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Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted. THE KEY TO A BETTER BODY—in shape, energized, and youthful—is a healthy brain. \* Avoid...

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"Change Your Brain, Change Your Body is an essential book for anyone trying to improve their body and their health. By blending cutting-edge research with his wealth of clinical experience, Dr. Amen has presented this material in a way that fully integrates what we know

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about the connection between the brain and body. Dr. Amen's unique perspective is a tremendous gift for so many seeking out how to achieve a better state of mind and health."

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"Daniel Amen continually demonstrates why he is truly one of the most original thinkers in medicine today. As he correctly points out in his newest book, *Change Your Brain, Change Your Body*, the brain is the integration center that ultimately controls not only the way we think and feel but also the way we look. More important, he provides the dietary advice that has been clinically demonstrated to improve brain function.

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Based on the latest medical research, as well as on Dr. Amen's two decades of clinical practice at the renowned Amen Clinics, *Change Your Brain, Change Your Body* shows you how to take the very best care of your brain. With fifteen practical, easy-to-implement solutions Dr. Amen shows you how to:

- Reach and maintain your ideal weight

### **Change Your Brain, Change Your Body: Use Your Brain to Get ...**

The first step is to get any of those focus and energy robbers treated and at the same time develop and maintain a brain-healthy lifestyle - adequate sleep, a brain-healthy diet, exercise (4-5 times/week), a stress reduction program if chronically stressed, and meditation is a particularly good energy booster too.

### **Can you use your brain to revitalise your body ...**

Buy *Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted* by Amen, Daniel G. (ISBN: 9789866158018) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Alcohol-related brain damage (ARBD), or alcohol-related brain injury (ARBI), is an umbrella term for the damage that can happen to the brain as a result of long-term heavy drinking. ARBD is sometimes referred to as 'wet brain' or by the name of one of the most well-known forms of the condition, Wernicke-Korsakoff Syndrome.

### **Alcohol and the brain | Alcohol Change UK**

Brain Warrior's tap into the power of food with both an abundance of illness-fighting nutrients from whole, living plant foods and high-quality protein (plant or animal), with an essential mixture of healthy fat. It's the good fat that helps keep the brain sharp, fuels muscles, and regulates vital organs to function properly.

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Change your brain, change your body : [use your brain to get and keep the body you have always wanted]. [Daniel G Amen; Marc Cashman; Random

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House Audio Publishing.] -- Offers advice on how to tap the potential of the mind-body connection to improve overall health, outlining eighteen strategies for such areas as improving willpower, decreasing stress, and balancing ...

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Editions for Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted: 0307463575 (Hardcover published in 2010...

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