



The Doctor's Book of Home Remedies for Sharper Memory

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The brand that's trusted across America introduces the latest installment in a new series of trade paperbacks, conveniently sized and priced, which focus on single subjects. This guide disproves the popular misconception that memory loss is a natural part of the aging process. It contains detailed information on the "big 4" all natural brain boosters: the soy extract Phosphatidylserine (aka "PS"), the Chinese herb Huperzia Serrata, which may increase memory neurotransmitters in the brain, Acetyl-L-Carnitine, and Ginkgo Biloba. The book also includes fascinating facts and exercises to sharpen brain function and memory retention. For example, readers can try this study aid: use a specific fragrance (essential oil, perfume, etc.) when studying for a test. Put the fragrance away until test time -- the strong effect of fragrance on memory has been shown to increase recall powers. The latest memory research and conventional wisdom combine with alternative methods and exercises in this intriguing collection of advice for strong memory power.

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