-5

装帧:Pap

isbn:9781402722479

The national bestseller, now in paperback! The breakthrough program for reversing and preventing aging, written by a leading medical specialist and media expert, is now available at a popular price.

This could be as close to a fountain of youth as mankind will ever come, the truly scientific answer to how to reverse or prevent the debilitating effects of aging, including memory loss, weight gain, sexual dysfunction, and Alzheimer's.

Dr. Eric Braverman, a leading figure in the practice of brain-body health care, reveals the dramatic impact that proper brain nourishment can have on the quality of our lives. His key to longevity and well-being is balancing the brain's four important neurotransmitters. A simple test determines which of the four is dominant in you, and what you can do to maintain the right balance, by modifying your diet with both foods and natural supplements. Proven effective for thousands of patients in Dr. Braverman's practice, this groundbreaking approach will help anyone make the most of his or her life, free of the major illnesses (such as cancer and heart disease) and minor ailments as well.

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