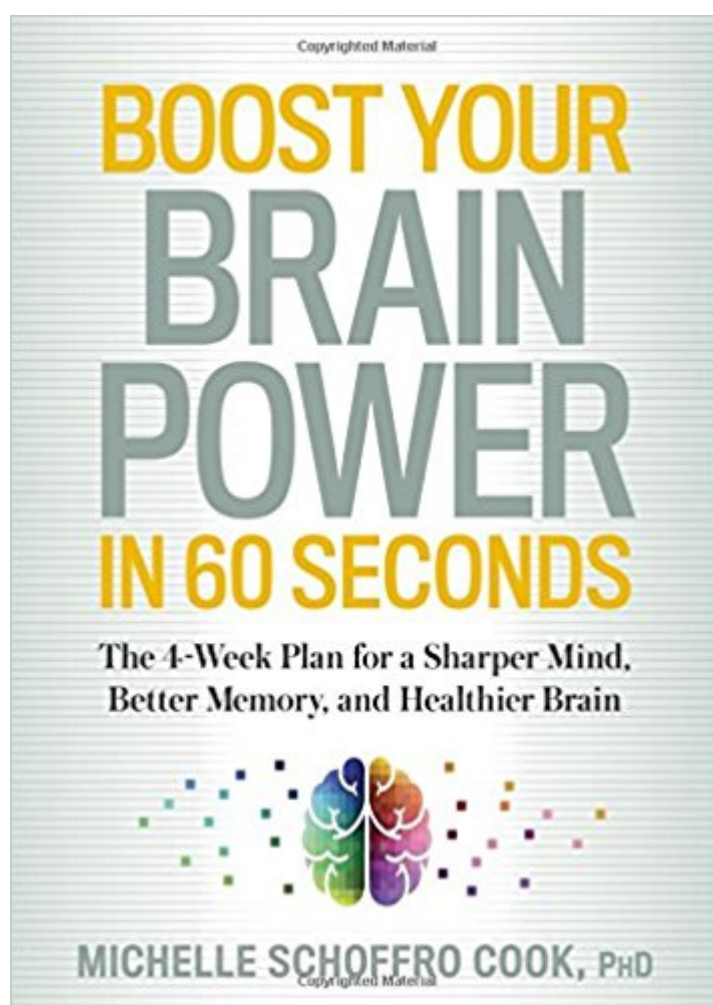


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Boost Your Brain Power In 60 Seconds: The 4-Week Plan For A Sharper Mind, Better Memory, And Healthier Brain



Synopsis

Scientists predict that within 8 years, brain disease will kill or disable more people than cancer and heart disease combined. Given this shocking new research, we urgently need to know how to protect and improve our brain health. In *Boost Your Brain Power in 60 Seconds*, Dr. Michelle Schoffro Cook aims to turn this prediction around with her prescriptive and proven plan. Several years ago, Dr. Cook was in a terrible car accident in which she suffered a brain injury, resulting in cognitive impairment, partial paralysis in her left arm, and severe migraines. Utilizing her expertise in natural medicine, Dr. Cook developed a program that improved her memory, cured her migraines, and reversed her arm paralysis. After her recovery, she continued to research natural methods to improve memory, reduce memory loss, and prevent degenerative brain diseases. *Boost Your Brain Power in 60 Seconds* is an easy, customizable, 4-week plan filled with fun, doable tips you can execute in just 60 seconds a day, including 50 delicious recipes featuring brain-boosting superfoods, encouraging success stories, and a self-assessment quiz.

Book Information

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Memory Improvement #303 in Books > Health, Fitness & Dieting > Diseases & Physical

Ailments > Nervous System #1104 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

Michelle Schoffro Cook, PhD, holds advanced degrees in natural health and holistic nutrition and has been featured in *Woman's World*, *First for Women*, the *Huffington Post*, and more. She is a regular blogger for HealthySurvivalist.com, Care2.com, and WorldsHealthiestDiet.com. She lives in Alberta, Canada.

This book is amazing. It contains all kinds of great information and I can't recommend it highly enough. Michelle Schoffro Cook has once again delivered as promised.

The capsules work wonders as antiinflammatories,

Can't wait to get the audio version!

Easy, informative read.

I like the content. Still need to read. Should not have to rate prior to reading. Doesn't take a healthy brain to realize that :)

This is a great book and I would recommend it to anyone looking for the latest science in brain health. It is packed with information but it is presented in a highly entertaining way. I don't understand the person who dismissed it because it was not full of memory games. There is a difference between memory and brain health. Memory is just one function of the brain and the information in this book tells you how to improve memory and all other brain functions. I counted...there are at least 200 pages of brain health information before the recipes begin so I don't understand that complaint. Plus the recipes are amazing. I used this plan and it has helped by health, my memory and even my digestion. Highly recommended.

This is basically a cook book. It is not what I thought it would be. I thought it was going to be brain boosting ideas such as games etc. I am very sorry I got this book.

Most material in the book is already known by the public so not much new. I also thought it might have brain exercises or brain games but it doesn't. Mostly about food (thus cookbook.) Also, some big omissions that the author should have included. For example, ginkgo biloba may be good for some things but when I was about to go into surgery the anesthesiologist asked me if I took any supplements. I told him ginkgo biloba and the surgery was cancelled because of potential interference with platelets/clotting. A few years ago I was having heart arrhythmias. The doctor told me to stop taking Vitamin E and they cleared up. Apparently vitamin E can cause heart arrhythmias even in regular doses. Cautions like these should be included. Maybe there are other significant

side effects of the supplements and foods promoted by the author which she has not investigated.

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