



Canyon Ranch 30 Days to a Better Brain: A Groundbreaking Program for Improving Your Memory, Concentration, Mood, and Overall Well-Being

Richard Carmona

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The essential, must-have guide to staying sharp and mentally active—from a former Surgeon General and the experts at Canyon Ranch.

When it comes to aging, most of us understand how to keep our bodies healthy and fit, but few of us know where to begin when it comes to taking care of our brains. Do you want to improve your memory, sharpen your thinking, increase your attention span, and boost your mental energy? If so, Dr. Richard Carmon provides all the information you need—including healthy living tips, step-by-step exercises, recipes, and a thirty-day program for maximizing your brain function.

Synthesizing the cognitive science behind memory, sleep, stress, and addiction, *Canyon Ranch's 30 Days to a Better Brain* is the definitive guide to caring for your brain, whether you're approaching your elder years or still in your quarter-life crisis. Guiding you through the anatomy of the aging brain, how stress and toxins affect your mind, and the importance of sleep, Dr. Carmona lays out a thirty-day nutrition, exercise, and medical plan to help you achieve optimal brain health. You'll also find answers to all your questions, including how your health is affecting your brain, what foods to eat and what to avoid, whether or not supplements are necessary, what important medical tests to ask your doctor about, and how best to challenge your brain. Also included are techniques for practicing mindfulness, meditation, and spiritual contemplation.

The immense benefits of this thirty-day program include better memory, mood, and sleep; faster, sharper thinking; more energy; quicker reflexes; safer driving; improved attention span; and much more. Combining the best of traditional and alternative therapies, behavioral science, and exercise physiology, this indispensable guide will help you maintain and enhance a strong, agile mind so that your body does not outlive your brain.

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