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For anyone worried about any type of brain ailment, ranging from the chronic conditions to simple brain fog and fatigue, this essential guide covers the full spectrum of prevention to treatment. We've all experienced brain fog - misplaced keys, forgotten facts, a general feeling that you're just feeling off today. And many of us will experience that "fog" manifesting as something more permanent - either in ourselves or our loved ones. No matter what your current brain health state may be, *You Can Fix Your Brain* will enable and empower you to take concrete steps that will make an immediate difference in your brain's vitality, clarity, and energy. Your memory will improve, foggyiness will disappear, you'll be less tired all the time, and much more. And, you'll learn that these aren't empty promises. Dr. Tom O'Bryan, author of *The Autoimmune Fix*, knows how to create lasting changes in health, and he's here to share them with you. It's a step-by-step approach to better cognitive function - being selective about what's on your fork, what's in your environment, and how you take care of yourself can make a world of difference. With only one hour a week of practice, in six months, you can say goodbye to brain fog and welcome a better long-term memory and a sharper mind. Includes a PDF of recipes, lists, and graphs. PLEASE NOTE: When you purchase this title, the PDF will be available in your Audible Library along with the audio.

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