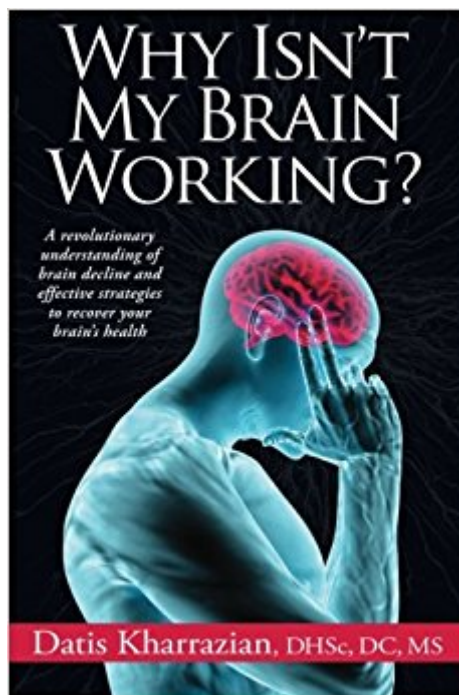




The book was found

Why Isn't My Brain Working?: A Revolutionary Understanding Of Brain Decline And Effective Strategies To Recover Your Brain's Health



Synopsis

Losing your memory? Can't focus or concentrate? Do you have brain fog or tire easily? Have you lost your zest for life or motivation? Do people tell you this is all a normal part of aging? If so, your brain may be growing old too fast, or degenerating. Modern diets, a stressful lifestyle, and environmental toxins all take their toll on the brain. This doesn't just happen to seniors-brain disorders and degeneration are on the rise for young and old alike. The good news is the brain is extremely adaptable and wants to get well. You simply have to know how to feed and care for your brain. How do you know if your brain isn't working? See if some of these signs and symptoms of brain degeneration apply to you: Memory loss â € brain fog â € depression â € anxiety â € difficulty learning â € lack of motivation, drive, or passion â € tire easily â € poor focus and concentration â € fatigue in response to certain chemicals or foods Brain degeneration affects millions of Americans of all ages. The destruction sets in years or even decades before Alzheimer's, Parkinson's, multiple sclerosis, or other serious neurological diseases can be diagnosed. Learn how to spot brain degeneration and stop it before it's too late. Why Isn't My Brain Working? will teach you strategies to save and improve brain function. You will learn how simple diet and lifestyle changes and nutritional therapy can profoundly impact your brain health and thus the quality of your life. Don't waste another day wondering why your brain is not working. Learn what you can and should do about it. Why Isn't My Brain Working? harnesses cutting-edge scientific research for safe, simple, and truly effective solutions to declining brain function.

Book Information

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Customer Reviews

Datis Kharrazian, DHSc, DC, MS, author of the best-selling thyroid book *Why Do I Still Have Thyroid Symptoms?*, has spent more than a decade teaching thousands of hours of postgraduate education in non-pharmaceutical applications to chronic illnesses, autoimmune disorders, and complex neurological disorders all over the world to health care providers. His reputation as an educator and a clinician have become renowned worldwide. Patients from all over the world fly into his practice located in San Diego, California to understand his perspective regarding their condition and to apply natural medicine alternatives to help them improve their quality of life.

No gluten diet + P5P + Niacin + DHA + Dopamine support supplements + Betaine HCL + Enzymes for lipid and protein digestion + Vitamin D3 + iron etc. made my wife's depression get better in less than one week and it's amazing.

This book is an amazing read for everyone! Don't wait until you actually NEED it because of a serious diagnosis. This book gives proactive advice, as well as advice for chronic sufferers of leaky gut disorder, CFS, fibromyalgia, brain fog, etc etc etc! What I particularly like is how the health problems are broken down to layman' terms--but very detailed. It makes so much common sense that it quadruples my irritation with most physicians who prescribe medications for symptoms-- but do not look at the disease or illness. Of course the MAIN theme throughout the book is the necessity of changing our diets/food habits if we want to see real change. He goes into great depth to explain why. But the Doc doesn't stop there...he names herbs, and supplements that can be helpful and explains why. He gives easy exercises as simple as gargling that assist with some problems, and again, explains WHY and HOW it is helpful. Throughout the book are several real life cases presented in a concise but understandable manner--and what was or was not recommended and why. The pictures sketched throughout the book were also cool and actually helpful. I only gave this 4 stars because there were grammatical errors, a little too much repetition throughout the book, and because mold illness was unaddressed. However, it is a very worthwhile book and I feel certain I will refer to it often.

Wonderful information. I do the elimination diet recommended in this book, (5 months), and a few products listed in this book. My brain fog has lifted, I have twice as much energy. Still trying to heal my leaky gut. But life is much better. It is a harder read for those who are sick, you may want to skip to the back of the book for the summery.

Don't let the size of this book daunt you! Dr. Datis Kharrazian makes a complex difficult subject a poignant and enjoyable read. Dr. Kharrazian breaks down the chapters into easy assessable information making this book a great reference on brain function. I suggest this book to all my patients because not only does it discuss issues that the brain may have, it also gives tools to strengthen areas of the brain that need it. AND we all need to improve our brain function, Right? This book is written by a brilliant man who is dedicated to helping all of us understand our bodies. If you haven't read his Thyroid book, it's fabulous too, but that is another review. Looking forward to his next book!

This book really is revolutionary. It is the missing piece in the functional medicine model that is not being properly addressed in people who have memory issues, foggy thinking, fatigue, depression, or anxiety even after the leaky gut issues have been addressed. LOVE, LOVE, LOVE the clinical pearls in this book!!

A really thoughtful, informative, factual, undeniable, and instructional book. Good for anyone to learn about our brain and all the symptoms and remedies for healing.

Kharrazian does an excellent job of explaining a wide array of situations in which your brain may not work as well as it could. Many of the conditions he explores are frequently not suspected of being brain-related. Consequently, debilitating brain problems end up going undiagnosed for a very long time. Kharrazian describes what is going on biochemically, how lab tests can identify imbalances, and how to resolve the actual causes through diet and supplementation. Taking drugs very rarely actually addresses the cause of dis-ease. Case studies throughout the book illustrate the conditions discussed. People who have had debilitating conditions, sometimes for multiple decades, who experienced seemingly miraculous improvements by changing their diets and lifestyles, and perhaps taking nutritional supplements. Even before finishing the book, I had recommended it to numerous people. I will continue to recommend it, when I work with people with challenges. What is the recommendation that repeats in essentially ALL of the conditions Kharrazian describes? Cutting WAY back on your consumption of carbohydrates. High blood sugar impacts brain function. Related to this is that a large percentage of people who are experiencing health problems, including with the brain, are gluten sensitive. So cut out the wheat. Read this book.

This guy is beyond brilliant. If you want to know about your brain and how to keep it intact as you age, get this book and follow Dr. K's advice.

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