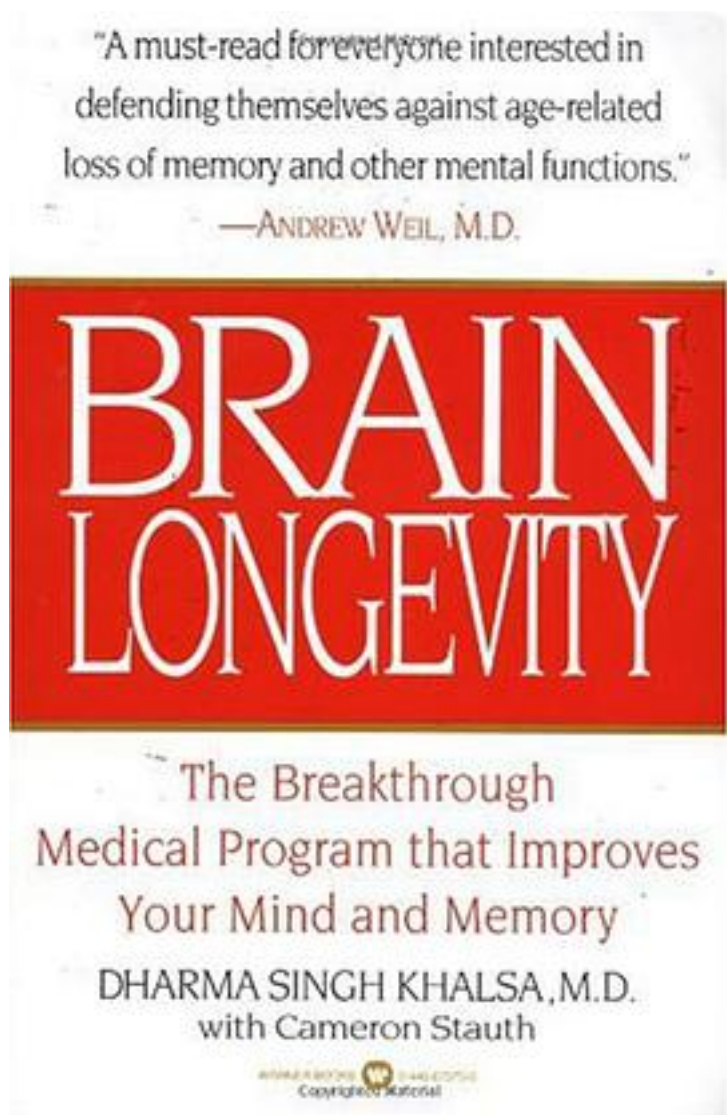


Brain Longevity



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HELP! I'M ONLY 40 YEARS OLD AND I CAN'T REMEMBER A THING!

You took care of your body. You've been taking care of your heart. Now you're a model of health and fitness, but your brain is letting you down. Is there anything you can do to stop the slide into forgetfulness, mental dullness, and mental old age?

Dharma Singh Khalsa, M.D., says there is a lot you can do, from cutting your body's output of the adrenal hormone cortisol -- a substance proven to be toxic to human brain cells in excessive concentrations -- to making the powerful connection between a happy spirit and a well-functioning mind. In a book full of great news, dramatic scientific evidence of ancient truths, and practical help, you will learn:

- how brain-specific supplements such as coenzyme Q-10, phosphatidyl serine, and Gingko biloba can increase short-term memory power
- which nutrients, antioxidants, and supplements help "feed" your neurotransmitters
- how to increase your body's production of melatonin with mind-body exercises
- how to improve your sexual life for a healthier and sharper mind
- which medications work best and which ones to avoid.

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