



Brain Longevity: The Breakthrough Medical Program That Improves Your Mind and Memory

Dharma Singh Khalsa, Cameron Stauth

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Brain Longevity shows us how we can work to improve memory and diminish the effects of age-associated memory loss, keeping our minds youthful, creative, and dynamic. Brain Longevity offers a four-step plan based on both Eastern and Western medical traditions, including the latest research on brain chemistry. It reveals how the right diet, exercise, meditation, and supplements can revitalize and regenerate your mind and memory. Most of all, it is the only program to use Dr. Khalsa's own findings on cortisol, an adrenal hormone produced both in reaction to stress and as part of the aging process, a substance proven to be toxic to human brain cells. In Brain Longevity you'll learn how cortisol accelerates the aging of the mind - and how to reverse this condition.

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Adrian White:

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