



Reboot Your Brain: Diet and Lifestyle Techniques to Improve Your Memory and Ward Off Disease

Gary Null

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As of 2013, there are 93 million people over the age of forty-seven living in America. They make up the largest group of aging people in our country's history. Many of those individuals are overweight or obese, eat a poor diet, and experience a high-stress lifestyle, leading to a range of physical and mental health issues. According to health experts, by 2050, two billion Americans will suffer from dementia, costing approximately one trillion dollars in medical expenses annually.

The culmination of thirty-five years of research in anti-aging sciences, this book shows how Alzheimer's, Parkinson's, memory loss, depression, anxiety, dementia, and other mental conditions can be reversed without drugs. Gary Null describes each condition and prescribes the appropriate mix of diet, exercise, lifestyle modifications, and nutritional supplements to restore maximum mental health. Did you know that caffeine can contribute to depression? Or that zinc, taken in the right dosage, can diminish tremors from Parkinson's? Null describes homeopathic and herbal remedies, supplements, and recipes that are beneficial for each specific condition, giving advice that is groundbreaking and yet simple enough to be adapted by anyone.

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